

Find And Understand Yourselfes



Each of us contain a family of ones.

From our birth, we experience, struggle and change the members of our inner siblings.

There is the quiet one who likes to be alone, reflect on life and what has been given/taken. This part of us relies on solace and contemplation to justify the actions and inactions we take. It often provides reflection in our decisions.

Alongside is the communicator, whom flourishes on the connection with others and the giving/sharing of ideas. It is within these pools of our external family gatherings that we often can find wisdom from others to pass on to our quiet times, or enlighten those we come in contact with about our own choices and their consequences.

Hugging all of our personalities is the protector. In times of both physical and mental duress, the forceful side steps up with increased strength and willingness to use force to get to the goal.

And so the list goes on, with each speck of our being coming to sparkle in its time of calling. A dictionary full of terms comes to mind for these parts that make us whole...creator, leader, laborer, parent, fighter, lover, etc.

At the top of all our layers is the 'id'. A judge of sorts, who evaluates each role played against an inner barometer of good/bad. The judge quickly and distinctly lets the players know if their thoughts/actions will benefit us or cause damage. Knowing these outcomes will affect our lives in all we do (and the effects on others). The 'id' provides no sugar coating, no lies, and only presents its results in the RAW.



There are many times where we can justify, excuse and even get away with behaviors that are not enriching and may adversely affect us/others. But, the 'id' is all knowing and has access to the true nature of our desires/actions. Its mirror, at which we view our self, is perfectly clean and cannot be blurred.

It is then up to us to act upon the feedback and choose the path. Will we decide to take the path which is honest, right, but, sometimes hard to swallow? Or, venture down the other road, which often contains lies, bad feelings and sometimes damage to others?

We all struggle with both finding and understanding ourselves. What makes a person richer in their life is the realization that there are times when they listen to the wrong thoughts, or take the incorrect action, but, tell themselves that the 'next time' they are going to be stronger, less receptive to the demons and more to the angels within.



From a person who has also taken cookies from the "hands off" cookie jar, for that quick moment of satisfaction (sorry mom), to the same person who, when presented with the same jar later, decides to ask permission BEFORE receiving a lifelong regretful thought, I hold out my virtual hand.

Within all of us is the power to choose which voices to listen to and which actions to take. The past is the past, and the 'now' gives each of us a chance at renewal in our efforts and the outcomes that will come from them.

We look forward to encountering you and enjoying the fruits from your good choices.

this.

Below are some links to some doodle I (we..*grin*) did on

8D...ave

Running From The Id: <http://timeforyourmind.com/davesArt/tfymArtIndex-602.htm>

Freeing The Brain: <http://timeforyourmind.com/davesArt/tfymArtIndex-561.htm>

One With Some Ones: <http://timeforyourmind.com/davesArt/tfymArtIndex-502.htm>