

# Life Lessons



*Submitted by Charsanaa Johnny*

My apologies for going MIA. Even after people approached me to continue writing I faltered and I'm not really sure why. I think it has to do with the fact that I have so much to say and share that I never know where to start! But I decided that I'm just going to write. I'm just going to tell my stories, put myself on blast, and hope it helps someone out there. So today's blog consists of a few of my life lessons that I think are pretty helpful universally when you feel stuck, or life feels stagnant.

## **1) REMEMBER what works:**

Life can be difficult and strenuous, so if you have a belief system that works for you, and by 'works' I mean it actually improves your circumstances and perspective, then do NOT forget it. Often times on our quest to understand our place in the world, we feel the need to experiment with other 'ways of knowing.' By that I mean, ways in which we realize our purpose or discover truths that resonate with our inner most being (soul). And although that is definitely a must, you should always remember what works. If you discover that meditation, or prayer, keeping a journal, or even traveling help you to understand yourself and improve your life, then stick with it. Whatever your approach, I've found that my primary way of knowing has always served as a primary, even when I was utilizing it as a supplement to some other way I was exploring. I think each of us has that 'way' wired into us, so if you're still not sure what that is, take some time to analyze how you have maneuvered your world and various experiences (good and bad) so far, and then consider how well it is working for you.

## **2) Second guess yourself.**

While *in the end you'll find that you don't really need to second guess yourself*, you actually have to do it at some point in your life in order to trust and believe that statement wholeheartedly. Not only that, but when you do second guess yourself you give yourself a chance to discover ways in which you might actually be wrong, or ways that are not serving you maximally. There are 'ways of knowing,' and then there are ways of acting on what you know. It's my own belief that the ways of *acting* on what you know should be altered every now and then. For example: I have always felt like I just knew the right thing to do, or 'God's will.' I've always relied on prayer for guidance, and with my mom being an atheist growing up, I don't exactly know how I came to pray so much. It's just something I've always done. After a while, however, I decided to start going to church, and then I decided I'd take the bible a little more seriously. Eventually, I left the church all together and started looking into the Metaphysical field and my own cultural practices. These were all choices I made trying to discover what would improve my life most.

As I got older, I decided I needed to re-evaluate my belief system, and I took a couple years off from going to church and reading my bible. But I did NOT ever stop praying. In that two years I was able to understand exactly what it was about church and the bible that was no longer working for me, and I was able to make the adjustments needed to continue understanding my place in the world. I have since returned to reading my bible but it has taken on a whole new position in my life. The truth is, shit stops making sense after awhile and you will inevitably have to second guess yourself and re-evaluate the way you are going about your life if you want it to make sense again.

### **3) Do NOT submit to the majority**

If you ever find yourself doing what everyone else is doing, then you should automatically know, you're doing the WRONG thing. Following the crowd is one definite sign that you are headed towards self-destruction. I don't really know how to prove that to you, but I'm pretty sure if you think back to all of the times you followed the crowd or went against your own judgment to fit in with everyone else, that you came to regret it for one reason or another. I currently work at a Non-Profit organization with some amazing women. But even at work, it would never benefit me to think or work like they do. It is my own individuality, my own character and values, that makes me great in my position. Eventually you have to trust that you are fully equipped with everything you need to get to where you're going. As you grow, you will see that you will gain more and more tools, however, if you don't make moves with what you have now, you will not be able to move forward. Its been almost 3 yrs since my last blog and I cannot give you a good excuse for why that is. I don't think I suck at writing. I've been given many compliments on the blogs completed so far. But perhaps its just mere laziness or a false belief that if I just sit here on my talents, that something might just happen. And guess what? Nothing has happened for me as far as writing goes in the past 3 yrs. If anything, I damn near convinced myself that I no longer liked it! But here I am, writing ever so passionately lol. To be honest I started this blog like 6 months ago to motivate myself to have it published in the New Year. But January came, its now the 21st, and up until now I had only gotten half way through #2.

I'm butt-hurt all over again that I waited so long because I've come to discover that I love writing just as much as I ever did and I have just as much to share as I ever did! So stay tuned, because up next is a serious confession!