

LL11-The Best Advice You've Ever Gotten

I'm Doug Weiss, and

I'm Alvean Lyons, and this is love life.

It is, and today we have an interesting topic to talk about, the best advice we've ever received. So what was yours?

I have a few pieces actually. I'll start with my first and we'll see how many we can get.

OK, so my mom told me when I was young, marry a man who loves you a little bit more than you love him. And I thought it was such interesting advice and now that I have been married for nearly twenty two years, I think there's something to be said for that advice and let me explain what I mean. Women have a tendency, as we get deeper into our relationships, we typically are more likely to get settled in a relationship stay faithful inside of that relationship, not compare our spouses other people's spouses, as long as we ourselves are happy inside of the marriage.

So what I think she was speaking to is, if your partner loves you just a little bit more as a man he is less likely to struggle with some of the natural propensity for distraction that can come up and I have to say that Matthew and I tend to tease about this all the time. He completely acknowledges the fact that he thinks he loves me a little bit more.

And I love him, and I think it serves us really well, as silly as that sounds, and my daughter is married and I would say that her spouse loves her just a little bit more than she loves him, but they like each other immensely. Matthew is my best friend, and my daughter's husband is very much one of her very best friends, but there's something about when a man feels like you are his ultimate, that you are everything that he wanted, that he's not comparing that to anything else and it provides this really crazy comfortable level of security for women.

I just noted that down.

Guys...I hope you are taking notes.

So I tend to go to the classics and the one phrase that shows up in Shakespeare but is actually scriptural is this, "and this above all, to thine own self be true".

And I think there's something both wonderful and terrifying when we stray from that notion, when we allow ourselves to walk a path that is conditioned upon trying to meet other people's needs, desires, and views of us. When we lose sight of who we are. And I want to take it back one layer beyond that to say, first you have to know who you are. I think that's an enormous challenge. We're always, if we're living our lives well, discovering who we are, and we discover who we are through our experiences, both good and bad. Those that we perceive as bad are things which test us, and we find out something about our character, we find out something about what we're made of by the test. The old expression is that life is a terrible teacher because it administers the test first, the lesson later. But, even when we receive positive input, that isn't necessarily the best thing. That feeds our ego, it feeds our self image, but it isn't necessarily true. And you have to ask where is that coming from?

You can't find that natural compass inside yourself that points back and says this is what I'm about, these are the values that I have, these are the things that I want to represent in my life, and this is what I want to bring into the world and into my relationships with others. If you have no base, you're standing on the very tippy point falling in one direction or the other, and you're lost at that point and it's pretty hard to move through your life with any kind of integrity unless you understand something about who you are. That doesn't mean that that understanding points you in the direction of something, as we were saying in our broadcast last week...that you're perfect. But that when you look at yourself and you see yourself unvarnished, with all of your human flaws and all of your wonderful attributes, that you can accept both with equanimity.

Well let's say my second one would be, everything doesn't belong in the urgent box.

And it's so true. There are some things that need to get done, and they're urgent. There's some things that need to get done as soon as you can, and there are some things you get around to, but we have a tendency in such an over achiever society to stick the small things in the urgent box. To stick to things that you can do when you get around

to it in the must happen right now, this is an error. Life isn't everything must happen now, and it really is a necessary thing to back up a little bit from all of that. Sometimes you realize the only thing that should be in that urgent box is take a nap.

Because you'd make much better decisions if you had actually got a little bit a sleep. I remember having a time several years ago when my kids were small, that I was trying to do everything. I was working on a graduate degree, I was working, I'm a wife. I'm all of those things that we try to do at once, and one particular evening it seemed like an overwhelming evening, because there was too much that needed to be done, and as that wave, kind of tsunami of pressure started to sort of fold in over me, I paused for a second. I realized the problem was I had not slept, and if I just stopped everything the whole world was not going to fall apart. Get a couple hours of sleep, I bet I make some better decisions after that and when I woke up from that nap ten of the things on my list could have happened a week later they didn't have to happen that evening. But I didn't have the perspective of that because I hadn't taken care of myself and taking care of yourself is not a selfish thing to do. It is absolutely important to give self care. You can't pour out of an empty vessel so you have to make sure that you are you are restored in yourself so you have something to give to all those things and people who matter most to you. So some of the best advice that I got is don't put everything in the urgent box. Perspective matters, and better decisions are made when you don't try to do everything at once.

The parallel to that, for me a subject with which I personally struggle is patience. I am not by nature a particularly patient person, but I have learned to be a more patient person. The hard way, the way we often learn, is by trying to do things faster than can reasonably be expected and paying the price when they got more complicated or didn't happen at all. I've found that this translates to the most mundane things in my life To your note about sometimes what you should do is just take a nap, sometimes you should just not to do something. You should let it go and let it mature and ripen in its own time, in its own way. I think this happens in relationships. Sometimes we want something to be a certain way, we want to hasten the growth of a relationship, or we want someone to come around to a perspective or hope that they will. These wants that we have, these senses of urgency that we have often overcome our natural pace. What they do is to create a sense, and I think this is particularly true today, a sense of over riding urgency in which the purpose gets lost, buried underneath the pressing feeling of need that something be fulfilled, and fulfilled right now. Anything good in my life has always taken time to come to fruition, so for me patience is essential.

We could go back to scripture "and for everything there is to see season

Absolutely. Time is one of those precious commodities, that's either very short or very long depending upon how you use it exactly. What I love about our responses in this...because listeners we don't plan these things in advance we have truly organic conversation because we enjoy you all being a part of it. But inadvertently Douglas what ended up happening is that we each spoke to one idea that was really about love. The love of ourselves, and the love of others. And that one, that's really about life, so even though we didn't intend it, we really just ended up speaking to love and life. Isn't it funny how that would work, imagine that in a series called love life.

It's kind of funny that the two seem to dance together just perfectly and that's what this podcast is about. It is about loving your life and it is about your love life.

Absolutely, and we hope that you've enjoyed these few minutes with us. We'll be back next week with another podcast. Yes, and we want to thank Barbara Hamm Lee, our producer, and Todd Washburn our wonderful engineer, and we want to thank you, our listeners, and hope that you will take the occasion to write to us at alvean@lovelife.digital or you can write to doug@lovelife.digital. Send us your stories and we'll read them over the air and we'll talk about them with you. Until then, see you next week.