

## Empowering Our True Selves

by Annette Franks, M.Ed.

We are surrounded in our culture by influences that promote external focuses and emphasis in defining ourselves as human beings. Devoid of depth and often any real meaning, we seem to foster canned data-based inquiries and explanations in our contacts with others. Questions regarding what we do, where we live, what our spouse or significant other does, what kind of car we drive, promote the data-base of external descriptors that actually define a culture of human-doers, human what-haves or human what-have-nots. Many human beings in our culture work very hard at avoiding being human.

We are all truly radiant, spiritual, loving-emotive beings. Yet our contacts with each other are often based on inquiries regarding the external realms of our existence and lack often acknowledgement and reflection into the true inner nature of our selves. Many run from their inner truth and experiences within themselves. They seem to avoid being fully present from their own inner experience and thus, avoid being fully present with others.

To be fully human means we have the capacities to not only think and do, we are also able to be fluid in our emotions, spontaneous, radiant, loving, trusting, joyous and passionate. We radiate a confidence and a passion for living that is felt deep within our being. We have the capacities to experience internally our feelings and to listen and embrace the sacred wisdom that lies within us all. We can be fully present with our true selves and with others.

As a healer, my work is designed to help people understand how they experience

themselves and how they experience themselves while in contact with others. Are they present with their own inner experiences? Are they aware of the deflections they use in avoiding their own inner experiences and thus block genuine contact with others? Are they aware of the negative illusions they collected from their environments that block their ability to be fully present with themselves and with others? How emotionally present are they?

Contact is a process of how we experience ourselves and others. By heightening our awareness of our eight contact functions we can begin to empower ourselves more toward developing more depth and meaning in our contact with others. Seeing, hearing, talking, thinking, touching, moving, smelling and tasting are our contact functions. Heightening our awareness of our contact functions pulls us more into the present moment and allows us to see ourselves more clearly and experience our true selves more fully.

Empowering our true selves helps us to awaken fully the Sacred Wisdom within us all and to nurture and heal the woundedness of our lives. We can learn to be fully present, to believe in ourselves and our integrity, to embrace our true radiance, joy and spontaneity. Being human means we have the capacities to embrace our humanness and to celebrate love and life to the fullest.

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