

Be the Dog Not the Dogma!



Do you allow the parts of dogmatic religions that promote shame to erode your self esteem? Or do you see this as manipulative tactics within religious doctrine that you refuse to accept into your life? These are heavy questions, but all too necessary to ask when you are pondering the self and who you truly are. Who are you and who do you see yourself becoming?

This brings us back to the idea of who's driving your life, doesn't it? You are traveling down your life's road, are you in complete control or maybe you have attained a compromise? Maybe you are giving dogma complete control. Maybe the traffic is cutting you off or you're finding your way around the traffic. Perhaps you're finding yourself on a street with no outlet.

Whether you are willing to accept it or not, religious dogma affects all our lives. It could be totally or partly accepted by you or it exerts influences on relations, friends, or the society around you which is somehow impacting your life.

What is important here is that you recognize who you are, how you look at life, and know what the qualities are that makes you, *you*. Do you need an institutional created dogma to make you the person you truly are? Do you need help to become the person you want to be moving forward? Do you realize you are a loving person without rules and regulations being exerted from the outside of you? Do you need something outside of yourself to be your life's GPS? Or is your self-esteem healthy and stable enough to comfortably navigate your own life's journey?

In myth of old, those who transgressed suffered extreme consequences as a lesson to its listeners to walk the straight and narrow (a.k.a. control). Are today's religions guilty of doing the same? Is religious dogma throwing guilt and shame on its worshipers if they don't toe the line, coercing or frightening them into adherence with threats of dire consequences? Can the being that you are have enough confidence and healthy self-esteem to make the comparison to the old myths and register the lesson, accepting or

rejecting it without letting it erode the authentic you? Can the being that is you accept or reject partially or totally what the authentic self believes to be true for you?

Whether you are a person who always needs a GPS, sometimes needs navigational assistance, or are the person who can rely on their own internal compass; spend some time to ponder whether this is really your choice and your actions. Are you truly in complete control of what you wish for yourself? We are all in search of our authentic selves. In order to find it we must examine and evaluate each facet of ourselves, discovering the true internal core of it, even tackling the difficult ones. We owe it to ourselves to be the most authentic self that we can be.

With Gratitude,

Kai