



## **The Path of Staying True**

So once we commit to limitless living, (refer to [Limitless Living Article](#) – August 2008) how do we maintain staying on the path? Life will always be full of challenges as that is the essence of the path that is life. I believe that challenges provide us with opportunities or choices to be more of who we really are - more compassionate, more loving, more joyful and more peaceful. But we need to be self aware and self responsible to decipher what our choices are.

### **Self-awareness**

This is the ability to reflect on what aspect of ourselves a challenge brings to the fore. For example, you maybe feeling frustrated at your partner for not meeting your needs, or your parents for not supporting you. Awareness of the self enables us to ask questions such as:

- Have I expressed my needs clearly to my partner?
- Is it realistic to expect them to meet this need?
- Have I asked for the support I need?
- Are my parents (or whoever) able to give me that support or support me in this way?

And the key Self-Awareness reflection:

**Are these patterns of behaviour or experiences something I experience often?**

Through asking these questions, often we can see that there is a common theme to our life experiences eg my needs are never met, or are always the last to be met, I always miss out, I am not understood, my parents (or \_\_\_\_\_) never support or encourage me etc etc. Once we have identified this, we can step into the space of self-responsibility

### **Self-Responsibility**

This is the ability to respond in a self-supporting way, the ability to identify the part we play in the dramas of our lives.

From the examples above the self-responsible reflections could be:

- Do I express my needs clearly and to the right people?
- How can I meet this need for myself? (After all, if we don't think we deserve it, why should anyone else?)
- Do I support myself? Or am I always looking for someone else to pick me up, show me the way, pick up the pieces or determine how I feel about myself?

**When we are self-responsible, we take responsibility for listening to ourselves, loving ourselves and meeting our own needs.**

Some key questions to determine whether we are responsible for ourselves and our needs might be:

- Do I support myself by getting enough rest?
- Do I say no when I need to or do I compromise myself and my integrity to make others feel better, or to meet their needs at the expense of mine?
- Do I listen to what my needs are, to what my body and soul are telling me?

The answers to these and similar questions provide the insights into the actions required. Once we have the insights, we can then make a choice. We could decide to say yes to something because that is what we consciously choose to do, or we could choose to ask for help (and give people the option to say yes or no) rather than we are unsupported.

### How do we apply this to day to day living?

Using my half marathon training as an example – I started off feeling inspired, and focused and put a few good runs under my belt. But then something changed, my body wasn't enjoying any aspect of my training or even the thought of training!. I was ready to give it all away. A number of sleepless nights with children, some discomfort in my body and not enough 'topping up the tank' meant I was pushing myself and my nervous system too hard and I was now energetically 'in the red'.

However when I gave myself the space to breathe properly and be quiet, I realised that I had several choices:

- a. To continue as I was and risk injury and apathy
- b. To give up on my goal altogether
- c. To adjust either my goal or the path to the goal

Firstly though, I had to ask if I was just considering quitting because it was too hard – was I just being challenged and opting for the easy way out? Giving myself the quiet space and letting go of any judgement, the answer came very clearly. Continue with the training, but back off and know that the body will respond beyond my expectations (experience limitless living) if I listen to it and take action accordingly. I needed to meditate more regularly and build up my energy reserves, and refocus on getting my body out there in a more gentler way – so some longer walks will now form the majority of my training for the next couple of weeks until I am back on track.

So in summary the Path of Staying True is one of self-vigilance and flexibility that enables you to make life-supporting choices:

#### 1. **Self-Awareness: Listening to yourself**

Be aware of when you are expecting someone or something else to give you what you are wanting. Be aware of your relationships and your life experiences – are they a reflection of how well you listen and support yourself? (For me I needed to listen to the messages my body and mind were giving me). What will be your choices around this?

#### 2. **Self-Responsibility: Respecting yourself** by acting on the insights gained from above

Our life experiences provide great mirrors for ourselves. Our frustration at others is frustration at ourselves, our disappointment at others is disappointment at ourselves, our abandonment is abandonment of ourselves and so on. (For me the pressure I was feeling was from not listening and continuing a course of action that needed some amendments to ensure I topped up my tank and was able to meet my challenge or task. As a result I have revisited my training, let go of the guilt and judgement and am happily embarking upon the next phase).

#### Handy Hint

A great affirmation to help with choices is what I call the anti-guilt affirmation:

**I choose to accept my choices**

#### 3. **Take action and nurture yourself so life can nurture you.**

When we commit to using life's experiences and challenges to be more compassionate, loving and peaceful and joyful, with ourselves primarily, life will meet us with these same experiences.

Go well, determine your choices and enjoy walking the Path of Staying True



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