

## *Journey of Self Discovery*

### **Pre-Preface**

The following was written ten years ago, before “the Journey” included the Lord as my co-pilot. Little did I know then that the most important parts of the Journey were ahead of me on paths set before me by the Lord.

### **Preface**

Don't look too hard at where I have been, but where I am now and where I have the potential of going in general, and if your are fortunate, maybe with you along for the wonderful ride. Give me the benefit of self-discovery, for changing, evolving and embracing the intermittent smooth and bumpy ride along the journey.

### *The Questions*

When we take and receive from others or nature; is our next thought giving back?  
Do we give ongoing thought to a bigger picture, do the small things tend to distract?

When we listen, do we hear, do we accept a statement or conclusion as a fact?  
Do we believe we are instruments of positive peaceful change, or do we go on the attack?

When we look at our place on this planet, are we fulfilled, void of a sense of hollow?  
Do we constantly reassess who we have become, and our capabilities to lead, not follow?

When we are faced with a challenge, do we question a greater authority, act or wallow?  
Do we constantly strive for answers, to accomplish, never a personal field left fallow?

When we remember past loves and loved ones, are there no regrets, a sure win-win?  
Do we focus on memories that warm our soul, yet past mistakes are still not forgotten?

When we look in the mirror, do we see the wrappings or do we more often look within?  
Do we see the foibles and the faults, or are you uncomfortable looking beneath the skin?

### *The Answers*

Disappointments and failures in work, family, a mate, ourselves, can force us to evolve  
You cannot be weary of change, you must embrace it; you can develop increasing resolve

Excuses are everywhere for you to dwell on, a crutch versus the ability to problem solve  
Misunderstanding, intolerance and ego hinder forgiveness, the power to absolve

Be aware of the bad, but focus on the good in others in every give and take exchange  
Be totally open to all the possibilities, the results may be surprising, but never strange

Embrace differences in others as much as commonalities, within a complete range  
Be prepared mentally and emotionally to enjoy even the unknown that demands change

Show emotions, they enhance life and lives, from caring, kindness and compassion  
To empathy, understanding, forgiveness that add to a depth of love, still with extra fun

Never fall short in perseverance or the effort to achieve, you must look past number one  
Always express yours feelings and concerns, never short of total communication

You must look within, separate yourself from your feelings and look reality in the eye  
Question every important action in your past and present, never be wary of asking why

Honesty is absolute, yet can appear as a moving target until one sees truth as others see a  
lie  
Some things are personally concrete, laughs are pure or certain loves until the day you die

Written November to December, 2005

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