

My Best Friend

Hi everybody,

I have a friend, Erica, who is very wise. We spend a lot of time talking about ideas and exchanging perspectives on life. Erica is a blessing in my life and while I've only known her for a little over a year she has been a cathartic soul and an inspiration to me. One of the topics of our conversations was around a dilemma I was having and she told me to be "my own best friend" and consider what I would tell my best friend to do as being the best advice for myself. hmmm...

It's a simple idea and yet I find it profound. When I started to apply that to myself I began to see ramifications which that axiom could generate. My best friend would treat me better than I sometimes do myself. My best friend would serve me healthy food if I wanted to lose weight. My best friend would not give me alcohol if I was trying to avoid drinking. My best friend would encourage me if I chose to exercise to improve my health. A best friend would suggest more rest and less stress. A best friend would counsel me to move on if I was in an unhealthy relationship. My best friend would advise me to take the high road in times of conflict. A best friend is always there for you and wishes you the highest good life has to offer.

Apply the idea to yourself and you find a seed that allows you to begin to love yourself in a constructive way. Being your own best friend is kind of like having two people in your mind. One is you and the other is you being a best friend, loving you and trying to help you become what you wish for yourself. It's not the same perspective of mastering mind over matter or doing what's right or using discipline, it's just loving and nurturing someone who happens to be you...

Namaste,
Stacey