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Being your own enemy

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This may seem cliché, but in many ways, we are our worst enemy. This may come a little shock and I hope it does. But you are more powerful than you can achieve and your potential is limited by one factor: You. Do you know how many powers you actually possess? Ā Do you know that literally everything in your life is the product of your choices, your perspective, your attitude, your behavior? How does it make you feel? I invite you to look at that notion with a sense of excitement, freedom and relief! In my experience, it's like I've been in denial of my power. It's like I'm afraid or I don't understand. I spent a lot of time literally frozen in a overwhelmed state and while the moments of my life came up, I was actually my worst enemy - my only enemy, really. I found myself stuck in cycles that brought me Disease, but felt unclear about how to change my life for the best. I hated my career, I had vices I wasn't proud of, and he was overweight by £70. Then, when life struck - as it seems that I was met with an event that brought unspeakable pain, Trauma, and shock.i understood my old ways of denying this power and ultimately, denying the lifestyle I really want, had to stop it. TODAY, as a mystical nutritionist, I see customers struggling in so many ways that I have done. Through their experiences and mine, I offer you these 10 points to meditate to bring nourishment to your whole being. Who knows, the catalyst for the ignition of the transformation you are looking for could be right now, if you leave it. For the only way to break your chains is to understand before you are your worst enemy. Because you're your worst enemy. € "And what to do with others are 10 ways to sabotage vitality and purpose - and what to do about it: 1. Hard judgment and criticism, one is only a complete and total killer. Others may judge or criticize you á€ "but not as bad as what you do to yourself. So the next time the negative tape starts playing, simply take a deep breath and change the track. If your worst enemy is yourself when it comes to judging or criticizing, choose to listen to something else.2. "I can't do this because I'm also _____. It would, but you have to move on. After all, you never know unless you actually try. 3. Scarcity and lack can present itself in many ways to underestimate your offers not to invest in yourself. This can also be aor sense of inadequacy because you think you're not going or doing it enough. This is insidious. Pay close attention to how this can present itself in your life in its many forms. Remember Remember Remember Remember choose to build new habits and tear old. You can be better. But being yourself is enough.4. Sell yourself You have passions, wisdom and expertise to share with people, but are you holding back because of insecurity, doubt or even shame? Stop it. You're your worst enemy every time you sell yourself short. People need you and need you in your authenticity and boldness. You gave others permission to shine and to be human when you let yourself do before.5. Boundaries not clear How many times did you say "yes" to something when your instinct screamed at you to say "no"? The boundaries are essential to our success in any way. Honoring our different borders, we are honoring our purpose and our path. Every "no" is a "yes" to something more nutritious! Practice master when saying NO.6. Is the intention in a rut and a routine? Shake. This is your life and it's happening now! Succumbing to lack of mind and autopilot mode is not the way to realize your dreams. Meditation was an essential part of my journey. It should not be the commonly thought of type of meditation, either! Decide that for the next 5 minutes, all you do will be with a connection to your breath, your body and your senses. Move your awareness back at any time you catch wandering and watching the benefits unfolding. 7. Don't be intentional!Let us hope to live without thoughts, NOT set clear intentions for your efforts is a way to refrain and become your worst enemy. What are you doing and why? And above all, how do you want to feel while you are doing it? Before starting your daily tasks, ask yourself these questions. If there is no clear answer for one or more, perhaps you need to reevaluate the place of that object in your list and refer to the tip number five.8. Obsolete straps We have deeply believed that they were intentionally or unintentionally engraved in us by a young age. "Women don't do it." "I have to go to college, get a desk job and retire." Whatever it may be, check and see if these are actually your beliefs and what place they have in your current life. Release obsolete beliefs, which do not support your vision. You can then be free to create new.9. We choose the people around us. It is not surprising that they can have a great influence on our success, our beliefs, our feelings, and also our internal stories. There are two clichés I love. "Go where you are celebrated, not where you are tolerated" "If you're the smartest person in the room, it's time to find a new room. "Surround yourself with similar people, whose lifestyles are similar to what you want. People who are dedicated to following their purpose, who walk theirand that they will not co-sign your BS. You are your worst enemy when you let non-supportive people dictate what is best for you. Ten. Ten.Negative cycles Repeat anything that does not push you to the next evolutionary phase on your journey is not just a choice, but also the definition of madness! Go back and determines what negative aspects of your life continue to repeat. Only then can you know what causing is causing, and what you can do to make things get.HumansĀ, they are their worst enemies. But if you bravely check yourself every day and start ridring yourself from the chains of any of these personal problems, then you can slowly begin to grow. The moment you realize that you can always do something for a bad situation, it's when magic takes place because it's the moment when you can really become the person you deserve to become. We are an enemy of yourself than experiencing feelings of refusing who you are and what you think and feel. It means exercising a brutal and exorbitant self-criticism over everything you do and sabotage any opportunities to be better or more happy. It is not love without hatred, as it is hateless without love. Both feelings are like day and night: the face and seal of the same coin. Even in the most transparent or tender relationships there are always explosions or splashes of hatred. This because all the forms of love involve some dissatisfaction. There is no perfect love because there are no perfect human beings. We love and we are loved by others in imperfect ways. This also applies to our love for ourselves: it is never complete to the point that doubts or crepees are not appeared. themselves, it is fully capable of loving others. But what happens when instead of loving, do we hate ourselves? What happens when we behave as if we were enemies of ourselves? "Not even your worst enemy can make so much damage as your same thoughts" - Buddha- Be your enemy, why? The logic thing would be to say to ourselves of at least go ahead in life. But this does not always happen. We often transform our lives into a living hell. One is born by or leaving. Rather the opposite. At the beginning of life we are people who ask everything and do nothing. We have no doubts about the legitimacy of our needs and desires. But it is precisely in the infancy that we begin to cook these negative fantasies about ourselves, which can last all life. It takes us to this fatal conviction Āf i the presence of a figure that makes us believe . It is a person we love and is a fundamental part of our growth. Our father, our mother, or both. Sometimes it's a whole family facility. Or someone from whom we depend in some way. Usually what we have is a series of heartbreaking: parents, or the whole family, who repeat what they themselves have lived at the beginning of their lives. Does these relationships involve the Indifference to the needs of others, sadness, Shame and aggression. Countless acts of abandonment or threats of waste. Session Rejection and punishment of acts of self-assertion. Gravity in trials and suppression of emotions. In such an atmosphere, it is very difficult to have the conditions to build a true appreciation for oneself and others.The Fatal CircleSelf-disdain is learned both consciously and unconsciously. We all carry within us a certain element of self-destructive impulses, which grow and exalt when fed.What follows is definitely a difficult story. The child becomes adolescent and then adult who remains more or less invaded by feelings of sadness, anger and guilt. The worst thing is that these feelings have a high degree of uncertainty. Sadness, anger and guilt arise from almost everything and aim at everything and nothing at the same time.Some ideas automatically appear in their thoughts: I can't, I can't, I'm afraid, I'm useless, nobody cares. This also translates into how they feel about others: they can't, they can't, they're afraid, they're useless, they don't matter.This leads to a fatal circle that maintains a harmful relationship with oneself, resulting in a destructive relationship with others. This creates negative experiences that fuel the idea of oneself as bad or unworthy.In the absence of self-love, the mechanism known as "identification with the aggressor" works.It means that you end up looking like the ones who have done you a lot of harm. It is, of course, an unconscious mechanism.As children we wanted love, recognition and respect. But maybe we got the opposite. But instead of questioning those answers, let's try to be like those who rejected us, abandoned us, or attacked us.The person remains trapped in the mirror, that is, perpetuates the negative vision that once fell upon him. They internalize the hatred or rejection they have suffered and admit that those feelings about themselves are valid.At the root of many common problems, such as depression, are these stories. We passively accept that yes, we deserved the treatment we received. And we end up carrying a burden that's not meant for us.Image courtesy of Ryohei Hase Hase

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