

Turn On, Tune In, Drop Out

By: Allysia Sims

Non-Fiction

Are your instincts muffled by the sound of your doubt and insecurities? The loud banging of neurons clashing, attempting to make their way from one side of the brain to the other, intersecting and detouring from the construction of your mind repaving its path? Your doubt a sinkhole, your insecurities a crack in the pavement. Your neurons screaming with road rage, "GET OUT OF MY WAY ASSHOLE." Does the music to the soundtrack to your life rattle and skip from the bumps of your journey and the same rhyme riddles itself over and over until the harmony you once possessed drives you to the brink of chaotic insanity?

Don't worry, I've been there. In fact, every once in a while I still forget that Frontal Lobe Lane is currently under construction, and I ignore all the warning signs telling me to turn back around or to "proceed with caution." Insecurity and doubt go hand in hand, and often times when we can't seem to hear our instincts yelling at us over the sounds of the skipping stereo, it's because we ignore the signs telling us to just change the damn song. "But I love this song!" Sorry sweetie, you're going to have to make a sacrifice to keep your sanity. All too often has my desire to take the short cut, to get what I want when I want it, placed me in a position of poor judgment and fatal decisions. I read the warning signs, I heard but did not listen to, my instincts telling me to take the long way home. My self-doubt and insecurities led me down a road of unnecessary pain and suffering. I've been taken advantage of by men who shouldn't be dignified with being called a man, I've fallen into drug and alcohol addictions, found myself under the grace of police officers who should have taken me to jail, and I've sunk so low in depression that suicide became a part of my everyday thoughts. Knowing what I know now, I could have avoided many of these situations had I learned to listen to my own instincts. My failure to hear myself speak, and my failure to believe in my own insights, led me down a path of self-destruction. I

doubted myself, not only on a level of appearance and ability, but I doubted myself so severely that I even doubted the legitimacy of my own thoughts. And every thoughtless action, every lapse in judgment, created an even bigger void between myself and myself. I waged a war within myself, the same person tricked by my lack of conscious security into fighting itself over who could result in the most bloodshed, and unfortunately, they were both losing.

Abraham Lincoln once said "A house divided against itself cannot stand," and although he was speaking of a nation, it stands true for a person. When we battle our own hearts and thoughts, when we ignore our intuition, we separate one being into multiple ones, and we turn ourselves into a self-hating rival. One part of us wants to succeed, to overcome our obstacles, and destroy our demons, while the other half unknowingly becomes our biggest obstacle and demon, preventing us from achieving the oneness needed to succeed and rise against the outside enemy. If we can't listen to our own minds and find truth in our thoughts, how the hell can we defend ourselves in battle? A samurai doesn't stop and question whether his next move is the right move, he simply moves, and answers to what his instincts tell him to do. "Should I step out of the way of this sword rapidly approaching my neck, or does this guy just want to offer me a glass of tea, hold on let me ask"... Learning to trust our instincts and act on them without hesitation or self-doubt can ultimately save us from the potholes and cracks in the road, listening to instincts will HEAL the potholes and cracks in the road. It will strengthen our awareness of self, mend our insecurities, and result in better future judgments. We all have different ways of learning to listen, some meditate, some journal, but the most effective way I know how is to simply slow down, turn down the music, and read the warning signs because they aren't lying to you.