

# Sandra Owen Creative

By Sandra Owen

## *The 7 Secrets to Emotional Freedom*

### *Secret #2 Respect*

Years ago I worked with someone who would often make crude remarks about other colleagues as a way of joking around. Everyone loved this person for their sense of humour and what appeared to be harmless banter. I have to admit, at first some of the things they said did seem quite amusing. But after a while I'd feel my heart squeeze in my chest when these type of jokes were made.

I began to think, if they were speaking about other people so disrespectfully, then the chances were high that they were doing the same thing to me. I started to notice this 'jokey banter' more and more and see others laughing at the latest victim of the tomfoolery, which was often unkind and disrespectful. Once I noticed it I couldn't un-notice it. It's like the 'yellow car phenomena.' You decide to buy a yellow car because they are unique, and all of a sudden every other car on the road is yellow. You never saw it before, but now you can't turn it off!

I enjoy a laugh and a joke as much as the next person, but I was beginning to feel very uncomfortable as I realised the butt of all the jokes were people I liked or even personal friends of mine. Something felt very off! It wasn't nice.

Respect is a core value to me in life. I can ignore many things for a quiet life, but disrespect and bullying is something I personally feel deeply, whether it is directed at me or others. We don't have to agree on everything, but disrespecting someone because they have a different point of view, a different body shape, a different skin colour, etc, is something I can't accept. I felt my heart telling me it was time to leave.



It's important to determine your personal boundaries.

What really gets your goat? Are you able to maintain radio silence for a quiet life or do certain things give you a knot in your stomach?

You'll be digging into these in the reflective questions later.



# The Definition of Respect

**Wikipedia** says 'Respect, also called esteem, is a positive feeling or action shown towards someone or something considered important or held in high esteem or regard. It conveys a sense of admiration for good or valuable qualities. And it is also the process of honoring someone by exhibiting care, concern, or consideration for their needs or feelings.'

The online **Cambridge Dictionary** describes Respect as, 'admiration felt or shown for someone or something that you believe has good ideas or qualities.'

**talkingtreebooks.com** which helps children understand what words mean says, 'at the heart of respect is caring.'

The way my colleague was talking about others was not showing care or admiration!

## To Assume makes an Ass out of U and Me

We all make assumptions and judgements about others based on 'our perception' of their words and actions. Those assumptions may be positive or negative depending on our view of the world. Yet our perspective is not necessarily the truth. It is only the way we have interpreted something.

**For example:** If you see someone being verbally aggressive in the supermarket, you may instantly perceive them as rude, ignorant or uneducated.

But can you see beyond their verbal display and understand they may be troubled or struggling for some reason? Maybe they're going through a painful divorce or been recently bereaved. If you've experienced the emotional turmoil of divorce or bereavement yourself, you may have felt yourself on a short fuse emotionally and feel compassion for them and want to help. Whilst there is no excuse for verbal or physical aggression towards others, understanding and caring is far more likely to result in defusing a situation verses judgement and retaliation.

**What else may play a part in your internal musings and perception about this situation?**

The person's clothing, their weight, their age, their ethnicity? Again your personal experiences are likely to affect your judgement. But what if your perception is incorrect?

**Respect** is about understanding how other people's words and actions are not their true self and anger is often a cry for help. It is also about doing your best to ensure your own words and actions don't hurt others.

**How do you respect someone who has hurt you deeply and possibly even caused you physical or emotional pain?**

This is a huge issue for many people who have been abused, cheated on, lied to and disrespected. Someone who has experienced negativity most of their life is going to have a totally different view of the world compared to someone who has been brought up in a loving, nurturing, caring atmosphere.



# Do you recognise this feeling?



Do you ever remember a time when you totally lost your temper? Like the 'Tasmanian Devil' you were unstoppable as the powerful energy of anger coursed through your body!

It's not a pleasant thing to admit that we can get so angry, yet many of us have been taught to suppress anger because it's not socially acceptable to display it.

Often you can't think logically or talk to anyone until the energy of anger passes.

You have to let strong negative feelings subside and homeostasis return before you can step back and observe your own thoughts and feelings. There is nothing wrong with feeling angry, but it's helpful to pay attention to what triggers you so you can take the action steps necessary to heal and move forward. Otherwise you can get lost in it and achieve nothing. The times when I've felt so upset and angry were all times I felt totally disrespected and emotionally backed into a corner.

It takes emotional maturity to be able to observe yourself through doing your own 'Inner work.' But what does doing our own 'Inner work' even mean?

I believe it includes exploring and acknowledging negative emotions and thoughts within ourselves so we can process them and let them go. Ideally this should be within the confines of a safe, non-judgmental environment with someone you trust.

Limiting beliefs and negative energies hold us back from achieving our goals and dreams. Often a life crisis is the catalyst for change in our lives. Some start by reading self help books, listening to spiritual teachings, learning to meditate or journaling. These are all great ways to process our thoughts and feelings. It may take hours, days, weeks, months and occasionally even years depending on how willing we are to open up.

## Self Respect

Respecting others requires you to respect yourself too. If a life crisis has pulled the rug from under you and you're searching for answers, then exploring 'Self Respect' is a great place to start. They say we teach people how to treat us, but that can be a tough concept when we feel wronged! No one deliberately wants to be treated badly.

Start by defining what's important to you, setting boundaries to protect your time and energy and learn to show love and kindness to yourself. When we set boundaries, and stick to them, others will learn to respect our time and energy too. It may shock and upset a few people at first because they are not used to you being assertive or self assured. But they'll either get used to it or they'll simply drift away from your life, and that's ok.

# Me, Myself and I

Self Respect can be challenging due to a lifetime of negative self talk and subconscious beliefs. It is important to step back and ask what beliefs you have about yourself, and what habitual behaviours are you doing that are no longer serving you? It is often not easy to see our own habits, which is why talking to someone you trust can really help if you are open to their observations?

When we respect ourselves we generally have healthier boundaries and are not influenced by other people's opinions, comments or judgements. We know who we are, we believe in our own abilities, our resourcefulness and creativity. When we respect ourselves, we are also respectful of others.

Why do so many of us belittle, criticize and put ourselves down instead of respecting our uniqueness and talents?

## Do any of these scenarios resonate with you?

If someone compliments your appearance, do you swat it away with.....

*'What this old thing?'*

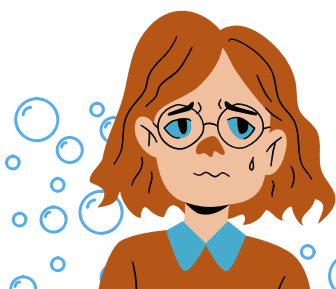
*'You must be joking.....!'*

*'Ha ha, yea right!'*

If someone verbally recommends you or acknowledges your efforts in public, do you cringe inside, worrying others will perceive you as a show off, a goody two shoes, the teachers pet? Or do you lap up the praise and thank them because you know how awesome you are? 😊

If everyone stops talking just as you walk into a room, do you automatically assume they must have been gossiping or laughing about you? 😊

Or do you totally ignore it without a second thought.....Why wouldn't they talk about you..... you're the greatest thing since sliced bread, right!





# Respect and Forgiveness

The reason I feel **Secret #1** to Emotional Freedom is **Forgiveness** is because you can't achieve **Secret #2 Respect** without it. To free yourself emotionally and be able to respect others, requires you to let go of your own pain. It is not your business to decide the rights and wrongs of someone else's life, only to release yourself from the pain you are carrying.

You have the right to set your own boundaries and decide who you want or don't want in your life. Not based on lack of respect for others, but rather on having respect for yourself.

In order to find peace within we must process our positive and negative feelings. Only then can we truly find emotional freedom.

It's easy to judge someone else's actions or words as hurtful and get caught up in a cyclone of negative energy. Replaying situations over and over in your mind, thinking of all the things you wish you'd said or done, planning revenge or telling everyone what a terrible person someone else is in order to validate your own feelings, etc! This trajectory does not work out well, least of all for you.

I've learnt through my own journey that most people don't deliberately set out to hurt others. Things happen because we are all trying to justify our own perspective and emotional pain. We all believe we are right, right? We can get lost in our own pain and not be able to hear other people's.

Remember we all make assumptions based on our beliefs, and instinctively react in certain ways to protect ourselves. We push others away emotionally, mentally or even physically. Forgiveness allows us to free our own heart and understand we are all spiritual beings doing our best in human form to understand our world.

When anger or pain no longer rise within you when you think of someone who has hurt you, you know you're healing within. It doesn't mean we have to be friends with them, or even like them. It means we can respect that they are on their own life journey. For a while your paths crossed in order that you, they, or both of you, could grow spiritually, emotionally, mentally and physically.

Everyone in our life is a reflection of our own energy vibration. From personal experience, the most painful things in our life often contain the greatest gifts. However, it is near impossible to accept, let alone see, when you are in the midst of the storm.

"The world tries to distract us, tempt us away from our silence. No one can disturb you without your consent. Be true to yourself first before all others. Love yourself before all others. Do not judge anyone, but love them as they are. Seek only what is right for you."

(Analysis of Essay III Compensation - Ralph Waldo Emerson) by Sandra Owen

Doing your own 'Inner Work' is one of the hardest and yet most rewarding things you can ever do for yourself. It is also not easy to do on your own because we all have our own blind spots. That's why we need each other.

Some people talk to family or friends, some people prefer to talk to someone further removed from us like a Counsellor, Therapist, or other type of Specialist. There is no 'one size fits all' when it comes to doing our inner work. Explore and find what works for you.

I love to combining Self Development with Creative Art because doing the craft work gives you time to refocus, relax and re-energise.



## True Story

There have been numerous occasions in my life when someone I trusted has let me down and hurt me. It left me feeling angry, confused and disrespected.

It wasn't until I went through the process of dealing with my own emotional pain and began studying Self Development, Law of Attraction and Neuroscience that I understood how I had attracted certain people into my life. It actually had nothing to do with them. It had to do with my own deeply held subconscious beliefs. They simply played their roles perfectly in the story of my life.

To cut a very long story short, (*maybe I'll share more another time*) I held a subconscious, fundamental belief in my own heart that people ultimately leave. If we live in an attraction based Universe, there must be something in me that had contributed to these situations!

Hidden within the pain of heartache I found the keys to my heart. My Spirit feels freer when I can see the 'gift' in the pain. Believe me, I could not have said that 30 years ago!

It was not easy and accepting responsibility for my own life at first felt so unfair when it was other people who had not fulfilled their end of the bargain so to speak.

But ultimately I came to understand that not taking responsibility was giving my power away. If you put all your hopes, dreams and expectation onto someone else, and that person leaves your life for whatever reason, they take your hopes and dreams with them. That is a tough realisation but one that ultimately allows you to take back your power and self respect.

Respect is also not presuming to know what anyone else is thinking or feeling. Unless they share their thoughts with you, you have no idea what someone is thinking or how they feel. Even if they tell you, at best we can only know how we felt if we've been through a similar circumstance. No one knows how anyone else is *actually* feeling. We can only empathise or sympathise.

It's easy to make judgements and assumptions without knowing all the facts. No one knows what Soul path someone else is on or for what reason. Therefore, we need to respect each other as physical and spiritual beings.

The angry person in the supermarket is on their own journey and that emotional situation in their day is highlighting their own inner turmoil. It is not until they're able to step back and see things from a different perspective that they will open the door to change.

Eckhart Tolle talks about each of us having a 'Pain Body,' and it isn't until homeostasis resumes in an angry person that they have any chance of recognising a situation for what it is. Eckhart says you cannot reason with someone when they are in their 'Pain Body.' All you can do is respect them and support them the best you can until they are ready and willing to talk about their situation.

Our life traumas, emotional losses and painful experiences cause us to develop certain beliefs in order to protect ourselves. When we are triggered emotionally, it bubbles up inside like a pressure cooker and will eventually explode unless we can find a safe way to release it.

Listening to someone else's pain without judgement or criticism and allowing them to access whatever is going on for them is one of the kindest gifts you can give someone.

Respect yourself too by giving yourself time to process your thoughts and feelings without judging or criticizing the yourself. You did the best they could with the knowledge they had at the time. However, you may be carrying limiting beliefs as a result of a past experience that are no longer serving you.

"Expectation of change equally hovers over everything and everyone when they stop hurtful and unjust thoughts and actions. It is the equal and opposite. Both are created through the heart and mind of man."

(Analysis from Essay III Compensation – Ralph Waldo Emerson) by Sandra Owen



# Harmony and Happiness

Harmony and Happiness are states of Consciousness. You cannot achieve the mental states of harmony and happiness if you are disrespectful, unforgiving and unloving.

A couple of definitions of **Harmony** are:

***'a situation in which people are peaceful and agree with each other, or when things seem right or suitable together.'***

***'the combination of separate but related parts in a way that uses their similarities to bring unity to a painting, drawing, or other art object.'***

***'the situation in which people live or work happily together without any big problems.'***

We talk about **Harmony** in music when it is pleasing to the ear. Living in a state of harmony brings unity and peace to our lives as individuals, and as a society.

We use the word **Happiness** to convey emotional and mental well-being. If we are happy we are feeling a sense of contentment, satisfaction, joy, excitement, bliss, love. There are many words that someone might use to describe the feeling of happiness.

I don't believe we can feel truly happy if we are holding un-forgiveness and disrespect in our heart. The first two secrets to Emotional Freedom require effort and inner work. They are the foundation stones of a prosperous, abundant, joy filled life.

## You are Unique

We are all wonderfully unique with gifts to share with the world in our own unique way.

Yet we all have problems and challenges. When you consider we are all simply doing the best we can with the knowledge we have it takes a lot of pressure off us emotionally. Who are we to decide whether someone else is worthy of respect? Who are we to write someone off because they approach life from a totally different perspective than ours?

Questions, questions, questions!!!!

The simple truth is, you behave and act based on the beliefs you've collected about yourself and others due to the life experiences you've had. It is not until we become self aware enough to recognise what is going on within us that we can start to make different choices.







The fun creative project for this topic about 'Respect' is to make a jar of pickled people, to remind you that we are all different and unique. Using a clean glass jar, an old pair of nylon tights, a needle and thread, embroidery silk or wool, some old make up or chalk and some googly eyes.

How different you can make each one? You will need to make several, depending on the size of the glass jar you use.

Squash our faces in the jar and put it where you'll see it every day to remind you of the importance to respecting each others differences. It's our differences that make us unique, amazing humans, even if not everyone is to your liking. You can dislike someone yet still respect they are on their own journey which is not your business.

Alternatively you could paint or illustrate a page full of funny faces and put it in a frame and hang it on the wall. It's up to you.

How boring would it be if everyone on Earth agreed with you, never expressed any contrary opinion or idea, ate and dressed like you, sounded like you.....How quickly would you get bored being able to predict everything everyone thought, said and did! Life is about exploring the contrast and deciding what bits we want in our lives and which we don't. There is plenty for everyone. That's how we grow and develop as humans and as Souls.

We are thrown together with all sorts of different people at school, work, clubs, groups etc, some we will resonate with and some we won't, and that's ok. Our ego mind loves to chatter away about everything and everyone. Whether you are walking down the street or watching the television, it points out people we judge to be too fat, too thin, too old, too loud, too quiet, blah, blah, blah. It doesn't stop and it's unfair on yourself and others to pay attention to this.

What matters is we respect each other regardless. You have no idea what someone else is going through and the life experiences they have or are coping with. Respect yourself and others by not letting your assumptions cloud your perception.

Do you feel better when others point out all your mistakes, your dress sense, comment on your weight? The kind Mrs Doasyourwouldbedoneby in the book 'The Water Babies' is an old story that applies to all of us. Treat others as you would like to be treated.

If Secret #2 has pressed your buttons or caused you to question your own feelings, then maybe talking to someone who will not judge you may help. You are welcome to book a call with me if you wish, or speak to someone you know who has experience in emotional healing and grief work.

To speak with me please email to arrange an appointment. Now it's time to reflect on your own thoughts. Questions are written in 'first person' to tap into your heart rather than just your brain.



# *Reflect to Respect*

WHO DO I REALLY RESPECT AND ADMIRE?

1.

2.

3.

WHAT IS IT I ADMIRE MOST ABOUT EACH PERSON?

1.

2.

3.



# *Reflect to Respect*

WHO DON'T I RESPECT AND HAVE NO TIME FOR?

1.

2.

3.

WHAT IS IT THAT UPSETS OR ANNOYS ME ABOUT EACH PERSON?

1.

2.

3.

# *Respect*

WHAT DOES THE WORD 'RESPECT' MEAN TO ME?

WHAT BEHAVIOURS/ACTIONS IN OTHERS CAUSE ME TO LOSE RESPECT?

# *Respect*

WHAT REALLY GETS MY GOAT? WHERE DO I DRAW THE LINE WHEN IT COMES TO THE WAY I ALLOW OTHERS TO TREAT ME?

WHY DO I ALLOW PEOPLE WHO UPSET ME TO HAVE SO MUCH POWER OVER MY EMOTIONAL STATE?



# *Respect*

WHAT ARE MY PERSONAL BOUNDARIES?

HOW DOES BEING DISRESPECTED FEEL IN MY BODY?

# *Respect*

WHEN WAS THE LAST TIME I RECEIVED A COMPLIMENT? HOW DID IT MAKE ME FEEL?

WHEN DID I LAST GIVE SOMEONE A COMPLIMENT? HOW DID IT MAKE ME FEEL?

# *Respect*

WHAT PHYSICAL OR EMOTIONAL SIGNALS DO I EXPERIENCE WHEN I FEEL DISRESPECTED?

HOW COULD FORGIVENESS SERVE ME REGARDING RESPECT? AM I WILLING TO FORGIVE?

# *Respect*

WHAT ARE MY BIGGEST TAKE AWAYS FROM THIS TOPIC FOCUSING ON RESPECT?

WHAT WILL I DO DIFFERENTLY AS A RESULT OF FOCUSING ON THE IMPORTANCE OF RESPECTING MYSELF AND OTHERS?



*Hi There,*

I hope you enjoy making some pickled people yourself or with your children/grandchildren. Or use the idea to create your own creative project, illustration, artwork, or sculpture. Use the creative time to discuss how thoughts are energy and your heart is always speaking to you if you take the time to pay attention.

Having experienced the death of my father when I was a child, two divorces and relationship heartache, I understand the impact grief can have on us if we don't deal with it.

Remember there is no one size fits all solution to processing our emotions and thoughts. Try different things and find what works for you.

If you need help please email to arrange a no obligation chat at [sandra@sandraowen.com](mailto:sandra@sandraowen.com)

Recommended Reading:

***Breaking the Habit of Being Yourself - Dr Joe Dispenza***

Recommended Audiobook:

Youtube link ***The Water Babies***

With Best Wishes,

*Sandra xxx*