

Something More

My eyes ached at the sight of dreams given away,
people living held back lives,
trapped in cages of disbelief.

What was it that I wanted,
more for them or more for me?
Was there more to them, more to me?

Why was I at this place in my life?
All this restless questioning,
was it just reflecting a lack of contentment?
Somehow a wonderful mystery had escaped me.

There was something more.
The intensity to capture truth and meaning
became a driving force,
forming and shaping the future contour of my life.

Where was the more of me I knew existed?
Was it lost in the crevices of a tempered heart?
How could I begin to find it?

A.M. Machesky



This poem was the beginning of a journey towards my something more, which began many years ago.

Something More is about a call from within. When this inner call arrives, it asks us to seek what is deeply true and meaningful, as it is an opportunity to hear your own longing.

Although it was not always known to me, my **Something More** unfolded from an intense longing which grew in the echoes of my heart, it kept asking—**From where did I want more?**

The self I knew, had been ripped open through symbolic images of **people living held back lives, trapped in cages of disbelief.**

My heart felt hidden away, lying dormant underneath doubt and emotional wounds. Had I been limited by pleasing others, losing myself along the way?

We often let the words, needs, and expectations of others mute our inner fire. This influences us and shapes all that is possible.

So many dreams and aspirations were resonating within me. No answers yet formed. Just an awareness; a feeling that set the stage for an opening.

I had unquelled questions. I was looking for answers.

These questions were almost being asked **at me**, as if another part of me knew the answer and was trying to lead me...pull me.

This questioning was a tear in my awareness and became a call to awaken.

Where was the more of me I knew existed? Was it lost in the crevices of a tempered heart and how could I begin to find it?

The longer I delayed, furthering the distance between my current existence and the vision of my own dreams, the more weight and pain the longing carried. My heart wanted to know itself more fully and would not rest.

This experience led me...cracked me open to the aliveness within me.

Something needed to change, although nothing at all made sense at the time. No longer could I wait, nor settle for answers from the voices of others. I could not search outside myself because I was awakened to my own needs.

There **was** something more.

I began to seek what was within my tempered heart. **The intensity to capture truth and meaning became a driving force, forming and shaping the future contour of my life.**

Your **something more**—your uniqueness and the potential of your inner essence is just beyond what you know of yourself today.

Can you hear your heart's voice and where does this feeling reside within you?

Does any part of your life feel held back?

*Is there something stronger calling you?
Do you carry it as a knowing or as a distant dream, as if it doesn't belong to you?*

Can you hold the beauty of these questions long enough to spark your something more?

You see, our resonant dreams, desires, and unquelled questions travel with us whether we acknowledge them or not. We are being called to immerse ourselves in the journey of self-discovery and to understand the gifts we carry and the gifts we seek.

Whether we listen or where we place our attention and energy is how we shape **the something more** we experience in the world.

What we pursue and how we pursue it also defines **our something more**. The internal meanings matter and giving them voice is your beginning.

You see, when we learn all the facets and nuances of **our something more**, or **what our something more could be**, we begin to take our wisdom from a richer, deeper place.

Questions to Open Your Mind

*Can you hold these questions long enough to spark your **Something More?** To chase your own mystery of truth and meaning, choose a moment for yourself and reflect on the questions below. These questions have the power to help define your own inner truths and help you learn what is just beyond what you know of yourself today.*

- ⦿ Does any part of your life feel held back?
- ⦿ Is there something stronger calling you? Do you carry it as a knowing or as a distant dream, as if it doesn't belong to you?
- ⦿ Where is the more of you that you knew existed? Is it lost and how can you begin to find it? Can you hear your heart's voice and where does this feeling reside within you?

Anchor Your Insights Into a Purposeful Intention

***Expressing** your intention can take you into a deeper sense of purpose and awareness. Choose one of our suggestions or use one of your own. These questions have the power to help define your own inner truths and help you learn what is just beyond what you know of yourself today. Anchor what you learned and apply what you wrote into a daily action.*

- ⦿ Turn one of your thoughts into a quote that reminds you of what you value or what you want to remember.
- ⦿ Share what you wrote with someone you care about.
- ⦿ Create a piece of art or poem around what you wrote.

