

My ‘Self’ Credo ...

I have often said that in wanting to help others, one must first help one’s self. You can’t help to your best ability if you yourself are in need of help. It is time to practice what I preach.

I know of the ‘self-fulfilling prophesy’. I avoid it strenuously concerning my students by not listening to any fore knowledge provided by others of their perceived natures. I do not want to have any preconceived notions. We all will start anew. But I have very recently discovered that I do not give myself the same break. In Ryan’s writing exercise the following appeared on my pages ...

*I always strive to be the best
Even though from time to time
I know I will fail
There is always someone watching
To see if I am up to measure
Not sure who that someone is
I am sure that person is there
Could be my grandfathers, or grandmothers
Perhaps someone from my distant past
It could be this thing called spirit
It may very well be my own
This may be somewhat frightening
But if it is me
Or some part of me
What happens if
I let my self down
Would it be so bad if it was me
Will I think less of my self*

I was shocked. I have written about that ‘someone’ before, years ago, about a dream wherein ‘someone’ kept booming the word ‘deserve’ as he wrung his hands. He took my energy and became ever brighter as I became ever darker. After a time I realized that he was a part of me, a valuable part of me, a part of me I could not possibly live without. But he frightened me terribly, but I knew I had to embrace him. In my journal, after the description of my dream, I wrote the following ...

*To truly **know** the **light** one must **know** the **dark**. To truly **appreciate** the **light** one must **appreciate** the **dark**. The **light** and the **dark** **together** are our guides – **courage** and **fear**, **joy** and **sadness**. Our **strengths** are also our **weaknesses**. They go **hand in hand**, **side by side** – to know **one** is to know **the other**.*

With Ryan's writing method in mind again ...

*I believe it is now time
To give myself that break
From my own 'self-fulfilling prophesy'
To move away from fear of self
To know that I do have courage
In the acceptance
Of who and what I am
To my self
And know that it is good
Lead myself away from fear
And with courage
Hopefully become
Fearless of my own judgment
Fearless of the judgment of others
Fearless of my own awareness
Fearless of my own being
Fearless of the light
Fearless of the dark
Fearless of my other
Fearless of me*

That then led me to this evolving credo ...

“Do unto my self as I would do unto others.”