

# Be your own *best friend*

We live in a hectic world where we are constantly running from one thing to the next. While we are doing more and more we don't always hear the calls from our spirit, or soul if you prefer, to just be. We think we have to have it all. And we think we have to have it all right now!

by : Sherry Davies-Selak

We want to be great mothers, lovers, friends, workers and all round fabulous people but the cost of all that pleasing others is that usually we are not our own best friend.

When we are young we are taught to have nice manners, be kind to people and show respect to others. And for the most part we do. However, as we age we often forget to show the same kindness, respect and love to ourselves. Most of us would never neglect our families and loved ones the way we neglect ourselves. There is also the inner conflict that comes from putting yourself first. We are taught as children to not interrupt, to let the adults go first, that children are to be seen and not heard.

What are the things you were told? And what were you NOT told? Now is the time to take those ideas out, to examine them, to put them under the spotlight and see whether they are still valid. Just as we outgrow wearing nappies and crawling, perhaps there are other behaviours and thoughts that it is now okay to outgrow.

So how do we outgrow them? Well first we must listen to the inner dialogue that is telling us what we should and should not do. Remember, our soul voice will only ever speak to us with love and compassion. If we have a dialogue that is running that is saying we shouldn't do something, or that we are not smart enough or worthy of what we want, then that dialogue may have come from well meaning family and friends or from not so well meaning people in our sphere of influence at some earlier stage of our life.

So ask yourself – does this serve me now? Does it serve me to put myself last, or to not occasionally pamper myself? Yes the needs of others are important but so are ours. If our car needs petrol we know to go to the service station and put some in or the car will not run and yet we expect to be able to run and run and run without taking the time to recharge.

So the second thing we must do is to MAKE time for ourselves. We diarise

so many things in these busy times; we must also diarise time to do nothing. Schedule in some spontaneous time, which may sound like an oxymoron, but makes sense. If you schedule in time where you can do whatever you like, you won't feel

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guilty for doing just that. Put aside a few hours each week that is not allocated to anything else – and use them to recharge. You may just want to get in the car and drive and listen to some of your favourite music, go dancing, catch up with phone calls to friends, write a letter (yes people still do that!!!) or book a massage. Whatever it is you do to recharge, if you have made the time, take the time to enjoy it.

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