

# Stop Using Eyes Of Others

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A bush to the side of you twitches off in the distance.



You can see movement just behind the branches. A pair of glowing red eyes appear. It is a wild animal looking at your body. Soon a face with large fangs appear, the lips trembling, with its eyes focused directly on you.

In that moment, you are seen as the next possible meal. Within the face and eyes of the creature, you see as it does, that you are a dish full of calories and taste, nothing more than bone, flesh and something to fill the stomach. You are FOOD, plain and simple.

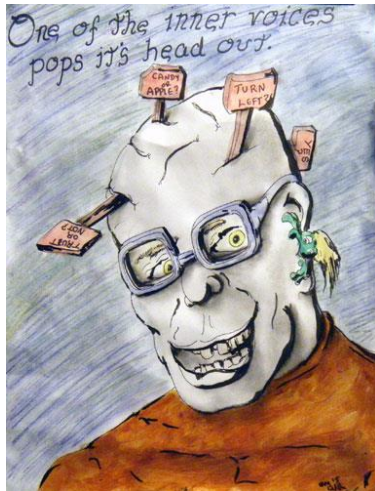
Lucky enough, this wild creature is actually a 6-inch-high baby animal, with big adorable eyes, who hasn't learned the difference between you and a strawberry.

Your mind relaxes, your pulse slows and the sweat on your forehead begins to dry. The possibility of becoming food fades away to a past memory and you can once again think about more important things.

***“Will I be able to do that task I placed on my schedule today? Have I built up enough self-image to gain the respect I feel is deserved after all my efforts?”***, your mind exclaims.

During one of these self-confidence exercises, the thoughts are once again interrupted by something you see. This time it is on the corner of a building. A security camera is pointed directly at you!

***“Were you scratching your nose while the person on the other side was watching? How are your clothes fitting?”***



Subconsciously, your hands move across your waist, tugging on the material to make sure it is pushed correctly in the right direction and there is no bagginess.

The sunlight reflects off the security camera lens and makes it look like the person on the other side is winking at you. Even though you can only see the glass and your reflection in it, you can imagine who is on the other side. Maybe even a team of others evaluating your every move, your choice of outfit. You become very self-aware. Every step you take is now calculated. The back muscles tighten for a more upright posture.

***“Do they think you are a CRIMINAL? Can the eyes watching you see the high quality of clothes you bought? Did they notice the designer shoes covering your feet?”***

Just as you past the backside of the camera, you notice the power plug is not even in and there is a sign that reads “under construction”. The thing wasn’t even on and no one is on the other side.

Back muscles that were tight now relax. The outfit and actions of your limbs no longer take center stage. You can re-focus on the things you want to think about.

***“That was great, the way I handled that stressful situation yesterday. And the kudos I received from others for my contribution really made my day. I saw the problem, thought up a solution, presented it to the team, and changed a broken process into one which now works smoothly...thank you very much!”***

Your head raises a little, the neck muscles strengthen. With your head held high, you feel the confidence rushing in. You are somebody now. The efforts you made/make are valued by others and you have proven yourself (once again) to be a success.



***“Hey You! Funny bumping into you here. How is life going for you?”***, a person, who knows you, says as you two bump into each other on the sidewalk.

The earlier positive self-esteem thoughts are whisked away. Your eyes and mind solely fixed on this person’s face and their eyes. You heard the words and the smile presented. But, as you look in their eyes, you can see that the words spoken are not showing what they really think. You remember that argument you and they had during that important meeting with others.

How the interaction became a battle of wits and now you can see they are testing you, evaluating your reactions to them.

Even though you both work in the same department, you can tell they view you as a threat to their position. They do not view you as an asset, but, a foe who must be caged, put in their place, moved to the background. An ENEMY.

After you both exchange words, the encounter is over and you can continue walking, while thinking about what you hold important.

***“Remember that product I created. I sat down, imagined it in my mind’s eye, and used my own two hands to create it. And the response from the public was overwhelming. I even heard there are going to be some awards that might be presented to me for it. I am so good at making those types of things I love to create.”***

Arriving at a store, you look for an item you wanted to buy. You turn the corner around a shelf of items, only to find yourself in front of a group of people who saw your product earlier.

***“Wow, is that really you? We all thought you would be living in the fancier neighborhood by now. That thing you created was so amazing. We have heard of people in other countries saying how wonderful it was.”***, the group showers you with their statements.

Then they lay one on you, ***“How do you ever expect to top what you did? We mean, it was so impressive, how would you ever reach that level of greatness again?”***



Without waiting for much of a response, the crowd moves on, and out of the store. Clearly, they see you as a person who has hit their prime and should just be RETIRED.

You are now hearing their words bounce around in your head and the earlier high level of self-esteem is now deflating. The cloud 9 feeling begins to fade.

Then a moment of awareness sweeps across all the thoughts shared that day. The ones from others, where their images of you collide with what you want in life. When outside views are expressed, you see that they are expressing how they see you, or how they want/expect to see you. Often these are not who you are.

The other products you made that did not make such an impact on the world, were still something you loved to do. Each of them came with self-enjoyment, self-fulfilling desires, and your self-gratification was satisfied with all of them. The world may place some high, and others low, in their views. But, it is your view that matters.

An animal may see you as FOOD, a camera as a CRIMINAL, a co-worker as an ENEMY and the public as RETIRED. However, you are not them unless you decide to agree with the labels.

During your interactions with others, you will always be judged/labeled through their eyes. It is okay to for them to have their opinions or views of you, as they also have inner thoughts that help control their visions of you. These opinions are owned by them and are only being shared with you. If they agree and support your desires, keep them. If they do not, take them as they are, just words used by others to describe you, they are not you.

If you try take ownership of their images, you are trying to see and judge yourself through their eyes, without being them and all that they are made up of.



In the end, you should stop using the sight/opinions of others, and rely more on your own set of eyes.

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I created all of the images used in this article. They can be found at:

<http://timeforyourmind.com/davesArt/index.htm>

#### **Images Used**

“Wild Thing” : <http://timeforyourmind.com/davesArt/tfymArtIndex-336.htm>

“Bullets In Disguise” : <http://timeforyourmind.com/davesArt/tfymArtIndex-694.htm>

“Forced Retirement” : <http://timeforyourmind.com/davesArt/tfymArtIndex-699.htm>

“Inner Voice” : <http://timeforyourmind.com/davesArt/tfymArtIndex-729.htm>

“The Caring Cute Critter” : <http://timeforyourmind.com/davesArt/tfymArtIndex-734.htm>