



Let's Talk About Faith, Baby!
Shelley Hayes, CPC

Let's talk about Faith Baby! Let's talk about you and me. Let's talk about all the good things and the bad things that may be. Let's talk about faith! Okay, I know those are not the *real* words to that song but I just can't get it out of my mind. And it's fun, so what the heck, right?

Faith is a topic that I have been contemplating lately and working to define what it means to me. In the past, I have resisted the traditional concept of faith, at least in the way it was taught to me as a child. My past experience with the concept has been that I was told to "just have faith" when there was something I questioned, something I was worried about or something I wanted. If it was something I was worried about I just couldn't seem to figure out how to drop my concerns that easily. If it was a desire- it could have been an actual item or it may have been an accomplishment I was working toward- the "just have faith" idea didn't work for me then because what I felt I really needed was to put my pedal to the metal and get to work. I was also instructed to have faith in people, things and ideas that did not resonate with me and my authentic Self. Ironically, I just didn't have faith in this "just have faith" idea.

Additionally, and in part due to being a Generation X-er, I have a few skeptical tendencies in my outlook on the world. Recently, as I was researching and co-creating a Generational Diversity course, I realized how much this skepticism has had an impact on my daily life. For example, I used to be really resistant to purchasing things online because I was sure everything was too good to be true. Kind of makes me giggle now that I do it on a regular basis...

Conversely, I have always been drawn to the diversity of spiritual paths in the world. I've felt a real connection to something bigger than myself and known that I was here to fulfill a purpose. There have been many times in my life when pleas for guidance were answered in wonderful ways. For example, when I was researching which coaching program I wanted to complete, I had two schools in mind. As I contemplated each school and what they had to offer I decided to listen to this guidance in order to make my final choice. I made contact with each program, and as I spoke to the representative at the International Coach Academy, my heart felt peace, joy and a feeling of finding a true community of like-minded coaches. The other program felt much different, somewhat cold, canned and distant. I followed my guidance and am thrilled with the results of my training at ICA. It was transformational.

So I asked myself, can these two realities of faith and skepticism co-exist? Should they?

As I started exploring this further, I decided to be as objective as possible. I am a person who wants to understand how things work. I want to be able to ask questions and find out what other people have learned through their life lessons. I am also what I now refer to myself as, a "hands on learner" or someone who, at times, learns things the hard way. Sound familiar? I've also realized how this benefited me in numerous ways. When I learn a lesson, I learn it down to my bones! This eventually taught me that when I truly listen to my inner guidance and my authentic Self, I can't go wrong, and occasionally it allows me to learn the easy way. This is how I approached redefining the idea of faith for myself.

I started to pay attention to my thoughts of skepticism and faith and how they made me feel. When I am being skeptical of people and the world, I start to feel tightness in my chest and an uneasy feeling overall. When I am following my intuition and inner guidance, I feel peaceful, connected and full of joy.

So, since I believe we have a choice in the way we live our lives and the thoughts we decide to invest in, it makes more sense to me to choose those thoughts that bring me peace. What I'm also saying here is that, at times, my inner guidance and faith let me know when something IS too good to be true and to listen when my radar warning light is flashing. But there is still an underlying sense of peace and faith that tells me I am being guided and supported to listen to my authentic Self rather than the little "s" self of the ego who lives in fear. You can find my article "[Are you living in Fear or Presence](#)" to find out more about my thoughts on the little "s" self.

As a result of this process, I have decided to release my skepticism and choose faith. I choose to honor that I am a highly intuitive person and choose to practice tuning into that voice, because it never leads me astray.

I had a lovely conversation with a coach friend of mine and she described me as taking the leap from looking at the world through binoculars to now using a planetarium telescope! I love that, and it feels true to my current reality and concept of faith and how I choose to see the world. Allowing myself to release my skepticism and embrace the inner guidance I am continually given has been transforming. I can step into my life and live it fully from this amazing and peace filled place. I have faith now that, underneath it all, we are all supported and blessed. My faith tells me we are all connected- we are all here to learn and to serve.

Are you interested in taking this journey? It is my passion and joy to be of service to you in your path toward defining and reframing your own authentic faith. Do you want to take that next step? Give me a call at 406-534-3509 and let's get started!

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