

WEEKEND NOW

A time-ride back into our past

THE CHRYSAL CONNECTION with Crystell and Christophir

Last week, we examined the meaning of the word "karma". Karma suggests that we should make our choices wisely since the result of our adult actions will either help or haunt us. In other words, through our actions, we create the effects we feel in life.

Does this mean that some of us actively choose to throw obstacles and hardships in our own way? To some degree, yes. Our self image plays a major part in what we eventually do with our lives.

In order to gain a proper perspective on ourselves, we must take a time-ride into the past and analyze our roots. Our childhoods may seem obscure and there may be incidences we would rather forget. Children are impressionable. They are like sponges, copycatting adult behavior as closely as possible through their limited understanding, not only of the world around them, but also themselves. Children rarely have choices. They are dependent and take their cue from the instructions given by their parents or guardians or other authority figures. Children have a natural desire to please those authority figures. Children do not have the awareness and supposed wisdom of their elders.

As children, because of lack of experience and precious time, we had not yet developed the abilities to judge whether the demands made of us were reasonable or unreasonable, just or unjust. Those experiences have created certain expectations we carry into adulthood, both positive and negative.

For some of us, thinking back to our childhood may be uncomfortable. We may wonder how we even made it this far considering all the pressures and conflicts that originally surrounded us. We may even feel guilty that we did nothing to try to improve the quality of our childhood environment, despite the clearly obvious fact that we lacked control because we were children. We may choose to blame ourselves, thinking we should have been a better person back then.

At this point, we must draw a dividing line. We must realize that through childhood and well into our teens, we had very little control over our circumstances and over how others perceived us. We may have been in situations where the adults in our lives made impossible demands of us. We may have tried to live up to those expectations but found ourselves uneasy with the motives behind those demands.

If the adult making the demands was also a source of emotional strength and security for us, their behavior toward us could have created the opposite effect. If in their eyes we failed to live up to their expectations, we would feel their disappointment and look to ourselves for the cause and ultimately end up blaming ourselves for everything.

To compound the dilemma, we may have been told to love the person in question, but found it difficult to like him or her.

For a child, these are clearly heavy conflicts, especially when you consider that the basis of life is to develop and create acceptance of ourselves through our interaction with other people.

How do we rid ourselves of this unnecessary guilt? By understanding this simple rule. A person may only claim responsibility for a situation when he or she has the power to control the outcome of that situation.

We enjoy your questions and comments. Please address them to Now Newspapers, 418 - 6th St. New Westminster, B.C. If you wish to ask about our psychic services, please call our private readings by telephone number, 939-6996.