

What Part Of Me?

The longer we live, usually the shorter the span of our life seems. There is a saying: There is no time to lose. As we get older, this saying usually becomes very real. We make decisions. We say things. We do things. My question is: What part of us decides, says and does things?

Most people reading this paper don't think that they are one solid person who comes from the same place inside themselves all of the time. What do I mean by this? If the reader investigates her/himself, they'll probably conclude that they're like different people when they act so differently to a situation; e.g. acting compassionately one time, angry another time, with patience one time and in reaction another time.

A theory of this paper is that we are not one solid person; that there are different fragments or parts in each of us that decides, says and acts at different times. The following is a *partial list* of some of the different fragments that, at any moment, can decide, act and speak:

The angry part.

The jealous part.

The fearful part.

The vengeful part.

The reactive part.

The hurt part.

The wanting to hurt another part.

The sorrowful part.

The victim part.

The aggressive part.

The caring part.

The uncaring part.

The abused part.

The abusive part.

The neglected part.

The misunderstood part.

The wanting to be understood part.
The impatient part.
The patient part.
The teaching part.
The preaching part.
The attention seeking part.
The wanting to prove something part.
The understanding part.
The stubborn part.
The compassionate part.
The 'I don't give a shit' part.
The acquiescing part.
The dominating part.
The controlling part.
The manipulating part.
The 'I'm not good enough' part.
The 'I want to please you' part.
The 'I'm not lovable' part.
The 'I'm insecure' part.

I'll now shorten the list. There are two parts inside each of us. Our True Self and everything else.¹ Every part of us that is not our True Self has been acquired along the way.

A number of times when I've talked with my teacher, he's asked me: "Phil, where is that (motivation) coming from?" This question comes after I've said something that I did or was thinking of doing, or about what I said. Each time he has asked me this question, he's sensed that my motivation or reason for doing or saying something was not coming from my True Self, and he wanted me to feel this.

If I could feel where my motivation was coming from at that moment, then I might be able to feel where my motivation was coming from at future moments. He taught me to be more aware of the source of my motivation by pointing out when the motivation was coming from a false or acquired part; not from my True Self.

Feel into where your motivation is coming from. Our motivation comes from only two sources: our True Self or from some fragment, from some acquired part. *Life is too short to keep making decisions, doing things and saying things from a part of ourselves that is not our True Self.*

P.S. This paper has been inspired by a group member who is going through a transitional time in her marriage. To have no regrets, we can live from our True Self, take responsibility for our actions and words, and make peace with whatever takes place. I thank her for her vulnerability.

Footnotes:

- 1 Our True Self can also be referred to as our Soul, our Higher Self, our Compassionate Heart and the God/dess Within.