

FROM KNOWING... TO DOING

Once we have a sense of clarity as to how we have arrived at our emotionally impaired and largely disempowered position, the next step is to employ our newfound knowledge and learning in our everyday lives. The position which handicaps us almost as much as ignorance, is the one where we 'know... and do not do'. Therefore, it is crucial, having arrived at this point of greater awareness, that we do not re-enslave ourselves through inactivity. Theory is useless without practical application, because theory only helps us to understand what is happening, it does not by itself bring about a solution. Real personal power comes from experience and it is only when knowledge becomes a part of our experience that it can truly offer us the treasures latent within it.

We now know that our Authentic Self is at first overshadowed and later dominated by our Acquired Self, and that this begins at the pre-verbal and pre-logical stage, i.e., from the moment of birth. Initially, the main instruments responsible for conveying the messages of our own importance and worth are the non-verbal and para-verbal forms of communication, e.g., touch, being held, the quality of attention we receive, the nature of the atmosphere we are immersed in and also eye contact. These various forms of language are woven together as we grow and develop and create a set of impressions that help us make sense of our world, and ultimately colour all our interactions. The significance and importance of all these forms of communication is not really understood and appreciated in the main by those responsible for our upbringing and so they unconsciously help in the erosion of our true identity. Therefore, in order to renew contact with our authentic self and our true nature, our starting position is that of addressing those early un-edited messages, fed to us at a time of complete vulnerability and unquestioning acceptance. In order that we can do this and dismantle the intricate web of acquired selves there are several practical undertakings we need to pursue in a real and consistent fashion. Below are listed some of those which are important for us to engage in now.

- * Coming out of Hiding - is the first and most important step, 'we cannot heal that which we conceal'. Our denial and defence mechanisms are so sophisticated that it is only when we come out of hiding that we really begin to see the work that needs to be done.
- * Mirror Work - it is the 'mirroring eyes' above all else that in the early stages lead the way to the creation of our self esteem, and by using the mirror as a tool we can slowly but surely re-construct our self image.
- * Positive self Talk - there are so many negative statements competing for the same space inside our heads, what are they trying to say? What and how can we learn from them? Our internal dialogue is a powerful instrument for change, and we need to learn to use it constructively.
- * Re-framing - we are at the current time the slave to so many experiences which are now a part of our belief system and were originally absorbed at a time when we were unable to challenge or make sense of those experiences. To disempower these now outdated and unhelpful thought patterns we need to arm ourselves with truth and go back and re-shape our experiences, so they no longer paralyse us.
- * Creative Visualisation - our future is inseparably linked to the way we view ourselves in the present. Through guided and disciplined use of our minds we can create the self image and future we desire. The most powerful medium for change is already ours (our thoughts) we just need to use them in the right way.