



VEIL *of*  
CHANGE

Allowing Others To Be Themselves

**DISSOLVING THE VEIL OF OVERWHELM**

## **How To Allow Others To Be Themselves**

Every single day we judge, we judge others appearance, actions, we qualify things by being good or bad or right and wrong.

Have you ever found yourself judging others, without even realizing that you are doing it? Many a time I have caught myself doing just that, passing judgments using my own beliefs as a guideline to what is right or wrong.

### ***Never Assume What Is Right or Wrong***

It is never pleasant to see anyone suffering, but to decide or to assume what is right or what is wrong is not really any of our business. We do not know why a person is suffering, what lessons they are learning or how they are truly dealing with it.

*Whilst it is good to have compassion for others, especially during 'down times', it is not always good to have pity.*

### ***Compassion and Pity are two different emotions***

Should you pity someone you are actually judging them to be in a lesser place than yourself. You could also be encouraging in them a 'victim' mentality – Why me?

*Compassion on the other hand will enable you to give empathy and understanding, showing care and love without encouraging a pity me attitude.*

### ***You Cannot Change Another Person***

This means that if you try to change another person, by taking over decisions or actions, you are in essence robbing them of their opportunity to grow. Allowing another to make their own decisions gives them respect, allows them to be in control of the outcome of their decision.

*It does **not** matter whether you think it is a right or wrong decision.*

The greatest learning comes from decisions that you have made yourself – so why rob another of that same learning curve.

### ***The Hardest Lesson Is To Let Go Of Your Children***

As a Mother myself I know it is the hardest lesson all to let go of your children, to allow them the freedom to make their own choices whilst they are still young in life.

*But by allowing them that freedom you are giving them the best gift of all. Yes you can still advise and suggest, but ultimately the decision must be theirs.*

### ***They will then have ownership of that decision***

Be it good or bad – and the lessons are learned.

As a bit of an offbeat example, years ago I was ironing my husbands work uniform (we are now separated), I had been doing this for a good 20 years, but this particular time he was around when I was ironing.

He started to tell me how to do it; I was astounded, as I didn't know that I had not been doing a good job all those years.

### ***Anyway I suggested that he demonstrate for me***

Which he did, he demonstrated how to perfectly iron in the creases in the trousers and how to do the collars on his shirts. I congratulated him on being such a master in the art of ironing.

Then I suggested that from now on he do this task himself, as he was so good at it. I never ironed his work clothes again.

I was very happy with the outcome and used the extra time I saved for myself.

### ***Sometimes it pays to allow others to be themselves***

Are there any circumstances in your life where you wished you had not interfered, that you wished you had stepped back and allowed another to just be themselves?

### ***Follow the following principles in your life***

One of the best ways to try and allow another to be themselves is to take a deep breath before you offer 'advise' or offer to help.

Take a deep breath and wait to be asked. If you are not asked then do not put yourself upon that other person.

***There is a reason why pilgrims used to get boiled in the pot***

Usually it was because they had no understanding of another's beliefs before they tried to preach their religion.

They thought they knew best without allowing others their own beliefs and decisions.

***Freedom for yourself is allowing others their freedom too.***

