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Child Custody Life Coaching

Monthly Motivation 6 - Following Intuition

From preadolescence until I rid myself of them, my teeth were in a steady state of decay. Like some radioactive isotope they long ago reached their half life and were safe for disposal by age 40. As a child all of my molars, except the two impacted third molars, plus some other teeth were drilled out and filled with amalgam. Beginning in adulthood I started having all of the amalgam filled teeth removed which reduced my tooth count down to the 14 teeth finally. So in 2013 I decided I would get back onto having the remaining teeth removed at the start of the new year. Hang in here with me, this is not just an account of my oral history.

So it is on a Wednesday, half way through the month, that I am on my way to the grocery and I stop by my dentist's office while en route. He is closed so I go to the dentist next door and learn that my dentist had retired. We discussed prices and availability and I left with the matter remaining open for me to ponder. I returned on Thursday.

I quickly decided that there was no need to procrastinate, this dentist is well respected in the community and his prices were typical so I had no need to shop around. Thursday arrived and I made a deposit since I had the money. Not that I am not capable of holding onto the money but it does ensure that I follow through with the appointment. Sure enough on Friday morning the area around the teeth that were soon to be removed started throbbing. This led me to wonder about cause and effect. Is it coincidence or was there some more powerful psychological action at work there?

Wednesday was the day that an appeal brief was filed by one of my life coaching partners who I had been guiding through the process. So, as a practicing non-procrastinator, I went to the dentist's office that day. Was there a subconscious motivator in play though? Had I been unknowingly experiencing discomfort that I did not consciously attribute to my teeth or had pushed aside while focusing on the appeal process?

The teeth I selected to have removed first were the ones that irritated me the most. They were more decayed than the others and food got stuck in or around them easier. Once I had acknowledged on Thursday that they would be removed within a week, the throbbing seemed to immediately commence. So . . . was it that once I became aware that the teeth would be removed, my mind allowed me to become conscious of the existing pain that had been there all along but was suppressed? Was it that suppressed existing pain that drove me to intuitively stop by to see the dentist that day?

These are elements of motivation that clearly deserve some introspection. As I sat just hours away from having those teeth extracted I felt no pain. There was a dull sensation that I best described as being similar in feeling to that of a bruised area. No such pain

that I may consciously attribute to those teeth and nothing near the level of agony I had felt on Friday.

A confluence of factors were at play in the setting of that dental appointment. First was the deadline for filing the brief. Working on an appeal requires a huge shift in my schedule. I bill for a small part of the day when working on appeals but spend most of the day doing research strung together by related topics from which my interest was originally piqued by the current appeal but that is not immediately relevant. So, it made for a good day to start on something which I had delayed. Then there was the route I took. I had just put together another bicycle and didn't want to ride on the highway just in case pieces started falling off. So I took the street immediately alongside my block which parallels the highway and takes me past the dentists' offices. My dentist had retired and this other dentist had available time within a week which was perfect timing for me. My dentist rarely made appointments less than three weeks out.

Then I imagined the usual course of action from the past. For months I would feel this dull throbbing in my gums occasioned by the sharp twang of pain from hot/cold food or just for seemingly no apparent reason. Then, I'd wake up at night with the feeling of having been stabbed in the tooth and kicked in the balls simultaneously. I'd try to get back to sleep but to no avail. I'd head straight to the dentist who would say he can see me in three weeks or sometime thereabout. I would depart with a prescription to pharmacologically combat the infection. I wouldn't bother to fill it but instead would whisk myself down to Indy to the immediate care clinic where I would painfully extract from around my keister the significant amount of funds I had available and would hand it over. Again, I depart with a pain reliever prescription which would also go unfilled. Sure it felt like I was kicked in the face while my jaw was being squeezed in a vice but hey, *that* felt better than having the tooth there.

This may all seem contrary to what I have been teaching to you about planning, productivity, costs and efficiency. Well it is. That was what I *had* done from which I learned valuable lessons. That method of tooth extraction was expensive. There is the extra \$100 for the emergency care. There was days or weeks of being less productive because of the chronic dull ache. There was the drive to Indy [which is now a three hour round trip bicycle ride] which resulted in a loss of time and money. Add to it that there must have been some non-quantifiable relationship or opportunity costs because I may have been irritable or fatigued.

All of that should be motivation enough to make the conscious effort to use some foresight and plan my dental work schedule rather than react to a central nervous system stimulant - PAIN! But that latest appointment came about entirely by chance – so it seems. This is the quandary I am examining here. Is anything really by chance?

Absolutely. Most events in the universe appear to be the result of chance. That's what quantum physics tells us. But for our immediate world I think our influence plays just an important role which removes most outcomes from being purely by chance. That I finished putting together a bike on Wednesday influenced the route I would take to the

grocery that day. Taking on that appeal influenced the decision for some non-critical thinking such as the assembly of parts and connecting cables on a bicycle. It was what I did different from what I had done so many times previously. I stopped at the dentist office this time. So many times over the past year I rode by there and thought *I should make an appointment to get my teeth work continued*. This time there had to be a greater influence.

Gut instinct, intuition or a compelling feeling. Whatever you call it there are times that we are driven to do something for an unknown reason. I believe that my subconscious mind, that part off the brain that is performing hundreds of thousands of operations for every few that the conscious brain does, is the true driver of action. I must have been experiencing nerve impulses from my mouth that my brain recognized as being the precursor to the middle of the night awakening followed by a trip to the emergency care clinic.

So as I was riding past I made that abrupt turn up the sidewalk to my dentist only to find that he was closed. I then continued on my journey but before leaving the parking lot turned back having had a flash of “DDS” appear in my mind that was on the front of the office at the end of the building.

What did I do at the beginning of the week following the chasms in my jaw bone having availed themselves of the opportunity to heal? I called a buddy and gave him the details about the remaining teeth so he could shop around for the best price for me. The following Monday I started on another appeal. Within a week I had another dental appointment set to have two of the remaining 14 teeth extracted.

Sure enough, later that day I felt a throbbing sensation in my teeth where none had been consciously experienced the previous day. Through some directed thinking it went away. Again though, it was the cognition that there must be a problem with my teeth if I am having them removed that led to recurring sensations. This is a vital concept for the purpose of not having sick care insurance.

Do not procrastinate. Do it today, whatever it is.

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