

**“We are not creatures of circumstance:  
we are Creators of circumstance.”**

**Benjamin Disraeli**

“To Be Creators or Not to Be Creatures”.

“To Live or Not to Live”.

“To Be or Not to Be, that is the question!” Shakespeare

If we can focus on the Creative aspect in every individual and flow with that idea in a positive way, then slowly the creature controlled by gravity, that inherited genetic negative and positive molecule from past generations, a fighting spirit, man’s will, can gradually be contained, used only when absolutely necessary eg., in self-defense and hopefully in the creative art of words and not in the natural reaction of physical action.

The art of Distraction works to strive and achieve this idea far better than condescension or harsh judgement and punishment which is rampant within the education system. Self-awareness has to be the discipline, not taught but shown by example; children cannot transcend their inherited animal ways until they come into contact with someone who has transcended from their natural negative instincts or original sin as referred to by some.

Education is a distraction but not necessarily positive. I know children, myself included leave school more forlorn than when began at the young age of 5. If one doesn’t progress by being allowed to be understood, and allowed free speech in questioning all ideas, what relevance is there is storing a whole lot of different ideas. Extending ones horizons by experiencing love and understanding and lateral relative guidance helps one to transcend man’s emotional pitfalls; and this is all of Creation, to create a Whole Spirit – mind and body in harmony with nurture and nature.

Our lives are full of Change.

Most of us don’t even think about it, it just happens that way, because we allow ourselves to be controlled by the way we feel and not by what’s necessarily rational.

Developing Self-Esteem & Self-Satisfaction requires a Change of Heart and a reconditioning of our Minds.

I was 34 when I began to assert myself and it was through the blessing of having children and their restlessness that made a difference to my life, I realized that they came from me, but didn’t belong to me. I started to turn things around and looked at everything from another point of view. Then some time later in my 40<sup>th</sup> year, I got news of 8 brothers and sisters I didn’t know I had; they were from a Moslem tradition, who grew up in the Gulags or better known as Concentration Camps in Communist Albania. I instead was conditioned in the Institution of Catholicism in a Western psychology, a very different psychology, quite opposite to Eastern way of thinking.

Each day of our lives can be an eye-opener, and, if you’re inquisitive, it can be a never-ending learning process full of lots of surprises. Our reactions and our responses can be

our guide; negative and positive. You'll always have the two, because that's the way we're made up and the world's made up – negative and positive molecules always bouncing to and fro, never meeting together. Only a mind journey, a belief in oneself and something far greater than ourselves, can bring about a state of grace, a state of heaven on earth, a state of self-satisfaction and self-esteem. We can bring our negative self and our positive self into harmony – it just takes time and lots of thought.

Carers have the most important role, they are teachers, and are advantaged because of the wide variety of repetitive challenges confronted with everyday. We're given many chances to improve our state of mind, feelings aside. Children can be our best Instructors if we listen carefully and patiently to what they have to say; Timing is everything. Nobody likes to be hurried. God makes everything beautiful in His Time.

It took me 40 years to come to know who I am. A difficult childhood, a difficult first marriage; the negatives are endless, it's part of our conditioning to be negative. I've written how I broke down my forced psychology, my western conditioning, in a book called "Out of Egypt Have I Called My Son". I lived through it all by having Faith and a strong will To Be, for Not to Be at the mercy of our inherited negative society is a life of emptiness, and a life of bondage.

Building self-esteem is having good relationships with all people and this requires very little. A smile, a hello, a how do you do, sometimes even a hug or a kiss, makes one's day. We don't have to be friends with everyone to be friendly, in other words we don't have to live everyone's life to be happy. Living your own life is challenging enough.

Understanding that there's a reason for everything leads one to breaking the time barrier. Expecting nothing in return builds strength and discipline and self-esteem.

Knowing thyself is knowing the World and the Universe and most important, the Universal. Creating the Spirit of Life within, creates the world as it should be, a place of harmony and beauty.

Our wildest dreams can become a reality. I first met my present husband in a dream during my turbulent past. Some years later, I met 'Jesus', also in a dream, when my life seemed calmer and on the way of straighten itself out. All my wildest dreams came true. I wished for an older brother when I was young and lonely; God gave me three. All the answers lie deep within us. Surrendering to Conscience leads one on a journey to Cerebral Symphony, the Fountain of Youth, Eternal Life, Peace of Mind. Every belief has come from the mind. Our Sight or Vision comes literally from the back of the brain; our eyes are but windows.

It's all relative, just as we all have things in common. It's all in the point of view. Listening to all points of view breaks down the walls between hatred and the gift of Love, between anger and tolerance, between earth and heaven, between man and God.

It's Mind over Matter: making every day special builds one's self-esteem and good things happen. Focusing on what's important is the issue. It's all elementary.

I'd like to finish by quoting from John Campbell in the Power of Myth on Moving Forward on the inner journey. He wrote:

*“We have not even to risk the adventure alone,  
For the heroes of all time have gone before us,  
The labyrinth is thoroughly known.  
We have only to follow the thread of the hero path.  
Where we had thought to find an abomination, we shall find a god;  
Where we had thought to slay another, we shall slay ourselves;  
Where we had thought to travel outward, we shall come to the  
Centre of our own existence;  
Where we had thought to be alone, we shall be with all the world.”*

I live my life now, for others, to encourage anyone who opens up to a need. Building self-esteem helped me to change from a physical being into a whole person, uniting mind, body and the light or soul/sol of the Universe.

Alizabeth Martin 1998  
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