

# The Knowing That Is Not In My Mind But In The Depths Of My Soul

BY REBECCA ESCHENROEDER

Something deep within me knows. Knows where I have been and where I am going. It is not a knowing in my mind. It is a knowing deeply rooted in the depths of my soul. It is the animal of my body; constantly in touch with my instincts, no matter how distracting the stories become.

A tiny seed does not need instructions to grow as it fearlessly roots down into its loving mother, to then courageously grow up towards its father. The seed does not think. It knows.

A delicate spider does not study an instruction manual to weave her silver miracle that comes forth from within; providing her with everything she needs to survive. The spider does not think. She knows.

A stallion does not need permission to run wildly through the fields when his muscles ache to move. He listens, he feels, he unapologetically flies. The horse does not think. He knows.

Why must I think?!

Ha!

Exactly.

I shall leave you to your thoughts as I grow... as I weave... as I fly... empty and free...

This is what it is to trust.

***For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass](#)***

[and Live the Life You Deserve](#) .

*Sip a little more:*

[One Human Family, The New Democracy:  
Eyes Crying, Hate Dying & Love Unifying](#)

I wanted movement and not  
a calm course of existence.  
I wanted excitement and  
danger and the chance to  
sacrifice myself for my love.

Leo Tolstoy

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