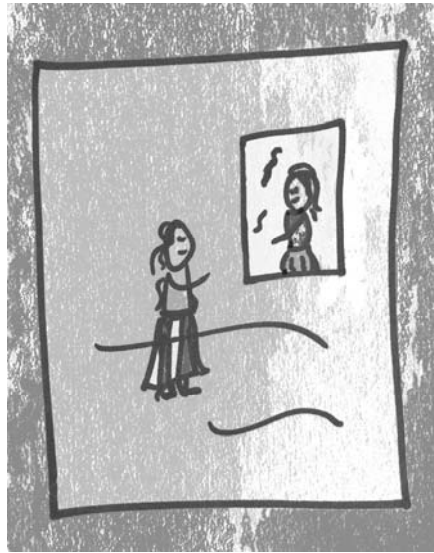


# STEP SEVENTEEN

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ME, MYSELF, AND I

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BODY BOUNDARIES

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## ME, MYSELF, AND I

Look at your hands, your legs, your body, your hair. What do you see? Is this you? Presumably you answered yes. Presumably if anyone who knew you was shown a picture of you today they would say yes too. This is the boundary of you.

Now, think back to when you were seventeen, seven, three years old. Was that you?

“Ah, yes,” you say. That was me, at seventeen, seven, and three years old.” And yet, it is the still the same “You?” Exactly. As time moves on, the I the Observer, the self, still sees the world through the same viewpoint. It appears to remain constant. But the body and the sense of self are completely different. You are not the “You” that experienced being two years ago. Yet, you are.

It is an odd phenomenon in the nature of nature. For the self sees itself as being constant while the body to which it is attached is in a constant continual state of change. One day we look up and the person we see in the mirror looks more like our parents or grandparents! Aging is an odd experience. Here we are just going about life and our body is change without us doing it! Sometimes we don’t notice at all. We can think we are going to be the same as we are now forever. We are not. No matter how hard we try at this stage of human existence, we change every day! The forever young quest is simply our resistance to the changes in life. We change everyday, whether we notice or not. Sometimes it is age. Sometimes it is what we do, or don’t do, to and for ourselves. It is a process to which we can accept or deny, but it is happening! Our bodies change.

### KNOW THYSELF

How do we handle all this change in these bodies of ours? We get to know it. We learn to Know Thyself in our own individual Tiny Little Houses in each and every stage we are in.

Do you know your body? What Makes You You is your body too! Getting to know the physical self through which you are experiencing life is a major part of getting to know what possibilities are right for you.

If this body of yours has a genetic predisposition to milk intolerance and you keep eating cheese, will you walk around fine and well all day? No! You will have an upset stomach and be in major discomfort all day. Knowing if this body of yours has an intolerance to foods, or allergies, or sensitivities of all kinds is a critical piece of wellness in this physical world.

Digestion is not the only aspect of our bodies we need to learn about. So much of What Makes You You is in the DNA of our bodies. Knowing the Basic Building Blocks of your body and how you best meet those needs to move through this world can open you up to the amazing possibilities that are just right for you. Yup! For you. Not for anyone else. You are an individual person in an individual body that has all sorts of needs that are unique to you!

How much sleep do you need? When do you need to wake up, or go to sleep to function best? What foods does your body need to function best? What about movement? What kind of movement or exercise works best for your body? How about mental health? Are you an introvert or an extrovert, or both? How much sunshine or outdoor time do you need? How much social in person interaction do you need? How does your nervous system handle stress? What about psychological make up? What is your brain's learning style to help you navigate creating your possibilities?

Surprisingly most people don't know these very Body Boundary Basics about themselves. We do what others tell us to do that worked for them. But what may work for them may not work for you! There are no one size fits all. Our bodies are a unique mash of our physical make up, psychological tendencies, age, and so much more. Your body is unique! That is why diet programs that work for one may not work for another. That is why if you get glasses but don't need them, you can't see clearly! But if you do need them, it can change your world for the better forever.

From medications to foods, to sleep, to what is called disabilities, to even introvert or extrovert personality traits, each person's body is unique! It is an amazing feat of nature to create such variety in life!

But even if you know your body and fully accept it for all its wonders and amazing feats, its constant changes and ages, there are probably a few things you would like to change. Some can be changed rather easily. Some cannot.

But once we change? We have to adjust to that body too!

## CHOOSING CHANGE

Myrid was a chubby teenager. Her eating habits only grew worse through college and beyond. Throw in a few kids and a stressful job and she had gained more weight than she ever thought possible. It didn't happen all at once. It was a slow, continual change. She barely noticed. until her back began to ache every day and climbing the stairs got harder and harder to physically do. Then one day she saw a photo of herself from her teenage years and a photo of herself now, side by side. She barely recognized herself! She could not believe the difference. She didn't recognize who she had become. She decided she needed a change.

"Good for her," one might say, "Healthily living equals a healthy life." You may think this is the end of the story. No. This is just the beginning.

Myrid is just seeing the possibilities for change. She has begun to choose change. Now she must start taking the steps to change. As she does the Caution Wall blocks will come up. She will have to slay the giants of fear with her Perseverance Personality to ultimately meet her goal as she Starts from Scratch. She will have to Know Herself well enough to know that a 5am workout will not fit with her night owl sleep preference, but that an 8pm walk each day is perfect for her. She will have to discover what motivates her and works for the body that she is in now to even make this goal possible in her life!

Let's say she does! Let's say she loses ten, twenty, a hundred and fifty pounds! She is a new woman, literally. Now what happens when she looks in the mirror?

She does not even recognize herself. She is literally a new woman. Her clothes don't fit her anymore. She walks different. She sits different. People around her act different. Friends she hasn't seen in awhile don't recognize her. Her children hug her, touch her, and react to her different. It's all new! It's new that, although good, can take some getting used to.

We so often accept the limitations we have with our self. We accept this is just how life is. This is just who we are. Changing our bodies, our jobs, relationships, or anything in our life is difficult. It is a process to change, but there is also a process once we change. Once we change, we must get used to the new us!

We like to think once we have it figured out, that is it. We Know Ourselves. We set the goal. We meet the goal. We changed our bodies, our worlds, our lives. We are done. This is it! This is who I am. I am done. I lost weight. I worked out, once. I got back surgery. I took my anxiety medication today. I ate healthy today. Aren't we then done? Nope. There is no one and done!

Just like everything else on The Possibility Path of life, our Body Boundaries and identity are processes of change. It changes as we age. It changes with injury. It changes with health! It changes as we grow. It changes as we get thrown those Curve Balls and have no choice in the changes. It changes as we choose it too! Even at 85 years old, we are still facing the process of identity and Body Boundaries. Our bodies change! To live in full healthy appreciation of them and all the stages of our lives, we must change too.

Just like Jon and Geanna who were thrown Curve Balls with changes to their bodies that they did not choose, we have to Start from Scratch and learn what this new body can and cannot do for us. Even if it is something we label as "good" like weight loss, you have to get used to a New You! You must get used to the changes. You must get used to new. We must figure out what our bodies and how to meet those needs at every stage and every part of life. And the things we can't change physically? We can change our story about them.

## YOUR BODY STORY

The stories we tell ourselves do create how we feel about our reality and open or close us up from possibilities. We tell stories about our bodies and the changes we are making every day! Are you aging into dying or are you aging into awesome? Are you overweight or are you rich with abundant food resources? Do you have a big bottom or do you have kick butt bottom! Are you healing or ailing? Are you alive in this body you are in, no matter what that body is? You can be, by changing your Story Personality when it comes to your body!

Just like the Tree in the Garden, you body just is! You are just the one in it. How you define it, how you define your journey and how you tell yourself and others about it? That is up to you. And how you do that, creates your life. We can adjust to the changes much easier if we learn to use the tool of Story to help us along the way. Change is hard, no matter what

changes your body is going through! Adjusting to whatever new you have created or been thrust upon you is a never ending process!

From toddler to teen to 40 is the new 50 and up, we must get used to the new. We must use our tools to cope with the new changes, walking those Four Steps of Allowing or changing our Story Personality. We must stop, get used to new, and begin again. If we take the time to honor our new self, we can learn to love and live in new possibilities for ourselves!

## ADJUST TO THE NEW YOU.

Myrid began again. She chose a different reality. She did the work and took the steps to create that reality. She became a new self. She is now dealing with the fallout. She has new clothes, new movements to her body, and new reactions from strangers and family. She has a new way of living. And while that drastic change may feel great at times, it can be a lot to process! She has to choose each day to keep up with her new life, or go back to the old one. She has to feel into accepting this new body, this new self, this new identity. It is not as easy as one would think! It is a process.

Change is difficult, even when it is a good change! And change to who we are and how we show up in this world can be enough throw us back into our Tiny Town old familiar world. Even good change is hard to do sometimes.

It is by accepting a self that never stops changing that we truly find a way to freedom. We are always changing. With every breath we take and every move we make, we are changing. We are healing. We are creating. We are living in a body that is in a state of constant change! If we can appreciate each stage of life, we can live fully in each stage of life, no matter what body we are in.

## YOUR AMAZING BODY!

What do you think you will look like tomorrow? In ten years? In twenty? How will your body feel, react? Some of these changes we can create, like hair color. Some, like aging or injury, we cannot. When change happens quickly to our bodies or identity without us choosing, it can be a shock. Like a war veteran coming home without his legs or a cancer patient losing all their hair or even just pulling your back out in the shower or breaking a leg, changes to our bodies can happen fast. We may not have time to process it slowly. We may have to adjust on the fly. Knowing we can walk those 4 Steps of Allowing to move into new possibilities can make us more resilient to those changes. If we can detach from believing we are only our bodies or we only have one definition of ourselves, we can survive the changes life throws our way!

Our bodies mean more to us than we give them credit for. They are the life blood vehicle that drives the machine, that allows our I the Observer to observe life! Without it we don't exist in this physical world! It is our presence here. It is an ever changing, ever moving, living breathing organism that is ours. These Body Boundaries set the stage for how we experience life and the world we live in.

We may not always like the bodies we are born and grow in. It is a big part of our Tiny Little House with which we experience this world! It has its limitations. It has connotations and reactions from others in the world. There are aches and pains, illness and disabilities! It

can hurt sometimes. It can hurt a lot! Taking care of these bodies can take up most of our time at times!

We may not always like our bodies. We are very hard on our bodies most of the time. It is a complex relationship we have with our bodies. It is a learning and growing process to be in these bodies. We may want to change them. We may try to change them and can't. Once we do change them, we may not like what we changed! But if we can accept that our bodies are always changing and are simply the way we get to experience this life? Then maybe we can move into acceptance of how beautiful, wonderful, and astonishing these human bodies of ours really are!

Take a minute to really get in touch with, in tune with, your body. It is the vehicle you ride in everyday. It is miraculous in its healing abilities, in its manufacturing of feeling, in its processing of information. It has grown from a baby to a full fledged adult! As you change, so too does your body change. It is in tune with you. Are you in tune with it? Listen to your body. What is it saying today?

DENY YOUR BODY.  
DENY YOUR POSSIBILITIES.

Getting to know yourself is a process. Getting to know your body is one that will never end. Just like when you were a toddler. One day you were a chubby cheeked baby crawling, the next you were a tall child running around everywhere! It can happen that fast. If we don't appreciate the bodies we are in at each stage, the appreciation for life can pass us by.

Discussing change and growth cannot happen in a vacuum. The body is a critical, integral part of who you are and why you see, smell, touch, taste, feel, and observe the world around you the way you do! The changes that take place within you, the personality, the self, the I the Observer are reflected in the body. And as we change, so too does our body! Deny the body and you deny yourself. Deny your self and you deny your self of possibilities!

We are a living organism. Own it! Accept it! Be it! Get used to it! It is an astonishing amazing complex part of life. Each one of us is the Me, Myself and the I the Observer. We are the body, the witness to it, and the driver behind it.

Where do you want to take your body vehicle today and what do you want to create in your life? Decide, choose, and work on creating the possibilities that are just right for you!

How to create what we want in our lives when we live with so many others in their complex body selves?

That is next.

STEP 17  
ADJUST TO THE NEW YOU!

How has your relationship with your Body and its Boundary been during the course of your life? How do you wish it would be?

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