

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “Voice”, as in understanding, nurturing and having one. Voice is an incredibly effective asset when used properly. When misused, it can command huge disasters. So, let's talk about it...

First, we need to look at our current voice behavior. Do we speak the truth? Always? Do we speak rudely to others or do we speak with an alluring sweetness? Do we speak assuredly or with hesitation? Do we recognize the power of the word? Do we allow our voice and do we give voice to others when they are in need? With so many ways to say yes, why would we say no? It's obvious. Our voice is one huge way we can stand up and say “so”. In knowing this, we need to allow others to hear us, and sometimes that can require adapting our voice, our spoken approach, to where the other person, animal or plant is energetically. As my mother reminds me: tact...tact...tact. My grandmother would always note, you get more flies with honey than vinegar. Of course, with my outspokenness, I would reply, “Who wants flies?” On the other hand (I almost got grandma's) I get the point. So correct use of voice is a big deal. What we say is a direct command to the Universe. When we speak wrongly or untruths, the vibrations brought forth through your voice will affect one's own body, especially the throat. When one repeats untruths long enough they can easily become truths for that person. If one states repeatedly that they are sick and tired of something, they will soon become sick and tired. Additionally, our voice has a great effect on those we love and relate with. I once had a client whose mother did not agree with his lifestyle. I made mention to him, because I knew she truly loved her son, that there was a large gap between his mother's heart and her mind. He replied loudly and as a matter of fact, “Yes, her mouth!” So, as a lesson to the rest of us, perhaps we should open our hearts a little more and our mouths a little less.

Next, let's look at how to strengthen our voice. Well, honestly, the best way to strengthen our voice is to use it less. Not only will we be resting our vocal cords, those around us will have a chance to rest their ears from the constant rush of sound. After a while, most people will tune out a noise that becomes a constant drone. This applies to one's voice as well. So if one wants to be heard, speak only when it matters. People will then hear you much more clearly and with full attention. And speak kindly to others. Kindness in any fashion will be appreciated and respected by those around us as well as being generously reciprocated by the universe. Remember to speak up for others when necessary. This is a fabulous way to *find our voice*.

*Find our voice?* Yes, we must find our voice if we ever want to say something worth hearing. How does one *find their voice*? By remembering their spirit's work. What are we here for? What impact did we want to have? Discover or remember our life's work and we gain momentum for our voice to be really heard and not just be lip service. Practice speaking up in little ways and soon, in big ways, we can turn the world's energies into a positive momentum. Why? How? It is because the world turns on energies. If a group of individuals turn together, tone together, the impact would be enormous. So, first we find our voice, then we use our voice, then we join our voices to sing a tone of upliftment to the world. Enabling the world to change towards a more positive flow of energies is an enormous use of voice and one of the most profound.

Now, here we are, strong in voice, ready to shout from the rooftops. Ready? Really? Here is the kicker; do we know what we are talking about? WE MUST KNOW WHAT WE ARE TALKING ABOUT IF WE ARE GOING TO TALK. Otherwise, refer to paragraph two. Only we can prevent the damage from misinformation. Remember, this includes gossip as well as world politics. How much of what we hear is valid? Any? Some? All? Whoever is in control of the “world voice” of communication determines your information base. Believe everything we hear? I think not. Say everything we believe? I think not. For our truths do not necessarily apply to anyone else. However, if we speak of universal truths, then let loose with all the gusto we can muster. Let the world resound with our voice of healing and self-responsibility. Let our world resound with a voice of environmental reason. And please, let me end this column with my own voice, “Leave the Moose alone!! You know the one. It is her home

and it is being arrogantly invaded. Find another trail to ride or ski. It is Montana. There are hundreds to choose from. It is her world we are venturing into. So quiet your anger. Shut down your engines and go somewhere else to have your fun. It is *fun* after all that you are chasing. It is her home, her life...not some outdoor activity. Hear my voice...LEAVE THE MOOSE ALONE!

I feel better already. Have a fabulous week!

Question of the week: What do you feel is the best dietary lifestyle to follow; raw, vegetarian, macrobiotic, omnivore, etc.?

Answer: I believe the best diet to follow is the one that supports your own energetic and metabolic requirements. The most important considerations to address would be; is the food locally and organically grown or raised and is it eaten in moderate amounts? Yes to all three considerations is a great way to fill your plate.

Book of the Week: *Of Wolves and Men*; Lopez, Barry; Charles Scribner's Sons; 1978

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto:sheryleaglewoman@livingresponsibly.com) for "The Question of the Week".

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