

Share Your Special Talents

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An excerpt from his book "***The Wisdom of Emotions - Building Genuine Happiness and Finding Inner Peace***," copyright © 2013. Books available at the offices of Dr. Coppola, or purchase online: www.DrDavidCoppola.com

Insight, or underlying truth, is based on intuition, feeling and wisdom. In our humanness we tend to disregard the value of accessing our innate intuitiveness when making decisions. Reasoning, sometimes called rationalizing, can back up any decision the ego puts forward. The art of rationalization has been mastered by politicians around the world. Not all, but many politicians are living proof that the mind will sometimes lie to the wisdom centers of the heart in order to substantiate righteousness. But why is it that we continue to deceive ourselves?

The characteristics of righteousness along with selfishness do not serve us well when it comes to building relationships. In order to build and nurture relationships in an intelligent and compassionate manner it helps to distinguish between thinking and feeling. We may find ourselves at times saying we *feel* something when we are actually *thinking* or *rationalizing* what have become programmed behaviors. The intention of this chapter is to enhance your ability to communicate with your inner self as well as with other people.

Communication is essential to developing a sense of personal contribution to this world. The ability to communicate, be it through words or body language, reconfirms to us that we are worthy of contributing our special talents and we are living a meaningful life. Awareness of self-worth and what we offer this world enriches our dignity and our faculty of integrity. Everyone has a special talent that they are born with. Along with that special talent comes the responsibility to

share it. The most invaluable aspects of a special talent are bolstered by serving others. The acts of serving and sharing cultivate inner happiness. Let me say that again. *The acts of serving and sharing cultivate inner happiness.* Happiness comes from the awareness of your true self, of what makes you special. I recommend you do some self-reflection on what your special talent is and who you are. This type of contemplation can be a process for many people, and it's not always easy, but it's worth it. I will teach you how to ask yourself these questions on a daily basis when I provide tips on how to meditate in a later chapter. I cannot overemphasize how important this inquiry is—if you do not know who you are and what you bring to this world, you will not be able to access the inner core qualities that make perpetual happiness possible.

Know that your life is a *spiritual* journey that involves a *human* experience. Accepting this premise allows your attention to shift to learning what is presented in this chapter and throughout this book. My ultimate goal is to help you create true nobility. As defined by Dr. Wayne Dyer, true nobility isn't about being better than anyone else; it's about being better than *you* used to be.