

IRON PENTACLE SERIES

In the Name of Self. #5

- When we're given feedback about ourselves from others, it's wise to take that feedback into *consideration*. Considering feedback is not the same as taking it personally, believing it to be true, or using it as a cudgel to bludgeon ourselves with. Consideration means to sit with the feedback and ask, objectively as possible, "Is this true? Is this useful information? Is there work for me to do here?" Also, though, ask what investment the person offering feedback has in it.
- Sometimes, when someone is telling us what they observe in us, it's an honest evaluation. Nevertheless, it is coming through *their* filters, their motivations, their defense mechanisms, their *complexes*. Sometimes, that evaluation is a *projection* (a great word for Word Web Weaving) of something within themselves they are rejecting. Especially, consider projection if/when the person is highly emotional, defensive or offensive (coming after you).
- Also, consider if the statements are true *today*. Sometimes, people with whom we are in long-standing or familial relationship with are affirming something about your character that is no longer true. This is *especially* true in familial situations. We are growing, changing, evolving people! We are doing our work! Others may not see that work. To them, we are frozen in a previous time. And, they are seeing us through outdated filters. In fact, they sometimes *cannot* see who we've become. All we do, say and are is filtered through past-tense lenses -- so our words and actions, no matter how evolved, are going to be seen through that old lens. Is it helpful to your development to see yourself that way?
- Again, *What other people think of us is really none of our business*. It's wise to ask for and sit with the evaluation of trusted friends and peers who are without a personal agenda. These people want you to continue growing and evolving. These people can help us see our blind-spots. Even still--it's important not to give over what we know to be true in favor of someone else's evaluation of what's true for us. Taking their assessment under serious consideration is wise, but taking their assessment as irrefutable truth is not.
- Can we assume others are doing their best, given their circumstance, level of awareness, level of intelligence? Most people are. Most people who are not Narcissists or Sociopaths are doing their best. *Most* people who are not invested in co-dependence and/or abusive tendencies are doing their best.
- Can we assume WE are doing our best, given our circumstances, level of awareness and intelligence? Can we give ourselves this gift? The gift of the benefit of the doubt? Can we gently assess ourselves, our actions, relationships,

goals, loves, passions and progress from a baseline of assumption that, at any given moment, we are doing the best we can? This is not a rhetorical question. It's a really important question!

- If you ask yourself, "Am I doing my best here," and the honest answer is, "No. I'm not. I'm doing this half-assed," then we grant ourselves the opportunity to examine why. Are we Hungry, Hydrated, Angry, Lonely, Tired? Do we need more information? Do we need some positive feedback? Do we care about what we're doing? Do we need a day off to heal, rest or play?
- Finally, we are the only one who is with us from the moment of our birth until we draw our last breath (truthfully, the *real* Self is the three-fold spirit, who is eternal). We know ourselves better than anyone else ever can. So, when others share their opinions about us, it is best to take it under consideration without deferring to them.
- We are Innocent. Powerful beyond measure.

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