

HOW MUCH DO YOU ALLOW YOURSELF?

While attending the third module of the NLP¹ Master education, I discovered the work of Virginia Satir, the founder of family therapy. She believed in people and their potential to grow and develop. She encouraged them to express their essence. Virginia believed that we humans are very logical in the way we function, because we live our beliefs, and they determine what we see. Our beliefs are our self-fulfilling prophecies and we shape our reality by finding evidence everywhere in our environment and experiences which confirm their truthfulness. We are a set of habits and beliefs about ourselves, which we have allowed ourselves and which we repeat, in the form of our patterns of behaviour and, also, very often, as our own patterns of failure. That is why it is important to realise that all the resources for our personal change are found within ourselves. If we adopt new ideas, new experiences, and “pack” them into the old familiar structure, we will get the same familiar result, the same predictable life script. Therefore, we need to allow ourselves the freedom to make new, different choices. To design who we want to be and progress towards that creation.

¹ Neuro-Linguistic Programming.

I knew very well who I really wanted to be, I felt, aspired to, expected, rejoiced the new identity. I realised what my impediments were the day I discovered Virginia Satir's *Five Freedoms*:

- To say what I feel and think instead of what I should.
- To see and hear what is here, instead of what should be, was, or will be.
- To feel what I feel, instead of what I ought.
- To ask for what I want, instead of always waiting for permission.
- To take risks on my own behalf instead of choosing to be only "secure".

Yes, these words sobered me up, woke me up from a long sleep of mediocrity. The journey from awakening to the materialisation of these words in my Self is still ongoing. And it will last as long as I live. Now I know and the truth does not scare me.