

Two Life Phrases for Self Development – "I Am My True Self" and "I Am Conscious"

## Number One – I Am My True Self

It was one of the strangest life coaching situations I ever found myself in. A woman had come seeking help, let's name her Doreen. Her brother had just passed from this life to return to the Universe. She had also lost her father some years earlier. Doreen had been sexually abused by her uncle while she was a child and into her teen years. The family knew about the abuse but said nothing, did nothing, so that Doreen's aunt, spouse of the abusing uncle, would not be "upset." After all, she had money, so the family excused themselves (hoping for some money in the future).

What does this have to do with acknowledging *your* true self? Doreen had no real relationship with herself. She literally lived her life first for her father, then for her brother. She had developed no actual understanding of who she was apart from those two. When they were both gone, she was genuinely lost, without a recognizable personality of her own.

Now, I say recognizable, because she had enough of something left, though she could not describe it, to function in a marriage and in a life.

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This is where anyone ends up when they do not *acknowledge their true selves*. When you live for other persons only, or live on behalf of other persons only, you cannot be you. You are always fulfilling "their" expectations. You have no motives of your own, except to live for the recognition of someone else. That boils down to no confidence in yourself. Doreen's history was one extreme of this kind of life task, she knew no one but her father and her brother. She lived for no one else. Even though she was married, it was her brother's and father's personalities that she lived out even in that relationship. When they died, all her motivation and confidence died as well. Her marriage and life began to disintegrate.

(The other extreme of this situation of life is to be so wrapped in one's self that there is no cognisance of anyone else. That is a mental illness.)

What Doreen came to see was that she needed to have her own certainties, ones she developed for herself. When she began to develop those for herself, she began to free herself from the shadow-personalities she had carried of her father and brother. This took several months of dedicated work on her part and coaching on my part. One vocation she developed was writing poems of a certain genre. This was her very own fascination – having nothing whatsoever to do with her deceased relatives.

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You need to *acknowledge your true self* as well. Satisfy your own expectations. Begin now. You do that by looking within to see if you are ruled by an outside personality. For example, whenever you are trying to make a decision, does a voice in your head begin immediately to define for you the coming decision? Does that voice sound like the vocalization of your mother or father?

Now to be sure here, I am not talking about voices that you cannot control. The voices I am speaking of are "left-over" admonitions of parents. Such a voice may say something like, "We Smiths don't do things like that." Or simply, "Shame on you for doing that." Or when you are correcting your own children, do the words of your mother or father come out of your mouth? And you swore to yourself that that would never happen?

When something like these happen, you need to stop and think. Who am I really? Do I want to listen to these "left-overs," or can I be who I really want to be?

**I am my true self.** Say this until it becomes part of your atoms. It may be that you deliberately choose something from your upbringing to use in the present. Do so. With full recognition that you have chosen it.

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How many story plots have you seen or read where (usually, but not always) the son of the family is pressed into following in the father's footsteps? This is not really what the son wants to do with his life. But his family forced him into it by pushing him in that direction all his childhood and teenage years.

Same for you. That is, you must choose to be who you really are. You do that by repeating "I Am My True Self" until it becomes part of "your DNA." Check every action and thought against that life phrase. Yes, there is effort involved here, especially at first. But it becomes easier and easier and less and less effort as time passes and you get the hang of it.

Doreen, after some time of trying, finally blossomed into her own person. Even going so far as to read her poetry at a convention for that genre.

"I Am My True Self." Say it. More importantly, live it.

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Two Life Phrases for Self Development – "I Am My True Self" and "I Am Conscious"

## Number Two – I Am Conscious

Be conscious of your mind. Have you heard the phrases, "What were you thinking?" or "What was going on in your head when you did (said) that?" Do not be a person who is unaware that you have a mind. And that mind is constantly churning with mental activity.

Most people, you do not want to be one of them, have no idea what is going on in their minds. That is, they have no knowledge of their thought processes until after something is done or said that they wish they could take back. They even often ask themselves, "Now, where did that come from?"

This frequently happens in the throws of anger. The mind is so captivated by the rage that is storming through its precincts, it cannot see or hear what is going to be said, until it comes out the mouth. Too late. Want to take it back. Never should have said it. Harm done.

So, how does one become conscious of one's mind? Stop and listen to the inner dialogue that is like a constantly flowing river in your brain. But

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you've got to stop and listen. You cannot know what you are thinking until you take the time to sit or stand quietly and hear what your thoughts are. The average person has no trouble doing this. Take your mind off other things, in a time of quiet, and listen to your own thoughts.

Gather your own opinions. What do you think about thus-and-so? When you know what your opinions are ahead of time, you can respond with those opinions when the time is appropriate. Know what your prejudices are. (Prejudices are pre-judgments you have made about people and things.) This way you can know what you are going to say or do when you meet someone or something you are prejudiced toward.

What does this do for you? Knowing your own mind makes you have a better life. Yes, I believe that knowing your own mind makes for a better life. When you speak or act, out of a known consciousness, you are proactive from a position of knowledge, not of ignorance. I think you easily recognize that living out of knowledge is the better way to go. It makes for an esteemed life. Acting out of ignorance, unconsciousness, means that your life will be haphazard at best, and filled with catastrophes, at worst. So, act and speak out of consciousness, beginning right now.

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**I Am Conscious.** This also means, after stopping, listening, gathering, that, when you are angry, for example, you determine you will respond in a certain way. A reasonable approach. You have gained a certain amount of control through stopping, listening, gathering. Much more control than you had. Now, from consciousness, awareness, what is the best response? Don't think you have time to do this in the heat of the moment? Except in life-threatening situations, you always have time. What is it you really want to say coming from the position of being aware of your thoughts? Say that.

Do we (I include myself in this question) always accomplish this? No. But with time and practice we can (again, I include myself) do better at it.

I am conscious. I know my mind. I know my opinions. I respond as I think is appropriate.

1. Stop and listen.
2. Gather your opinions and prejudices.
3. Determine your approach.

**I Am Conscious.**