

Section Two – The Obstacles that Stand in The Way

"Man is made or unmade by himself. In the armory of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace." - James Allen

The two greatest obstacles in becoming a better you (me) are fear and attachment (i.e. clinging to someone or something or an unwillingness to let go of stuff).

We want to hang on to our original conditioning: past experience, habits, patterns, programming, thoughts, beliefs, judgments, assumptions, stories and everything which we believe shapes and defines us. Clinging to all of these is a survival strategy that emanates from deep in our core and is built upon a rock solid foundation of coping mechanisms and practices.

We have constructed an intricate set of values and beliefs that support our stories and perceptions about how we need to view and experience our lives at work, at home, at play, and in relationship.

Becoming a better you means taking a serious, honest look at the notion of “I am who think I am.” The thought of a better you probably excites us initially. Who among us doesn’t want to better? Then we realize becoming a better you introduces the probability of change. Change is unsettling. Fear, in the guise of the unknown, of having to do things in a new way, or to think about things from a different perspective, or having to learn something new while simultaneously letting go of our lifelong ways grabs hold of us and frightens us.

We think, “Maybe I’m OK just the way I am.” But we know differently.

Section two guides us in our journey of exploring the fear that’s underneath our resistance to finding the pathway to harmony and inner peace: the pathway to personal and professional growth and development, harmony and balance - all of which lead to a better you.

Are you who you think you are? Really? What do you need to do to become a better you? The tools and insights for this part of the journey await you in this section. Turn the page and begin.