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WordsUncaged Submission

“Self-Image”

I've been blessed through spiritual cultivation to realize my purpose in life. At the onset of my spiritual journey, I had to reflect and internalized my consciousness to see the many defects in my character and errors of my ways.

Taking a look at myself in the mirror, and addressing the dysfunctions in my life; asking myself why I was living this negative lifestyle. Adopting a belief system that was outside the norms of society. Through continued reflections and meditations, I was able to see my self-image was the nucleus that my mind used to create a myriad of ego rooted behaviors which were destructive to myself, people around me, and society. It was this image I held in my mind that perpetuated the thought of being a gang member. How you think is how you act. With that came the ideas about how I was supposed to wear my clothes, talk with a street slang, walk hard, and treat people a certain way so I can be seen as tough, and have a general “I don't care” attitude. Along the way, I picked up on other negative sub-culture behaviors, conditioning them into my spirit and continuing to reinforce such image over time. I carried these childish behaviors well into my early and limited adult life. The spirit is dynamic which can learn and manifest anything it is exposed to, only if receptive. We are not born to function this way. It is a learned behavior. I was indiscriminately imitating the subcultural ideas and lifestyle I was infatuated with.

My mind began to rationalize its actions from this egotistical mindset. All decisions were not based on reason; but violence, and aggression to solve problems. There was no thinking before acting; using drugs became a way and means to cope with life.

The self-image determines a person's capabilities and vulnerabilities in life. The thought of being a gang member created impressions; identifying with this image and everything that encompasses it.

It wasn't until my spiritual awakening that I realized I wasn't living right, and a new self-image had to be developed if change was to take place in my life. A continuous conflict exist within if a negative self-image is held and at the same time trying to live positive affirmations and beliefs.

Contrary to the negative self-image I held, I now see myself as a divine spiritual being with a purpose. Now that I have shifted my energy to a positive, more constructive objective, there is a new way of thinking, and new way of life based on striving to awaken and develop my higher, divine essential part of being. No longer embracing a philosophy of ignorance to base my decisions on. Thus, I promote life, health, vitality. I express peace, love, oneness (in a healthy way), balance, harmony, and order in my everyday walk.

Together with my understanding and life experiences, change starts from within. If we hold on to negative Images and thoughts about ourselves, then an ego-self will dominate our life with all of its fallacies. It is very important to consistently hold a healthy positive self-image. It is what determines how we see life, discover our purpose, form healthy relationships, live in society, make decisions for the better, and have good morals, values, and principles.

Peace and Blessings,

Terrell Curry