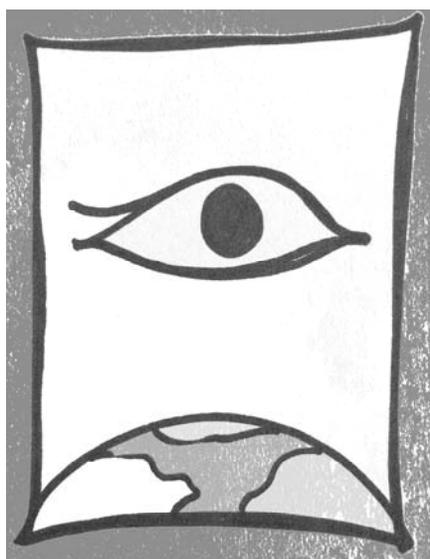


STEP THREE



THE BLUE BLANKET

THE I THE OBSERVER

3

THE BLUE BLANKET

Now we get down to the nitty-gritty of why we are who we are. The reason you see the world different from how others see the world is because the part of you experiencing the world is unique to you and only you. It is this part of us that observes the world and experiences the world that we will call the “I the Observer.”

The I the Observer of you starts from, grows from, and sees life completely different than anyone else. This part of your personality is the biggest part of what makes up you. It is who we are without memory, action, or trying to control anything. It is who we are when we just are!

At or even before the moment of birth every human observes being a human being in a physical body this physical world. We feel pain. We feel warmth. We get the giggles. We get hungry. We get tired. We sleep. We see light. We dream. Our digestion, skin sensitivities, pain, joy, and all experiences of this physical body in this physical world all start young. We observe it all.

Our tummies hurt from hunger. We cry. Someone tickles our toes. We laugh. We react to stimuli. We coo, scream, sigh, smile, or nod. We fight, grab, and move in a way that is purely unique to each one of us! We are observing, experiencing, and responding to the world around us. We are individual people long before we can know or understand who we are! Some have stronger personalities than others. Some show signs of set in stone preferences earlier than others. But how you see the world begins at the moment, well, that you first see the world! We all have likes and dislikes, behaviors and characteristics that are unique just to each one of us.

You calm at the sound of music. You cry at the feeling of rough skin. You smile at funny faces. You whine when you are cold. You cuddle with one person and cry at the sight of another. You sneeze and get anxiety when you are swaddled in this one particular Blue Blanket. As a baby you have already begun the journey of being you! For each one of us the stimuli is there. How we experience it and decide if we like it or not is distinctive to each one of us as early as our birth.

That is also the time when the world begins to react to you. As stated earlier, how other people around you view the world and respond to the world helps shape your view of *normal*. But when it comes to personality, you are just you! You do you. You like the taste of broccoli, or you don't. You like the feeling of the Blue Blanket, or you don't. There is not intense thought process or decision making. It just is. You just are! You are taking in the stimuli of the physical world through your Tiny Little Human House and reacting to it in a way that is just, well, you!

BLUE BLANKETS CAN MAKE YOU CRY

Then other people react. We don't like feeling of the blue blanket. Others around us get offended because Grandma so-and-so made that blanket just for you, so how dare you cry at the touch of it. (No thought that it was kept next to a cat that no one knows you are allergic to.) So the adults argue over why the new baby (you) does not like the blue blanket. The loud voices confuse baby you and your startle response kicks in, triggering tears and cries for soothing attention. You are just observing an itchy blanket and loud noises. You have no idea the complexities involved in this moment. And yet, in this moment, another block is added to your Tiny Little House. Your Tiny Little House gets built for you before you even can say the word, "Me." You are simply observing and experiencing life from within it.

Before these people react to you about some random Blue Blanket, you were just doing what you do, experiencing life and expressing it through your unique style and personality. But then, the world reacted. And suddenly you were not just you anymore; you were now seen by someone else, through their eyes, through their wants and needs and neurosis and unexamined childhood trauma. And how you see the world now adds another layer, another block: How Others See You.

How Others See You (H.O.S.Y) begins to form how you see yourself. Are you good or bad according to others? Is the way you see the world okay or is it considered different? Are you praised or shamed for seeing the world the way you see it? Is the Blue Blanket story told over and over again at holiday gatherings? Are you blamed for crying at the seemingly treasured heirloom? Or is it understood as an allergy and the adults are self-aware enough to laugh at themselves?

How the people around us react to us begins to cloud our simple I the Observer experience as soon as we have one simple reaction to one simple moment in time, before we even have memory or the skills to understand any of it.

BEFORE PEOPLE REACT TO YOU, YOU ARE JUST YOU!

Have you ever just sang out loud because you felt like it, only to have the people around you give you a dirty look? How about laughing? Yelling out someone's name? Crying?

At a certain age, around four or five, the realization starts to sink in. You begin to realize that others see life very different from you and that others see you very different from

how you see yourself. And that changes everything. You are dependant upon these people in your life for survival, so their opinion means a great deal. What people think about how we experience the world can become so important that we lose the simple viewpoint that is our own and unique I the Observer.

Have you ever had a great idea, made a cool project, or took a great photo of yourself that made you feel really good about yourself? Just you being you, doing what you do, enjoying life? You then decide to put it on social media or share it with friends or family? Then what happens?

You get replies. You get opinions. You get likes or dislikes. Your mother asks you why you wore that shirt. Your teacher helpfully points out a typo. Your grandma tells stories about when she was a kid before social existed and “Kids these days.” A boy you like at school hearts it. A girl you don’t like hearts it. Suddenly How Others See You takes over. This moment of you just being you doing what you do now has a lot of voices involved. This moment of pure self-expression now becomes about your outfit, your hair, your body, your talents, or your potential. All the expectations of the world now exist within that one simple moment where you were just being you.

Your self-esteem tanks. You begin to question your taste in fashion. You get anxiety and start obsessing over what other people are posting and how they are better or worse than you. You begin to judge others and question every like put on their posts. You become more and more self-conscious. You use filters on every photo you post from now on or stop posting all together and withdraw from the world.

Whether you are a kid making dance videos, a teen posting pics, a creative sharing your work, a grandparent attempting social connection, or a parent sharing their family time, it is all the same.

Here you are, mindfully minding your own business, just being you doing what you do, and “Bam!” You get H.O.S.Y.ed. Judgment. Opinions. Likes. Dislikes. Being ignored. Heck, even being supported and praised now clouds your view of yourself and the world! It stops us in our tracks of just being who we are, doing what we do. We are now fully engaged with the world and How They See us.

Ironically, How Others See You blocks are not even how they really see you! People project, deflect, lie, blame, shame, mock, insult, praise, or dismiss you most times from their own need to manipulate the situation and get what they want. It has nothing to do with You!

Most of other people’s reactions to us come from their own Tiny Little House blocks from the family, era, and events that they were born into and grew up into. People’s reactions are their own. We don’t have to own their view of us as our own. We can see ourselves from our I the Observer and break free from the constant barrage of the H.O.S.Y. reaction cycle. It is simple, but not easy.

People want you to do what they want you to do and they will use their H.O.S.Y. power to get you to do so.

TO JUST BE TAKES COURAGE.

How people see you becomes a priority of the greatest extreme that can overtake and overcome your life. Have you ever heard someone say, “But what will people think of me?” That single phrase is the number one reason most people never live out their dreams or allow themselves to be who they really are.

The tribe mentally is a stronger force than anyone has ever dared to define. It is the reason people live lives they hate, in jobs they hate, with people they don't like, eat foods they don't want, with bank accounts that can't pay for any of it. It is why women's magazines have cupcake recipes on the right side and articles entitled "Lose weight fast and become a better you!" on the other side. It is why men compete, children cry when they don't get their way, and politicians vote for bills they don't believe in.

It is what stops everyone from being who they truly are and doing what they truly love each every moment of their lives. It is a survival mechanism built into each human as that definition of self gets formed in childhood. It is as old as time itself.

And it is time it went away.

For the first time in human history, to be defined, confined, repressed, and redressed by society does not equal the success of the species. Instead it is the first time individual ideas, dreams, hopes, and creations have the greatest chance to help this species survive!

It is the individual who creates, dances, loves, dreams and hopes whatever their specific individual personality wants to create, dream, hope or love that will move the next generations forward. Ingenuity is now needed for human survival. The old way of doing things no longer will keep up with the pace of new in today's world. In order to keep up, we must be ready to be individuals. We must be ready to own our own observations of life to stop being sucked into everyone else's view of us and what they think we should be.

For the first time in the evolution of humans, humanity is ready for it. Every system in societal structure is being rethought and reimagined. Change is happening fast and we must be ready for it! To keep up we must invent. We must break free. We need individuals to do so. We need uniquely you voices to help create this world anew. The possibilities are there. For human kind, we must find a way to honor the individual who experiences life like no one else.

Simple to say. Hard to do. It can feel overwhelming.

So, to truly be yourself do you need to break free from every single thing in the conditioning of youth, of society, and bust every tiny H.O.S.Y. block? No. A complete change makeover is not necessary. We just need to pull back every now and then to find the center, the core of self, to move into the calm and place of being just who you are, without the H.O.S.Y.

To do this, we need to put in a little O.T. time. (Observe Thyself)

OBSERVE THYSELF.

Imagine you are living your life, doing what you do, talking with people, getting your things done for the day, feeling good, and "Bam!" Suddenly you feel bad. You just hit with a H.O.S.Y.

To pull back into action vs automatic reaction takes three simple steps.

1. First step? Stop and breathe. Getting hit with a H.O.S.Y can feel like a punch in the gut and if we don't stop we spiral into automatic reaction and blur the lines between us and the H.O.S.Y. We can think the H.O.S.Y. is ours. Usually it is not.

2. Second, Observe. Notice who, what, and where is going on when you felt bad. Were you thinking of a good thing and then a thought like "Who do you think you are?" or "That will never happen." showed up in your tinker tape thought process? Or were you having a conversation with someone else and they asked a question, or just said "Huh..." in response? Did you enter a room or drive by someplace familiar? Is your stomach rumbling

or your skin itchy? Are you dehydrated or hormonal? All these things matter in how we take in and react to the world.

Stop. Breathe. Observe and then Ask some Curious Questions.

3. Ask: What is going on? Is this my thought or something someone taught me as a child? Is this triggering some trauma in me? Or is this person showing who they are by trying to make me feel bad? Am I hangry or is it just gas? Is it mine or is it a H.O.S.Y? What is really going on here?

To know what is theirs and what is mine takes time. It is a step by step process. Awareness comes when we stop automatically acting as if every opinion, thought, or reaction is just us being who we are. It isn't. Most times it is just another block in our walls that was put there long before we had a choice which blocks to put there!

But here you are, becoming aware. And with awareness comes choice. Now you can choose. Now you can stop. Now you can observe yourself and ask the questions, yes or no. Is this what I want, or not? If not, then bust that block and build a new one in its place that is just right for you.

KNOW THYSELF.

Knowing Thyself, as one man put it, is the key to freedom from the H.O.S.Y. blocks. This is the journey of life, of self-discover, of growing up! It is a step by step process that we have just begun and that many never undertake. It is long, but fascinating. You are fascinating! This world is fascinating! If we can move into that mindset and into the feeling of I the Observer in awe and wonder of "This is me? This is my Tiny Little House? Wow. Amazing." we can move away from H.O.S.Y. and into knowing. Knowing Thyself is the path we are on. If we can Observe Thyself, we can see ourselves. If we can see ourselves, we can know ourselves. And in knowing we begin to understand. Understanding is the key to the doorway of possibility.

We must start simple. We must start somewhere. Where we end up is the tip of the iceberg of infinite amazement and possibilities!

Being confident in who you are no matter what other people think does not happen overnight. Life is a journey and as we grow and age, we become different people! So we must get to know ourselves over and over again! It takes years of mastery to get to know all the blocks that have built up this astonishingly cool Tiny Little House you call home. But we can get there. You can get there.

Now is the time for your voice to be heard, your song to be sung. Your unique view of the world now has a place to be! It is here. It is now. To pull out of the H.O.S.Ys and into the freedom of our own experience, we can pull back into our I the Observer, into the place of just watching, just seeing, just experiencing this life. No judgment. No opinions. No meaning. No words, not even our own. It's simple, not easy.

When you were an innocent little baby you lived in this place of knowing. You got itchy from a Blue Blanket, you cried. You did not realize why you cried or what made you feel uncomfortable. You just existed. You just experienced the world and reacted. It was then the reactions of the adults and people around you created the chain reaction we see as life.

For everything after "I itch, I cry." is opinion. Everything after that is our survival self trying to feel calm and soothe and less itchy! Everything after that is just another block in our survival walls of our Tiny Little House. Everything else engages us in a dance with others to survive. Nothing more, nothing less. No right or wrong to it! Just a bunch of tiny

little building blocks that help us survive life. It is just the way we humans are currently built. It's just another block in our walls. Blocks that were built with good reason but may no longer serve us as we grow and change as individuals.

Getting to Know Thyself is a process. As we get to know ourselves, we grow into ourselves. We become more of who we truly are and that person then begins to see the world very differently. No longer trapped by H.O.S.Ys, we can begin to discover the path that is just right for each and every one of us.

That is the quest you are embarking on here. That is the journey possibility offers. To be fully authentically you is a huge part of a awakening to the possibilities of life that will fulfill you, allow you to accept others for who they are, and to find the joys of choice in a world that wishes you to be more like them. Pull into your I the Observer, watch your body, yourself, and your reactions to the world. No judgment. No opinion. Just in awe and wonder. Just look at yourself! How amazing you are! Own this portion of you. It is time.

Let it begin with you, the wonderful unique and incredible person you are. Let your I the Observer be free of other's views. Let yourself just be. Just be you. We engage so much with the world like this is our only way of living. It is not.

There is a different way. The possibilities open up when we can step away from the H.O.S.Y.s and move into the solid freedom of knowing thyself. How you get to Know Yourself is to just start Observing yourself. Get to know you! Be you! Allow you to just be free enough to live. That is the path to possibility that can bring us back to who we are, without all the voices.

The world needs it more than ever. The world needs you now more than ever.

Let it start here. Let it start now. We started with a Tiny Little House. Now let's see what we can do with it, as it grows into the possibilities to come!

