

It's not OK that I feel numb

By Darren C.

I had a killer week. Well at least the start of it. Monday feels like one of the most productive days of my life. I was firing on all cylinders, cranking through projects, problem solving, and feeling proud of my joyful state that I hoped was rubbing off on others. I left work feeling jazzed. I hadn't had a day like that, maybe even ever. The big thing was the energy that I had left over at the end of the day. I went home and had a great day with my partner. But then tomorrow came.

Overall, [Tuesday was] another super productive day. I felt joyful mostly throughout the day and effective at what I put my mind to. But by the end of the day, I felt a bit more exhausted. I looked back at what had occurred that day and it looked mostly the same, just a bit more challenging. The work completed and the discussions I participated took a bit more out of me. Something was a bit off but I couldn't put my finger on it. I told myself, I want my days to be like Monday, let's get back to that. After I left work I had a little less hop in my step.

Wednesday required three coffees, and Thursday was flat out exhausting. I felt like a Zombie. I tried everything. I tried my best to figure out what was wrong, what I was doing wrong. How come these days were taking so much out of me? Why was I so stressed? Why couldn't I enjoy my day all the way through. Why oh why does this cycle always repeat. I get on a good path, and then I eventually slip off of it. I want stability. I want to be happy at work, in life. And now I'm feeling numb, like I'm closed off and neutralized. Beat down by work and praying for Friday to go smoothly. There's a get together I plan to attend and I hope I have enough energy.

Then I had a revelation. More accurately, an insight from a life coach of mine. He said after I had been saying how I felt numb and wanted to figure out how to get out of it, "It's good you noticed you feel numb. Check in and see what your telling yourself about being numb. Are you criticizing your self? Or are you OK with it?"

I began to unravel from a tight constricted state, which I didn't even realize at the time I was in, and started to check in with myself. Am I OK with feeling numb? I paused for a moment... Most definitely not. That's why I was trying to change it. Why would I want to be numb? That's ridiculous. Then I noticed the tone of my thought. There was a harsh, critique to it. As I noticed it, and gave myself *permission* to feel numb, the unraveling continued and I felt release.

From this place, I began to realize, I had been criticizing myself ever since Monday. Ever since I experienced that blissful day. I was comparing every

following day to it. Frantically trying to figure out how I could have another duplicate of Monday. Every low moment, every challenging time, became a mistake and something to fix. The truth of it all, is that with Monday came it's own share of challenging low moments, but I wasn't frantically searching for evidence that I wasn't doing something correctly. I was in a flow state. I was going with the ebb and flow of the day. I reflect back, hell yah Monday was hard. But I was joyful my whole way through.

My ego didn't like Monday. It doesn't like flow states. That's when you're in your truth, who you really are, acting without hesitation, barriers, or resistance. You feel love flowing and you find yourself smiling, noticing the little things—the miracles. No, the ego doesn't like this at all. What is the ego? To me, gleaning off the teachings of a few life coaches over the last couple months, the ego is the part of us that is fear-based. It's the layers that we allowed to get put around us as we progressed throughout childhood. Every negative experience, where we made up something about ourselves, was an action of the ego. It's trying to protect us, but it's motives don't align with what we *really* want—our Truth. It loves to judge ourselves. It says things like, you shouldn't be feeling numb, you should enjoy your days completely, you should create more music, you should get more regular at the gym, you should treat your partner better, your a bad person for being short with your coworker today, your not strong enough, you'd be more beautiful if you got a hair cut, if you got a haircut more people would admire you, you need peoples admiration to know that you're worthy, etc. The ego is constantly trying it's best to defend us from perceived attack. It defends us from the perceived evils of the outside world, and guide us to 'safety' in isolation and separation.

What Len did was awaken my watcher. The Watcher is a tool that allows oneself to notice, without judgment, what we're telling ourselves. When he asked me, "how do you feel about being numb?", he encouraged me to check in with myself and see if there was any unconscious communication going on. Possibly a negative thought we were telling ourselves. We often have them lying just below the conscious, and all you have to do is use your Watcher to notice them. From that little, tiny, moment of noticing, everything unraveled and I awoke into clarity and resultantly relaxed back into peace. It was all an ego story, and I was just wrapped up in a self-judging loop.

I definitely suggest training your Watcher as it has been a very valuable tool. I'm still getting the hang of it; hence, me being stuck in this ego story for 4 days, but it's something I'm actively working on. If you'd like to try it...if you can catch yourself feeling upset, even in the smallest way, you can check in with yourself. Maybe first starting with, I notice I feel upset, am I judging myself for being upset? Am I resisting being upset, or am I OK

with it? You may be able to uncover some resistance, like I did with my resistance towards feeling numb. I believed that it wasn't OK that I felt numb, as I made up the story that it meant there was something wrong with me, or the way I conducted my day that needed to be fixed. I had my engineering problem-solving hat on for 4 days and came up empty handed. But when I put The Watcher hat on, I realized I was resisting being OK with feeling numb. From that moment of noticing, I naturally found my way back to peace.

I titled this article, "It's Not OK That I Feel Numb" as that was the ego thought that I realized I was stuck with. Are you stuck in an ego story now? Do you notice yourself resisting anything? Do you notice any negative thoughts you're telling yourself? It's healthy to uncover these things, and say them out loud in order to shine light on them so you can get perspective on it and step out of the hurricane for a second, and into the eye of the storm where there's peace. Away from the winds and turmoil of our days, and just notice our thoughts.

Much love to the world, Darren