

# A Musing

## Podcast Transcript

009 ▸ Dig

Next time you walk past a construction site in its beginning stages, check out the foundations... see how deep they go down, in order to build a tall structure. This isn't all that different from us building our own lives. Let's explore that idea!

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00:00:00.180 - 00:00:03.100

Welcome to A Musing, I'm Diego.

00:00:10.190 - 00:00:11.070

Today's episode.

00:00:18.307 - 00:00:25.767

Have you ever walked past a construction site in its early stages during the time that the foundations are being built?

00:00:25.767 - 00:00:31.827

You know, sometimes it's easy to think of buildings as these massive structures kind of sitting on the ground.

00:00:31.827 - 00:00:38.867

But there's much more going on underneath that most people simply aren't privy to unless they witness the building of the foundations.

00:00:40.267 - 00:00:48.127

These foundation holes are massive and deep, especially when it's a building that's going to rise over 20 stories.

00:00:49.487 - 00:00:55.727

That massive hole is dug essentially cutting a cube into the ground.

00:00:55.727 - 00:01:00.907

Then even deeper columns are dug into the ground inside that cube.

00:01:00.907 - 00:01:13.867

Casings are then forced into these deep vertical holes and concrete is poured into them, filling them until the concrete settles into completely solid vertical columns deep into the ground.

00:01:16.867 - 00:01:21.987

And these columns can reach all the way down into the bedrock layer.

00:01:23.787 - 00:01:35.087

So basically, the weight of the entire building is distributed and rests, not on the layers of soil and clay inside the ground, but on the firm foundation of the bedrock.

00:01:37.427 - 00:01:41.707

This allows buildings to sustain through earthquakes and strong winds.

00:01:41.707 - 00:01:52.207

It also makes it so that the building's levels and stability don't depend on surfaces that can shift, but rather on a solid foundation that will keep the structure in place.

00:01:53.267 - 00:01:58.347

And the higher up the building needs to reach, the deeper the foundations need to go.

00:02:18.587 - 00:02:26.827

That idea, that to go taller, you need to go deeper, it reminds me in part of the human journey.

00:02:26.827 - 00:02:27.527

Your journey.

00:02:31.887 - 00:02:41.907

Many people obsess over self-help and personal improvement, and there are plenty of motivators and life coaches out there that can be incredibly uplifting.

00:02:41.907 - 00:02:54.987

But a message that's not spoken about very often is the need that you might have to look back before you look forward, or to stick with our example, to look down before you look up.

00:02:58.207 - 00:03:04.727

Because personal growth should be much deeper than just appearing like you're progressing.

00:03:09.427 - 00:03:23.447

And there's so much of that going around, so many cases of people showing off their highlight reel on social media, and their followers consciously or subconsciously comparing their own gag reel to their greatest hits on Instagram.

00:03:24.047 - 00:03:30.187

You get caught in that trap, and it's very easy to lose heart and to start questioning the state of your own life.

00:03:30.187 - 00:03:40.267

But don't let yourself be fooled by the flashiness of the building, because the real measure of growth and progress is not cosmetic.

00:03:41.547 - 00:03:42.847

It's not superficial.

00:03:48.228 - 00:03:52.108

Real growth should be sustainable for the long term.

00:03:52.108 - 00:04:00.268

And believe me, Instagrammable moments are fleeting, but if your growth is based on a firm, deep foundation, that is long lasting.

00:04:02.048 - 00:04:04.548

So, dig.

00:04:07.048 - 00:04:11.928

Dig for all the things that weaken your foundation, your life.

00:04:11.928 - 00:04:18.748

Pay attention to the things people do, the things people say, or the circumstances in life that trigger you into losing control.

00:04:19.888 - 00:04:24.628

That loss of control could be fits of anger, rage, depression, anxiety.

00:04:24.628 - 00:04:29.288

It could be bingeing meant to escape certain feelings or thoughts.

00:04:29.288 - 00:04:33.108

Most people walk around completely oblivious to their own triggers.

00:04:35.168 - 00:04:50.088

They simply bounce from conflict to conflict like a ball in a pinball machine, feeling like victims of that person or that circumstance or that employer, but never stopping to dig and find out why it is that that thing makes them lose it.

00:04:53.228 - 00:05:01.648

Become aware of what baggage you've been carrying around, possibly your entire life, that slows down your personal growth and progress.

00:05:02.868 - 00:05:09.388

Look at the wounds you carry, your hurt, your pain, betrayals, failures.

00:05:11.868 - 00:05:19.288

Understand that hatred and resentment are poisonous to the heart and mind, your heart and mind.

00:05:19.288 - 00:05:24.808

Because your hatred and resentment towards that individual isn't causing them pain.

00:05:24.808 - 00:05:36.568

It's you who is being poisoned by them, and this is poison you're likely to spread around to your friends, family, to your kids who are watching and absorbing who you are, whether you want to or not.

00:05:38.568 - 00:05:41.168

You're doing this for yourself.

00:05:41.168 - 00:05:43.548

This is not about them.

00:05:43.548 - 00:05:45.928

Let life take care of their debt.

00:05:49.448 - 00:05:52.928

The earthquakes and winds, they come for all of us.

00:05:52.928 - 00:05:58.208

The question is, how will the life you're building stand against them?

00:06:00.168 - 00:06:02.848

Start the healing process as soon as you can.

00:06:06.228 - 00:06:14.228

Depending on the amount of baggage and the intensity of what you've got to face within yourself, this might not be a process you want to start on your own.

00:06:14.228 - 00:06:20.488

You might need a guide or a confidant to help you through it, perhaps a minister or counselor or a psychologist.

00:06:21.888 - 00:06:30.528

There are also options nowadays that weren't available just a couple of years back, so take advantage of things like telehealth tools to do it from the comfort of your own home.

00:06:31.548 - 00:06:34.028

But, don't put it off.

00:06:34.028 - 00:06:38.568

Start digging and preparing your foundation as soon as possible.

00:06:40.288 - 00:06:43.988

And once you've started digging, don't dwell.

00:06:43.988 - 00:06:48.588

No great structure got built by lingering at the foundation stage.

00:06:48.588 - 00:06:50.348

Acknowledge what you must.

00:06:50.348 - 00:06:52.648

Ask for forgiveness where you must.

00:06:52.648 - 00:06:55.148

Forgive what you must.

00:06:55.148 - 00:07:01.788

Heal, make resolutions to let go of the herd and the baggage, and then build.

00:07:01.788 - 00:07:13.608

If you put the time into setting solid foundations based on forgiveness, self-awareness, and letting go of what kept you down, don't return to the foundations.

00:07:13.608 - 00:07:15.588

Focus on the growth.

00:07:15.588 - 00:07:17.488

That's the exciting part.

00:07:17.488 - 00:07:29.548

The thought that you can walk free in life knowing you're not chained down to anything or anyone through resentment or wounds from your past, and that you won't be broken by life's ups and downs.

00:07:31.748 - 00:07:38.208

The thought that that particular thing someone says or does isn't going to trigger the hurt and pain.

00:07:38.208 - 00:07:45.368

The fact that you won't be charging someone in your present life for the hurt someone caused in your past.

00:07:45.368 - 00:07:49.048

It's freedom to build, freedom to grow.

00:07:55.463 - 00:08:02.863

The higher up your life needs to reach, the deeper your foundations need to go.

00:08:07.183 - 00:08:18.943

Most people will never even be aware of what's going on inside you, beneath the surface, but they will marvel at the beauty of the life that shoots out from within you.

00:08:25.619 - 00:08:27.639

Let me know how it goes.

00:08:27.639 - 00:08:29.819

You can write me at [contactamusing@gmail.com](mailto:contactamusing@gmail.com).

00:08:33.719 - 00:08:41.879

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00:08:45.839 - 00:08:47.599

I will catch you in the next episode.