

Inspirational Friends Network

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Social networking events for people interested in mind/body/spirit subjects and connecting them through a website www.InspirationalFriends.co.uk

Just a thought ...

We all live our lives using sets of rules or guidelines. You know the ones I mean: I'm not good at ..., I can't commit, Oh, that's not for me, I'm not worth it, I'm too old. The list could go on forever! When someone says something nice about you how do you feel? Does what they're saying fit in with your rules or do you think they are just being kind because that can't possibly be true? How about saying something nice about yourself - now there's a challenge for some of you!

Now, these rules are fine when you've come to them from personal experience but how many of them do you live with but don't realise where they've come from? These are the rules that determine how you choose to behave, how you spend your life, the choices you make, how you interact with others, sometimes, even, whether you are happy or sad.

When we are born we are like a blank video tape and we record absolutely everything we hear, see, sense, feel, experience etc. Unfortunately as we are growing up we don't have the ability to be selective. For example, your Mum is having a really bad day, everything is getting on top of her and you knock over a glass of milk "Look what you've done! You clumsy girl!" She overreacts and shouts at you. You are upset, quite rightly so, and you tuck her words away in your sub-conscious.

Now, if that happened to you today you'd have several options open to you; you could be sympathetic and ask what has really upset her to overreact that way, you could walk away until she's in a better mood; you could even shout back! As a small child you don't yet have those options. An adult is telling you that you are clumsy, adults don't lie to you, they love you and take care of you, therefore it must be true. You then spend the rest of your life believing you are clumsy. Guess what, it isn't true!

Just think how many people, especially adults, children interact with each day. Are they all being careful with the words they use, do they realise what an impact those words can have on a person's life? The answer is no as we are all living the Human Experience and non of us is perfect.

What I'm inviting you to do is to question the rules you live your life by. The next time you think "oh, no I can't do/say that" be like a toddler and ask Why, answer yourself and ask Why again and again. Ask yourself to back it up and prove it.

Learn to use your discernment. Tune into your gut feelings, the ones you use when you're in a situation and something tells you to be careful. Don't just take your behaviour for granted - question it. In fact, if you're anything like me, you'll probably be very good at questioning why something is the way it is.

Here's a short story: Mary looked forward to her mother coming for Christmas dinner. She bought all the trimmings and cooked the turkey to perfection. Her mother gave her all

the praise she was hoping for. Then she asked why Mary had cut the turkey's legs off before cooking it. Mary was puzzled. She answered "well I've always cooked it that way". "Yes I know dear but it has always puzzled me why you do that." Mary was totally confused, after all, her mother taught her how to cook. "I do it that way because you did it that way" she said. Her mother burst out laughing "But Mary, I did it that way when you were a child because we had a small oven! So where do your rules come from? *Just a thought...*

With Love and Blessings,

Lisa Lyman, Founder

This month ...

Are You The One?

Do you have the skills/experience the Network needs?

Follow Your Dream

Read how Janice Tidy did just that

Has Your Zing Run Out by the Afternoon?

Find out about stress with Fabbodz Facts of Life

Beauty Tips

Not the make-up ones, the inner ones!

Looking for Someone/Something?

Check out the new Index and Ads

Keep up-to-date with Club events

All you ever wanted to know about the Network