

FROM KNOWING... TO DOING 2

There is a gulf between what we 'know' in our heads and what we actually 'do' in our lives, but there is also a bridge that links the two. It is called from 'Knowing to Doing', and until we take the necessary journey across this bridge, we are unable to reach our desired destination of authenticity and well-being.

The self-liberation and personal empowerment processes we need to engage in are all endeavours and activities that involve externalising (bringing out) what, up to now, has been an internalised and largely hidden problem. As long as the 'problem' remains hidden, there can be the illusion that everything is fine in our lives. Therefore, it is crucial whilst on this journey, to actually put into practice what we know, and to also employ excruciating levels of honesty because only this position offers us the necessary insight and access to the truth about ourselves. It is imperative that we surrender the attitude of selective acceptance of our inner world; for if we choose to see and accept only those bits of ourselves we like, and have distaste for what remains then the desire for 'at one-ment' (to be whole) will remain a dream never to be attained. To reclaim oneself means first understanding then finding and accepting those parts of me I have disowned.

Below are listed some more very useful practices that assist and facilitate the individual towards acceptance, self love, and peace of mind:

* Shadowing - the disowned 'bits of the self', the parts which are described as less desirable, murky, and sometimes even evil, have been referred to in psychology and psychotherapy as one's shadow. Shadowing, is the process where we stop turning our backs on those bits of the self we would rather keep hidden, or are afraid of, and instead we learn how to give compassion and understanding to ourselves in order that we can find peace and well being.

* Re-parenting - our emotionally abandoned child is the core reason for our emotional and psychological ill-health. The centre-piece of any self help activity to recover all our natural beauty and power needs to involve re-parenting skills. Only when our child is fully recognised and validated can we be whole. Re-parenting is breathing life back into our inadequate and lost child so he/she can stand firmly and meaningfully on the stage of our lives.

* Positive affirmations - our mind is an energy of cyclic patterns and repetition, hence our obedience and sometimes enslavement to what we describe as habits. These forces of energy, which begin as simple acts and are then repeated for various reasons, eventually become almost entities within themselves, either working for our good or to our detriment, dependent on the nature of the habit. Positive affirmations are one of the means of creating healthy, helpful habits that empower, rather than enslave. We are what we think we are... we need to remember this slogan as it embraces the secret to growth and improvement.

* Guided Sleep - there is so much latent energy within sleep which largely takes on an existence of its own, particularly in the form of dreams. The subconscious mind appears to follow no rules and has no recognised pattern and is therefore left to roam aimlessly. By understanding the relationship between sleep and the subconscious we can begin to navigate sleep in a direction which is of benefit to us and use its amazing resources to achieve our goals. Sleep is really our friend but we need to form a relationship with it if we are to enjoy all that it offers.