

Chapter 7: Final Chapter

You just never know where blessings will show up. And a blessing came unexpectedly, but right on time. As I mentioned, I read The Four Agreements by Miguel Ruiz around 2010. It is such a simple to read, yet deeply profound message, centered around attaining personal freedom. In short, the four agreements are:

1. Be immaculate with your words.
2. Do not take anything personally.
3. Do not make assumptions.
4. Always do your best.

While the statements seem easily comprehensible, Ruiz illustrates how we tend to break these agreements regularly. The goal is to understand them, and what he means by agreements and live life in the practice of applying these agreements. The four agreements serve as a spiritual guide to keep me in check on a daily basis. I have in no way mastered them, but I am able to catch myself a little sooner through keener self- awareness.

I must also credit my friends who cared enough about me to impart in me that I deserved better. They never made me feel bad, understanding where my heart was along with my weaknesses. As I moved from my dependency on my past relationship, it became clearer to me what my friends had shared with me. What I now know is that my happiness is my responsibility; and the illusion of happiness is usually based on how you think someone makes you feel.

As I became more aware of the underlying factors contributing to my challenges with relationships, I became more confident in my choices and decisions. I am no longer in fear of anyone leaving me, nor am I afraid to leave. I am however, still challenged with the ability to put myself first and do what's in my best interest. I don't like conflict or tension, so I tend to tolerate others' behaviors longer than I should, and often to my detriment. Realizing this, I take my time in making decisions until I am certain of what I want. If I am in limbo, I pray, observe, and most importantly remind myself on a daily basis of my worth and what I do and don't deserve.

If I stop feeling like I am being all of who I really am, I know there is something off in my life. This applies to my personal and professional life. It may take a while to make the necessary transition, adjustment, or exit, but I now think and act with more awareness. I can be perplexed about a situation without being an emotional wreck. This doesn't mean I don't get sensitive or emotional at all; but I can compartmentalize so that the other aspects of my life are not compromised.

My trip back to me meant waking up from the fog that hindered my well-being. I allowed my fear to lead me down paths that didn't serve me. Getting back on a path that lead me back to a place of physical and emotional health meant facing glaring reflections of myself that weren't so pretty. I am now on a road where I drive in reverse as little as possible. I recognize more quickly the roadblocks ahead. And even though the road is still bumpy in areas, I have the confidence that I will be just fine. Now that I am back to me, my vision is keener, my spirit is

My Trip Back To Me...How I Reclaimed My, Joy, Health, And Emotional Well-Being

stronger and I know I am on a road where God will steer me in the direction best for me. I just need to keep the window shield clear so I can stay focused and follow His directions a little better!