

JACKIE LEE – When I grow up



When I was younger I always wanted to be that girl. That girl being the one who you always felt comfortable asking if they had an extra pencil you could borrow. That girl in my life happened to be a friend of mine named Toni Mitchell. She tragically died the summer before our senior year in high school, but her spirit has stayed with me and inspired me throughout my life.

I suppose it wasn't really her willingness to lend me a pencil when I forgot mine, but the gentleness, the openness of her spirit that I wanted and aspired to.

Let's just say in high school I definitely was *NOT* that person, in fact I was probably the epitome of the opposite of that person. When asked, I think others would have described me as angry, closed up, and even intimidating. I carried these descriptions and attitudes well into my college years. One day I had someone say to me "Wow, you are so intimidating, until you smile, then you just open up." Me, wanting to be the gentle, open spirit, felt the steel reinforced titanium wall slam shut with that comment. And it stayed that way for many years.

As I grew older and went in and out of relationships I wondered why I was the way I was. Why could I not be that girl that everyone would ask to borrow a pencil?

I looked back in my life and wondered where this all came from. I remember two distinct incidents that defined the rules and taught me how to be who I am. (Not that they were the only ones, but these two stood out)

When I was 5 or 6 my mom cut her finger. She has this interesting quirk, when she's sees her own blood, she faints. I walked in to the kitchen and found my mom out cold on the kitchen floor. This was seriously scary. I thought she was dead. I started to cry. My dad came in, pushed me out of the way and told me to stop crying or go to my room. Since I couldn't quit crying, believing I had lost my mom, I went to my room.

The other time was much later in life. I was older, married and getting divorced. I put my husband on a plane and said goodbye, it was the last time I would ever see him. My mom was with me, and as I walked out of the airport I collapsed in tears in the parking lot. My mom said to me, "Get up, don't cause a scene."

I recently was thinking about these incidents and how they helped to mold me into the person I have been. The first thing I realized is I am not allowed to show emotions. I'm not sure why, but that seemed to be a family rule. Keep it to yourself, whatever is going on, is yours.

The second thing I realized from them is I am not allowed to show others how I am feeling. How/what others think about me is *waaaay* more important than feeling and expressing what is going on with me in any given moment.

Hmmmm...

Let's just follow this bunny trail for a minute and see where it might take us.

Why can't I express what I'm feeling?

Other people might judge, might think things about me, might feel uncomfortable.

Why do I care?

People's opinions are important!

Why?

What people think about me defines me ~ (oh damn, that's a tough one to say out loud)

Is that true?

NO it's not.

Is this a personal belief I want to continue to hold onto in my life?

NO it is not.

OK, now what?

I don't know.

I do know that it has to have something to do with attachment. How attached I am to what other people think, what I think about what they think, and what I think about myself.

So how do I get past other people's opinions being of utmost importance?

I take each day one moment at a time. I live each moment FOR each moment and IN each moment. (Ah, there's some relief there)

I'm pretty sure this is not going to be easy. In fact I think it's going to be pretty damn hard. Living in each moment is a really hard thing to do, to get past the monkey mind chattering away all of the rules and gibberish I live with everyday. Even getting away from that monkey mind for a 30 minute meditation is next to impossible. I think I can use the same tool in my life as I do in my sitting practice. The tool came from one of my first coaches on this abundance and prosperity journey, Teresa Romaine. She put before me these letters and asked what I saw.

IAMNOWHERE

What did I see? What do you see? *I am now here?* Or *I am nowhere?* I always see and did see I am now here. During my meditation when my mind is thinking about how I am going to meditate so wonderfully in a lovely shady spot outside next time, I gently remind myself; I am now here. Let's meditate here, now, since I'm already here.

I think that is how letting go of this belief is going to be too. I am now here. Each moment when I could choose an "easy" familiar reaction to a situation, I will remember "I am now Here" I will then **live** this moment, since it is here and where I am right now, it is this very moment that is currently defining my life. It is my moment, and I should express myself to the best of my ability in this moment. As I continue to live each moment in/of/for itself, I believe that I will relieve myself of my attachment to the judgments of others, and even when I am worrying about/feeling guilty about/regretting actions, if I remember that I am now here, not in the past where all of those feelings lie, I will be able to feel good, in that moment, enjoy the moment I have.



I think this is the key to being WHO I always wanted to be... a gentle, open spirit. Someone who people are comfortable asking if they can borrow a pencil.

This is a quick footnote:

Today, one day after I wrote the above article I was reading a book called *The Key and the Name of the Key is Willingness* by Cheri Huber. I ran across this passage and it made me smile. The law of attraction is ALWAYS at work.

"Our defenses don't prove we need to be defended, they prove we are not taking care of ourselves. They prove we are not giving ourselves the love, compassion and care we need. And the absence of that love, compassion and care makes us feel very vulnerable. We have identified with a small separate self who suffers and we have forgotten that is not who we really are."

And for the messages I need to hear, and was open to hear I am thankful.

[Jackie Lee](#)

Jackie Lee is a gifted wife, mother, photographer, writer and online marketer using a unique marketing philosophy called vibrational marketing of her own design. She has been using the Law of Attraction to attract "perfect" clients and drive traffic to multiple projects for the last 5 years which allows her to be a stay at home Mom to her spirited daughter. Jackie is thrilled to share what she knows and help others who want to experience the same kind of freedom and success that she enjoys. If you'd like to get to know Jackie and say hello, stop by her homepage: www.FeelGoodNOMatterWhat.com

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620-863-2485

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