

My Struggle To Become Human

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(SunnyB)***

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This book is dedicated to:
Late
Prof. Dr. Darshan Singh Bains
Late
Vinny Bains
and
Kanwaljit Kaur Bains

Introduction

Thank you for reading my book. This book is about self-reflection. Do we ever take a moment to reflect on our thoughts or emotions? Do we ever explore the inherent causes of our behavior? Self-awareness takes us closer to ourselves. It gives us clarity over our emotions and also helps to identify our own strengths and weaknesses. Self-awareness is the byproduct of our perceptual experiences. We can only be aware of ourselves by focusing on what is happening to us right now, and how we are responding to it.

As the famous psychiatrist Carl Jung said: Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. With self-awareness we can alter the way we look at ourselves and others. As the Greek say, know thyself ...

Khalil Gibran and Hugh Prather are the two writers who inspired me to write this book. I truly hope that you'll enjoy reading it as much as I have enjoyed writing this book.

Cheers!

Sunny

SunnyB/My Struggle To Become Human

“Most people die of a sort of creeping common sense, and discover when it is too late that the only things one never regrets are one’s mistakes,” thus observed Oscar Wilde. Although we all know, recovering from mistakes is never easy, but we learn more about our capabilities than we ever would if we simply rested on our laurels. If you’re worried about what will happen if your endeavour comes to an end, think also what might happen if it doesn’t. Try to resolve all the problems you can but remember ... a breakthrough is always possible!

SunnyB/My Struggle To Become Human

When faced with difficult questions, people find imaginative ways to answer them. Under pressure to respond and not knowing what to say, we often try to find a reply that will satisfy the person doing the asking. 'What do they really want me to say?' Or, 'I don't know what the right answer is, but I'm going to try to figure out what the wrong one is and try not to say that.' Such fear-based dialogue is never going to be helpful. It's better to stay undecided than force yourself to make a decision.

SunnyB/My Struggle To Become Human

Tomorrow turns into today immediately upon its arrival! That's why there's an old emphatic saying that tomorrow never comes. So that means, today is always the first day of the rest of your life! Of course, this was also true for every day of your life that you have lived and shall stay so for every day that you continue to live on this planet. Does that mean the only moment you've got is the one you're in now? Yes, but you can sow the seed of an idea today, and it may have the ability to change your life tomorrow.

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We've are constantly told that our predecessors wielded clubs and communicated through grunts. This leads us to believe that they were probably less sophisticated than us. But what if our descendants also turn out to be wiser, kinder and more intelligent than us? They might be able to teach us about communication and living in community. We look back at the past and think that we're living life better than anyone else has ever done. But staying open-minded about the past can let you see some delightful surprises in your future.

SunnyB/My Struggle To Become Human

We can't always do what needs to be done to reach a satisfying conclusion. But even when the going is tough, and we're struggling to keep on top of difficult situations, we still know what's right and what's not. We can tell when something falls into place and when it doesn't. Knowing that we are on the right track brings reassurance and gives us the encouragement to persist on our path. You still may have some sorting to do, and some clutter to remove, but you'll soon see evidence of the headway you're making.

SunnyB/My Struggle To Become Human

Would you be ever loved in quite the way you want to be loved? On the flip side, can you offer anyone all they need when they need it? Therefore, should you give up and get stuck in a relationship that isn't working ... or retire to a cave and live in solitary confinement for the rest of your life? But that doesn't sound right, does it? I hope you'd agree with me that it is a coward's conclusion. You can do better than that. Remember who ultimately defines success. A person who isn't afraid of facing a failure ... but just keeps on trying!

SunnyB/My Struggle To Become Human

Should not the course of true love always run smooth? But does it ever? Why the genuinely great and the good are invariably destined to face constant challenges? Why should the most talented people on our planet be the most tortured ones? Why the most blessed always are saddled with the heaviest burdens? I only ask this because ... well, I suspect you would know exactly why I brought this topic up. Something in your situation is extremely bitter sweet right now. But then, why would you really ever want things any other way?

SunnyB/My Struggle To Become Human

The mantra of Homeopathy is: the less of a substance you employ, the more powerful it becomes. To the scientifically minded ears, this idea sounds intensely annoying. It's hard for them to understand the indirect, etheric, mysterious principles upon which such magical preparations are based. But then, such people have a similar problem accepting many other unprovable phenomena. For instance, they have hard time acknowledging the existence of love - or divine inspiration. There may be a little logic in what's happening around you now, but there's an awful lot of poetry and power in it. Enjoy while you can!

SunnyB/My Struggle To Become Human

Maybe the rice need to spend more time in the pan. The beans may also need some more time to soak hence the feast cannot yet commence. In the meanwhile, though, you can either go hungry or find something different to eat. But please rest assured, a great banquet is on its way. The chief chef is now busy in the cosmic kitchen. It should bring the satisfaction you were looking for. Also, for the time being, keep an edge to your appetite, and that will only increase your eventual appreciation of satiation.

SunnyB/My Struggle To Become Human

It's not always easy to distinguish between a small matter and a big deal. We often make mountains out of molehills, and mice out of elephants. Sometimes, we can become angry about insignificances, and indecisive about issues of great importance. Are you in the danger of inadvertently overlooking something massive and crucial? Your eyes may be firmly fixed on all the factors that are in need of meticulous reflection. Nevertheless, you are also keenly monitoring a scenario that really has no power to cause you any harm.

SunnyB/My Struggle To Become Human

Relationships are complex. We enter into them in the hope that this will absolve us from the need to face our fears and conquer our demons. Feeling secure in the knowledge that we have found a partner, we think we'll be able to lead a satisfying life ... a life without conflict or challenge. Those of us who approach relationships with such expectations, swiftly become disappointed. Some events may oblige you to look at what you are really learning (and how or how much you are truly gaining) from a particular close involvement.

SunnyB/My Struggle To Become Human

People who need people are the luckiest people in the world. Thus sung the ever so cheerful and affable Barbra Streisand many moons ago, circa 1960. This lyric sounds incomplete to my ears because it makes no mention, for example, of the people who need people to need people. Nor does it consider the people who need to be needed by the people who need people. It seems as if there's a whole lot of needing going on in our world. You may be finding it hard to imagine why you should consider yourself lucky to be going through any of this. But actually ... you should!

SunnyB/My Struggle To Become Human

People say one shouldn't joke about life's serious issues. Others vehemently say that when faced with matters of life and death, we must try to see the funny side of it. Humor is a very sensitive, personal issue. Just as we cry for many reasons and not all of them sad, so do we sometimes laugh and not necessarily because we feel happy. And there may sometimes come a moment in which you feel unsure whether to laugh or cry. Do either or do neither of those but be aware that though what's happening may be intense and profound, it is also rather wonderful.

SunnyB/My Struggle To Become Human

I frequently write about the difference between big and small ideas. I also, from time to time, try to point out that in the realm of ideas, size doesn't matter or ideas don't really have sizes. The same is true for our problems. And our modes of transportation. If a tiny moving part stops moving, it can stop a mammoth engine from running. That can be a very big deal! Similarly, a small piece of information can make all the difference between a successful journey and a frustrating one.

SunnyB/My Struggle To Become Human

Are all wealthy people necessarily kind, compassionate or clever? No. And nor are they indeed always happy. Then our natural question should be, what's the point of having all that money? But if the fortunes were reversed and a fairy of fortune were to lay her hand on your shoulder, wouldn't you say things would be different? You'd be appreciative. And generous. And wise. Now the question is, are you about to become wealthy? That's a tricky one, but you have indeed triggered a thought process which should end in you becoming wealthier than you currently are.

SunnyB/My Struggle To Become Human

I always urge you to treat today as if it were the first day of the rest of your life. That doesn't mean that you'll be able to click your fingers and transform everything like a magician. We are who we are because of all of our yesterdays. We are an amalgamation of all our past experiences and no advantage can be gained by completely disassociating ourselves from them. Habits and traditions bind us in good ways as well as bad. We should try to create a strong foundation on which we can build our future.

SunnyB/My Struggle To Become Human

We all have our blind spots but easily forget them. Drivers know that there is always a split second when it's possible to look into a mirror and not see the car behind us. Similarly, we tend to overlook situations that are happening in our peripheral vision. It all depends on where we choose to focus our attention. If we're doubtful about someone's motives, or there's something happening that we'd rather not see, we can unconsciously put it into our blind spots. It's sometimes helpful to look at what we are overlooking.

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There's one but simple message for you. We can boil it down to three little words. Proceed with caution. It's meant exactly as it's said. Proceed, do not stop, or retreat, and do not even unnecessarily slow down. Carry on and continue but with caution. Watch where you're going, and what you're doing. Be conscious yet clever. Since you began in a spirit of relative recklessness, you must now go on in a mood of comparative carefulness.

SunnyB/My Struggle To Become Human

The difference between a big idea and a small idea is only implementation! Some of the world's best, most dramatic innovations, were once just considered passing thoughts in someone's mind. They might have simply emerged like bubbles and then floated into the distance if no effort were made to act upon them. You have to remember, ideas are never big or little but only implications make them so. You are effectively urged to take the idea that inspires you the most and act on it.

SunnyB/My Struggle To Become Human

Aren't some people so much likeable when we meet them the very first time, yet it eventually dawns upon us that we have encountered a false front? On the other hand, some can seem very off-putting, yet the more time we spend with them, the more we get acquainted with them. As it's with people, so is it with situations. Challenges can stimulate us and may even help us achieve success. When things are way too comfortable, we can become lazy and sloppy. You should try to develop a very different relationship with something that you dislike or someone you once disapproved of.

SunnyB/My Struggle To Become Human

They say a watched pot never boils. But how right they are? We cannot conclude from this that an un-watched pot will heat up more rapidly or it may fall off the stove. Or it may boil and then boil over. I think what the writers of this old adage were really trying to get at was that success involves striking a balance between watching and not watching your pot! A slow process can eventually lead only to a great success. You just need to keep the momentum going without becoming impatient or restless. Remember, slow and steady wins the race!

SunnyB/My Struggle To Become Human

I'm sure you recall, I kept on advising you to take your big leap of faith. Perhaps I should have warned you that if you did so, you were bound to create a controversy. Why? Because some people really don't like to see displays of courage or strength. As soon as they feel that someone is acting definitively, they start giving the reasons why a different decision should have been reached. You can choose whether to speak softly to those who criticize you, but you absolutely should not let them influence your ability.

SunnyB/My Struggle To Become Human

How badly do you want what you now think you want? How willing are you to make a compromise? How much inconvenience will you be able to endure? You cannot just claim an intent unless you are prepared to go through with it. Empty gestures won't count for anything. It looks as if you will not be required to go through anywhere as near as much as you now fear, and half-expect. By simply declaring your determination and showing your sincerity, you may set the perfect process in motion.

SunnyB/My Struggle To Become Human

The theory of relativity may not have been that difficult to develop for Einstein because it was just the kind of thing he used to do. As a physicist, he was trained to and he also had the type of mind that could easily apply itself to such problems. Some things just come fairly natural to us, and we can all show flashes of brilliance performing them. Challenges, though, require us to function in such areas of our lives where we feel out of depth and breath.

SunnyB/My Struggle To Become Human

We often see ourselves as small and helpless; seemingly destined to spend our lives travelling endlessly round in small circles ... sometimes to the extent of being funny. Despite feeling bold and proud, we may somehow limit our vision or talk ourselves out of certain things by declaring them impossible. Often, a powerful or even slightly disturbing event shakes us awake from such a false perspective. We can only understand our capability when we are on the edge. Discover and unleash your real hidden power.

SunnyB/My Struggle To Become Human

What's happening now is happening because it has to happen. You can't stop it from happening. You probably can't even exert enough influence to ensure that it happens in a slightly different way. You do, though, have power in your current situation ... and plenty of it. You have the power to choose whether you accept, trust and adapt to what's happening - or whether you resent, resist and rebel against it. Take the former course, and you will save yourself a lot of stress, tension and wasted energy.

SunnyB/My Struggle To Become Human

Why should I bother writing this for you to read, if you are going to sit there and criticize my every word? You are not in much of a mood to be told anything by anyone at the moment. You feel inclined to argue with a lot of assumptions and to question a lot of conventions. Others, in turn, seem unwilling to hear your ideas or to cooperate with your plans. Would you like a little good news now? This tense phase will soon pass. An excellent time awaits you.

SunnyB/My Struggle To Become Human

When you are crossing some deep, fast flowing river, via a series of stepping stones, it is tempting to fix your gaze on the opposite bank. That, after all, is where you want to be. That is where you will feel safe once more. You may not, though, ever get that far unless you look down at your feet. Are they resting properly on the right bit of rock? Can you comfortably see how to get to the next intermediary point? The devil is in the detail - but so too, if you concentrate, is the path to a kind of heaven. Deal with what's in front of you, and you'll end up where you need to be.

SunnyB/My Struggle To Become Human

You can have an entire armory at your disposal, but if you don't know how to employ the firepower, it won't help you win your battle. Conversely, if your aim is true, and your target is carefully chosen, you can accomplish all you need to with a single shot. There's every chance of being successful. To win convincingly though, you must summon discretion and forethought. And you must then employ some very clever timing. You can't afford to be distracted by an annoying but ultimately irrelevant distraction.

SunnyB/My Struggle To Become Human

To some extent, we are all a product of our own past. What we have been through is what makes us what we are today. Sometimes, though, we forget exactly what it is that we actually have been through and apply a very selective process while sifting through our memory banks. In drawing a discreet veil over a time that has gone by, we can cut ourselves off from a recollection that we sorely need to draw on if we want perspective on a matter. Think back bravely and clearly if you want to see the best way forward.

SunnyB/My Struggle To Become Human

How can we be optimistic about anything when all our newsfeeds are so full of doom and gloom? It appears that in order to find upbeat information these days, we have to look harder than ever before. How can we allow ourselves to cling on to a sense of hopefulness? Can we ever manage to feel safe and secure? The very nature of life on earth is volatile and uncertain. We tend to forget that unpredictable changes can also happen for the good. Don't overlook the joy that's waiting, even, in the instability.

SunnyB/My Struggle To Become Human

Regardless of what language you speak, some words have more than one meaning. You have to listen to the way the word is used within a phrase, or you won't really understand what's being said. You will need to put it into context. Some of us also use body language and exchange looks in order to communicate meaning without the need for words. If you find it hard to interpret what's happening around you, try to seek out the most positive explanation.

SunnyB/My Struggle To Become Human

In the 21st century we are all drama Queens and Kings. We thrive on pressure, urgency and crisis. If there isn't a red-hot reason to do something, we feel as if our lives are lacking a vital element. If we are peaceful, quiet and tranquil, we figure there must be something wrong. Sometimes, though, we are far better off taking no action than determinedly pursuing some doubtful plan. Sometimes, we make all the progress we need just by putting our feet up, sitting still and giving nature a little time to run its course. You are doing all you need to do. Relax!

SunnyB/My Struggle To Become Human

Would you have any problem compiling a list of your friends? It might not be quite so easy to do the same with the names of your enemies, but you can still manage. The problem lies in recognizing the people in between the two. People who are hard to register on the inner psychological counter we all use to measure others by. It's the folks who we're not sure what we feel about. The ones we think that we should like but are, for some reason, wary of. Spend some time looking into those grey areas. Someone who you know a little can help you a lot.

SunnyB/My Struggle To Become Human

You may have noticed that our planet is full of people who confidently know the answers to everything. Aren't we super lucky? It means that whenever we have a question, they can fill in all the spaces created by our doubts. But the problem with this is that the gaps in our understanding can't simply be filled by other people's theories. There will still be quite a lot that's beyond our comprehension. That's just because we're all only part way through the story. Once a new chapter of your life starts to play out, things will start making more sense.

SunnyB/My Struggle To Become Human

Keep expecting the unexpected. Though life should soon start to calm down and slow down a little, there are still a few surprises in store. Several of these will be pleasant ones. The other, less-immediately welcome type will be useful and helpful provided you don't adopt an overly-rigid attitude. Work on the assumption that the future is your friend not your enemy. It may be asking you to make a few changes in the way that you see yourself and your situation, but this is only so that it can help you to become happier.

SunnyB/My Struggle To Become Human

Since we last spoke, you have been through a lot. To be honest, I felt a bit bad about taking a break at a time when I knew you would be needing a lot of support. But then, I figured, you already knew what it was that you needed to do. You do know that, don't you? You are doing it, aren't you? Well then, what's the problem? Ups and downs will come and go - as they always do, but the general trend will be a move towards greater strength and security as long as you stick to your chosen course.

SunnyB/My Struggle To Become Human

What do you need if you want to make a dream come true? Energy? Commitment? Luck? Faith? Belief? Probably, you need all of the above - but perhaps not in quite the quantity you might imagine. Sometimes, we have to strive with all our might to get our heart's desire. Sometimes, we only have to lift a finger. But then, if you are feeling unduly pessimistic, even the lifting of a finger can seem like an exhausting and pointless task. A small amount of positive effort will go a remarkably long way.

SunnyB/My Struggle To Become Human

When your car breaks down, you send for the roadside assistance service. But who tows away the tow-truck when the tow-truck breaks down? If you are experiencing emotional anxiety, you can consult an expert psychologist. But who gives therapy to the therapist? You feel odd about your situation. You face the kind of difficulty that you sometimes blame others for getting themselves into. Your pride may suffer a little, but the rest of you can only benefit from the process you are now going through.

SunnyB/My Struggle To Become Human

“How do you improve on perfection?” This is, of course, the ultimate academic question. It is not possible to improve on perfection because perfection does not exist. Can you improve on near-perfection? Well, that’s a tricky one. You see, in reality, near-perfection is as good as it gets. If you try to make it better, you often end up making it worse. Or, to put it all another way, there are factors in your life that seem to need adjustment. But, unless they are truly unbearable, it may be much wiser to accept them as they are.

SunnyB/My Struggle To Become Human

From where you are standing a certain situation probably looks pretty hopeless. So ... go and stand somewhere else! Keep shifting your position till you can see a way to make progress. Something is stirring up doubt and despair but also revealing different aspects of the same situation. There has to be some way to resolve the current conflict. Rather than waste time wrestling with the impossible, relax, move on and trust that somehow, soon enough, something will alter for better.

SunnyB/My Struggle To Become Human

How dare you be so nonchalant when there's such an important matter to deal with? Because, if you don't find some way to let off steam, you'll explode (or implode) under the pressure. You can't afford to blow a fuse. You need to keep your wits about you and that means you need to remain witty, good humoured and able, somehow, to handle the tension in your situation. Tense situations are obliging you to look at something you don't ever wanted to see. But that doesn't mean you must trade a blindfold for a pair of blinkers.

SunnyB/My Struggle To Become Human

Does money buy freedom? Not really. It facilitates the purchase of a limited kind of liberty but imposes, at the same time, a new set of rules and restrictions. Pointing this out to a poor person, though, is like telling someone who is wandering in the hot, dry desert that water won't make them feel better. Of course it will. For a while. But what's required is neither boom then bust nor flood then famine. It's the attainment of a smooth, steady trickle. What you need is a stream not an oasis. And the good news is ... that's what's on offer to you. With some of its own expenses!

SunnyB/My Struggle To Become Human

Blessed are they who have no expectations for they shall not be disappointed. Most folk need to be encouraged to raise their game. They set their sights too low. They sorely require higher hopes. That's not an accusation we can level at you. No matter how often you reach for the moon and fail to get it, you'll willingly have another go. Try again by all means. But remember, what makes life fun is the attempt, not the result! You may well achieve what you want. That's all the more reason to be sure that happiness is all you want!

SunnyB/My Struggle To Become Human

What you are doing? Are the rules of the game clear-cut or are they hopelessly blurred? Can you hope to come out a winner without fully understanding what's required in order to win? You just can't hope to gain that kind of information by simply asking someone else for their interpretation of a certain situation. You have to look deep into your own heart and decide what does or doesn't feel like a comfortable thing to do. You may or may not win a prize if you stay at ease with yourself, but you certainly can't lose!

SunnyB/My Struggle To Become Human

For some strange reason, we human beings are suspicious of life's pleasures. We tend to work on the medicine principle. If something is hard to take, it must, we assume, be good for us. If it is reasonably sweet and fulfilling, we figure we will probably live to regret our involvement with it. There are times when it is relatively wise to follow this principle. But sometimes, you can safely ignore it. Go towards whatever most profoundly attracts you. It has more merit and validity than you yet realize.

SunnyB/My Struggle To Become Human

Where do your allegiances lie? Who (or what) are you supposed to support? Why do you feel that certain people ought to be more supportive of you - and how come, if such an expectation is justified, that your needs are being so blatantly ignored? The sky is urging you to review the assumption that lies at the root of a friendship. Either that, or it is asking you to look at the people and groups that you feel you belong to. You can't just keep pouring precious energy into a hungry black hole. Nothing has to end ... but something new definitely has to begin.

SunnyB/My Struggle To Become Human

Things may be beginning to knit together. It's like the missing pieces of a jigsaw have started to appear so that a puzzle can make sense. What, you don't agree with me? Do you still feel puzzled, confused, unsatisfied, mystified, disillusioned, exasperated, baffled or discouraged? In that case, make sure you're seeing what's right before your eyes. They say gift horses only appear once we start looking for them. What lies ahead must be examined from different angles, and you may not have to look far to find what you're looking for.

SunnyB/My Struggle To Become Human

Some people seem determined to keep going round in circles for the rest of their lives. That's their prerogative. It is fine if it suits them. It is not so fine for you though, if you want to accompany them yet also want to travel down a road that is actually going to take you somewhere. It is even worse if the person in question can't or won't see that their own path is circular. Where conscious individuals are communicating clearly, all issues can be resolved. Where they're not, differences must become distances. You only have one life. You owe it to yourself to live it to the full!

SunnyB/My Struggle To Become Human

Luckily we have more ways of showing how we feel than just words. We can use objects from the material world. When we use them to represent the emotions we find hard to express, gifts become an important asset. Sometimes they can even transform a relationship. An act of kindness towards a valued person in your life can express your feelings better than words. It doesn't have to be something big. And if you can truly demonstrate your thoughtfulness through generosity, you'll find that it will be as much a gift to yourself too.

SunnyB/My Struggle To Become Human

Sometimes we meet a challenge that redefines the nature of who we are. Despite using all our usual techniques, we don't seem to make any headway. Yet we feel compelled to continue, very certain that there is a way round the problem. Perhaps the reason for our frustration is less to do with the nature of the contest and more with the focus of our energy. You now have the chance to test yourself and break from tradition. With a new approach, it won't be as difficult as it appears, and you can reject a tired way of thinking.

SunnyB/My Struggle To Become Human

We feel under pressure to know, with certainty, what we're doing and where we're going. We are expected to be able to lay out our future in a format suitable for a Powerpoint presentation. There's no room for ums or ers when we present the information either. But suppose you don't know? Suppose you have, dare I say it, a doubt? Uncertainty is a much-maligned word. It takes a lot of confidence and trust to rest in it. The rewards, though, when you do, are worth the wait. It's all right not to know now. You will, soon enough.

SunnyB/My Struggle To Become Human

Dingdong ... dingdong ... dingdong ... listen ... it sounds like some bells are ringing somewhere. Nope, fairies aren't getting their wings, these are much bigger bells. Nope, this is no funeral procession. Quite the opposite. They're peals of delight. A cosmic campanological commotion. They are bells of celebration. Maybe I'm going a little over the top. But the time soon approaching will present opportunities for new beginnings that will be music to your ears. You're about to feel the benefit of an emotional generosity. Let your heart take the wheel for a while, it'll take you places you never thought possible.

SunnyB/My Struggle To Become Human

The idea of who we'd like to be is influenced by how we want to be perceived. Though these concepts may seem similar, one of them can disguise the intention of the other. Imagine, for example, someone who wants to be seen as a figure of hope when their secret desire is to manipulate. It's not easy to discern someone's true motivation, or, for that matter, our own. You are being blessed with an aura that will make others more receptive to your ideas. Use this to advance a benevolent agenda and you will be successful.

SunnyB/My Struggle To Become Human

Look at your junk mail. Just before you recycle it, stop and appreciate the skill and effort that has gone into it. Professionals have done their best to write you a letter that strikes a chord and triggers a response. They want you to feel that their message is important and that the quality of your life will improve if you take up their offer. Where else in your world are you being talked into an involvement or a commitment that you don't really need to make?

SunnyB/My Struggle To Become Human

What we find attractive can be hard to understand. It's easy when someone has a trait we feel we lack, more difficult when they display characteristics we've worked hard to avoid. Perhaps it's a case of finding opposites attractive. Or maybe the mere act of self-denial, even if it's over something we don't want, is enough to make it tantalizing when found in someone else. We're complicated enough without matters of the heart adding to the confusion. Be discerning, and you'll reach understanding that satisfies both your head and your heart.

SunnyB/My Struggle To Become Human

Do you want to be loved for who you are? Or to be loved for the person you have the potential to become? You don't want to make such a choice. You want both. When people appreciate us only for the way we currently are, we worry that we may alienate them if we change. And we feel uncomfortable if we suspect someone is trying to turn us into a different person. Keep this in mind as you consider your own feelings for someone else.

SunnyB/My Struggle To Become Human

Haven't you heard of people meeting the perfect stranger on a train? Or in a café ... their eyes catching as they sip cappuccinos? The idea of a chance encounter with someone new captures our imagination. So why do we spend so much time getting to know someone before deciding if they're the one? If it's the unknown we crave, why bother? Perhaps the unknown is more appealing than reality. The unknown, though, doesn't massage your feet on the sofa. The known will do that for you. And the known knows where the ticklish parts of your feet are too.

SunnyB/My Struggle To Become Human

The odds may be against you, but you have one potentially game-changing factor in your favor. Your inherent willingness to try! This won't help if you apply it to a far-fetched plan or an unlikely endeavor. If you buy a hundred lottery tickets today, you really can't expect to get your stake money back, far less make a profit. But if you apply yourself to something that's more responsive to solid effort, you may yet do surprisingly well!

SunnyB/My Struggle To Become Human

What is the point of wealth if you don't have anyone to share it with? Hang on, I have got that the wrong way round. What is the point of sharing if you don't have any wealth to share? Well, actually, you don't have to be wealthy to share. You have other riches to offer. You can share your time, you can share your thoughts, you can share your love. But now, you're about to enjoy the fruits of your previous labor. And not only will you have more to share, there will be someone to share it with.

SunnyB/My Struggle To Become Human

Home, they say, is where the heart is. Well, that may be true but the way to test all such maxims and mottos is to spin them around and see if they still work in reverse. Is your heart wherever your home is? This may, indeed, be the case. Someone very special forms a significant part of your immediate environment and changing developments invite you to look again at how much this means to you - and perhaps to be more demonstrative in your appreciation.

SunnyB/My Struggle To Become Human

What is the best way to conduct a relationship? For the avoidance of doubt, I should stress that I mean any kind of relationship - not just the romantic type. Regardless of the category, though, the answer is the same. We don't want to do things the way they are supposed to be done, we want to feel free to do what feels natural, spontaneous and real. Even if recent events have inhibited (or prohibited) such expressions of warmth and trust, the coming events will make them more possible. Trust your gut feeling.

SunnyB/My Struggle To Become Human

No matter where we go, we never escape our own shadow. There is spiritual as well as physical truth in that. Some things we just can't get away from. At worst, we ignore them. At best, we face them bravely, deal with them sensitively and improve our lives by being willing to learn. One thing we may need to look at is why different relationships sometimes keep raising the same challenges. The coming events may broaden your life's horizon in what will eventually prove to be a wonderful way.

SunnyB/My Struggle To Become Human

You don't always see the world in quite the same way as others see it. You ask more questions. You raise more eyebrows. You think more thoughts! That, though, doesn't mean you always find more faults. Sometimes, your exceptional discrimination bestows you with genuine appreciation for people and situations. You can see where praise and acclaim is due, even where others may take much for granted. There may come a moment where you feel slightly awestruck by revelations, but you also gain so much from them.

SunnyB/My Struggle To Become Human

We are all special. We all have something to offer. We all deserve appreciation and acclaim. Some of us recognize this within ourselves and communicate an air of subtle confidence. Others suspect that they are the exceptions who prove the rule and thus keep their heads hung low, quite unnecessarily. In your emotional life, an imbalance surrounding a sense of self-worth, needs to be addressed and corrected. It couldn't be happening at a better time - or in a better way.

SunnyB/My Struggle To Become Human

No matter where we go, we never escape our own shadow. There is spiritual as well as physical truth in that. Some things we just can't get away from. At worst, we ignore them. At best, we face them bravely, deal with them sensitively and improve our lives by being willing to learn. One thing we may need to look at is why different relationships sometimes keep raising the same challenges. The coming events may broaden your life's horizon in what will eventually prove to be a wonderful way.

SunnyB/My Struggle To Become Human

Must you change something about yourself to suit someone else's need? We often somehow imagine others might prefer us to be different in some way. Such wondering and pondering is often intensified by the passing remarks of our loved ones! But would you really want to alter any aspect of them? Hoping to change another person, even to some small extent, is surely futile. Accept others just the way they are, and you will yet magically find they will return that favor.

SunnyB/My Struggle To Become Human

You know those forms we sometimes have to fill in ... where they ask us how many dependents we have? What do you enter into that box? It can't be big enough to reflect the actual number of individuals whose lives would probably go to pieces if they didn't have you to rely on and feel supported by. And while, yes, the strict definition is legal dependency, you tend to place morality above all else, even law! You are being effectively asked to choose between an obligation and inspiration. How can you possibly pick anything other than the latter?

SunnyB/My Struggle To Become Human

Why do the people who we love, love us? Are they under some social obligation? Do they fear that if they don't reciprocate a particular emotion, too much tension will ensue? Surely not. They feel what they feel because you inspire them to feel it. You have an amazing ability to command respect, admiration and affection. Where there is conflict to be resolved, remember the soothing and emollient qualities of your personal charm and apply them well!

SunnyB/My Struggle To Become Human

Why, when we talk to particular people, do we feel we are getting nowhere? Some folk appear to be fully on our wavelength and others may as well come from a different planet for all the quality of communication we get. Yet sometimes, the sweetest satisfaction comes from bridging a great divide. It is easy to do what works, but it is satisfying to take what seemingly can't work and prove that it can. Rise to a challenge in your life, and you will ascend to a happy height.

SunnyB/My Struggle To Become Human

We were not placed on this earth so that we could all agree with one another. Even the wide-eyed idealists, who dream of peace on earth, must concede that this would be a very dull world if we all saw things from precisely the same point of view. There is color in conflict and fascination in argument. Why else do you suppose that all the best works of fiction focus on friction? Yet events provide you with a chance to defuse tension and arrive at a clear, new, productive understanding. Seize that chance.

SunnyB/My Struggle To Become Human

Do you face too great a burden?
Are you under too much stress? Does it
seem like a situation gets more difficult
to deal with, the more you try to solve a
problem or overcome some difference of
opinion? Life often tends to challenge
us. We can choose to resent this or to
rise bravely to the request that the
cosmos is making of us. Don't waste
time wondering if something has gone
wrong and if so, how or why. Just ask
what constructive steps might be most
sensibly taken, then set about pursuing
the right objective with the best attitude.

SunnyB/My Struggle To Become Human

Commitments give us strength and stability. They supply sanity, too, in that they help us see where we stand and where our priorities lie. Although it is true that we sometimes begin to look at situations that we are seemingly unable to extricate ourselves from and feel more as if we are victims than beneficiaries. If you spend too much energy resenting a situation in your personal life, you will compromise your otherwise strong ability to do something constructive about it.

SunnyB/My Struggle To Become Human

Have you had a really good idea? Is it time to act on that? Will you encounter resistance if you do? If so, where will the objection come from? Is someone else likely to disapprove? Or will it be your own lack of self-confidence that holds you back? Whilst it is always important for us to believe in ourselves and have faith in what we may be able to achieve, that's particularly important for you. If you can draw a deep breath and focus on what surely must be a worthwhile goal, you will be surprised by how close you get to success.

SunnyB/My Struggle To Become Human

People find it easier to think well of themselves - and others - if they ignore certain character defects. Such policies only work when the obvious can be kept hidden! It is healthier if we can develop the art of forgiveness. By letting ourselves off the hook when we display character traits that we have yet to grow out of, we can keep our self-esteem on an even keel. By doing the same for our loved ones, we can hold relationships steady, too. Yet the only ideal that truly matters in your personal life, is honesty.

SunnyB/My Struggle To Become Human

Whenever we do what's expected of us, we raise the level of expectation. We also become beholden to our own understanding of what we think others may think about us. Even if we deliberately behave oddly, we have to live up to our own reputation for eccentricity! Different people have different ideas about how you should respond to your challenges. You can (and should) heed advice. You can be sensitive, too, to ideas. But only you now know what's really right and why.

SunnyB/My Struggle To Become Human

We want so much from each other. We know we shouldn't set our hopes so high or indulge unrealistic fantasies, but we can hardly resist what seems almost like a primeval urge. Is someone entertaining unfair expectations of you? Might you be inwardly wishing another individual was really a superhuman? The impossible may not happen in your life, but, happily, it doesn't need to. What is actually attainable may not quite match the dream, but it will serve the purpose and satisfy the need.

SunnyB/My Struggle To Become Human

We all, at times, have to live with agreements and arrangements that we would alter if only we could. Whilst it's fine to keep a weather-eye out for any opportunity to change such circumstances, we do ourselves no favors when we start to resent whatever is beyond our ability to alter. In your personal and emotional life, a fact must be faced and a situation must be lived with. If that's seen as a compromise, not a sacrifice, the world will give back to you in many ways that'll turn out to be delightful.

SunnyB/My Struggle To Become Human

Why is it that we need to feel that our lives are worthwhile? Do we seek validation from others? Do we want to feel we are noticed, even needed? Or is it enough simply to know that we are secure within ourselves? Often people are at their most attractive when they are feeling most complete. With that in mind, be aware that your possibilities now all revolve around opportunities to lead a life that is more self-contained. Ironically, as you do that, you may also find yourself more in demand.

SunnyB/My Struggle To Become Human

To what extent are you underestimated or overlooked? Don't you deserve more appreciation? Surely, when opportunities arise, you should reach out to seize them with confidence rather than question your entitlement just because you suspect someone else is questioning you. It is time to surprise yourself and to leave others pleasantly amazed by what you prove yourself to be capable of, despite all assumptions and expectations.

SunnyB/My Struggle To Become Human

You have such power, such talent and such strength, but you don't seem to be aware of this. You sometimes suspect you have been browbeaten by a harsh, heavy world, into a state of submission. You even fear that it doesn't matter how many natural gifts you have and how advantageous your position in life is, when everything is a struggle. Even if you find you can nod in an agreement at such suggestions, there will be a change for the better and my opening statements will yet prove true.

SunnyB/My Struggle To Become Human

I am holding out my hand and pointing my finger. Which direction am I signaling? How can you tell? I am not here in front of you. Only my words are! But out of interest, when you read the opening sentence, what did you imagine? What picture popped into your head? I only ask because if I am to be helpful to you, I need to show you how easily we let notions become beliefs. We read too much into too little, then let this guide our lives. Watch for that. Trust what you're sure of. And be sure of yourself!

SunnyB/My Struggle To Become Human

How hard must we try to please other people? Perhaps the easiest way to answer that is to ask how much effort we might expect them to go to on our behalf. If we really care about someone, there would be a limit to how much trouble we might expect them to go to. Isn't there something dysfunctional about expecting endless sacrifice? Give as fully as your heart feels truly inspired to share. Accept, in turn, whatever is freely, lovingly offered. More than that, on either side, may be asking for too much.

SunnyB/My Struggle To Become Human

We all want to impress each other. We hope we are earning admiration, attracting affection, going up in the estimation of others. We really ought to remember that, as much as we want this, others want it too! Thus, one way to curry favor, is to let others know how highly we think of them. False flattery will, of course, get nobody anywhere. You won't fall for it, nor will anyone worth knowing. But where genuine expressions of praise and positivity are deserved, share them, and they shall be returned in kind.

SunnyB/My Struggle To Become Human

What are you supposed to do in the face of provocation? It is good to feel well-disposed towards our fellow humans when they, in turn, are treating us with respect. But when it seems they are going out of their way to make life difficult for us, how can we resist the urge to be awkward to them in return? Actually, we can. We must! Don't exacerbate a silly situation, give it a chance to heal. Your heart won't be the only thing that thrives as a result of a gesture of transcendence and forgiveness.

SunnyB/My Struggle To Become Human

The world doesn't owe you a living! That's what angry adults sometimes say to teenagers who they perceive as lazy. Ah, but are such statements true? Isn't nature bountiful and abundant? Does not this planet make provision for every creature upon it? We must, of course, take our earthly, material needs seriously, but not so seriously as to let them give rise to anxiety and insecurity. If your present causes you concern about the future, refuse to let it worry you. You are much safer than you think.

SunnyB/My Struggle To Become Human

You are not full of contradictions, nor are you entirely consistent. You are not particularly prone to exaggerate, but you don't see everything in proportion. You are hardly the world's worst rebel, but when told what you cannot do, you think, 'We shall see about that.' In other words, you are a human being. You have your flaws and foibles just as you also have your talents and strengths. It is important to remember that even if you are not perfect, you have nothing to apologize for and every reason to expect success.

SunnyB/My Struggle To Become Human

Some things are obvious: you really don't have to think about them. Others are subtle: you can easily miss their meaning. We all know this. It's just that we can't always tell the difference. We waste much time seeking hidden depth in the simply superficial, or we dismiss as irrelevant something that deserves a lot more thought. As you move on with your life, you suspect that there may be more to certain stories than meets the eye. Trust that inkling. Continue to ask smart questions, and you will get helpful answers.

SunnyB/My Struggle To Become Human

When two people speak the same language, it is all too easy for them both to assume that they must automatically understand each other. Words can be very misleading. Often, we listen, but we don't properly listen. We hold in our head an expectation. We imagine that we know what someone is probably trying to say to us. So, when they speak, we fit whatever we are hearing into our picture of whatever it is that we want to hear. Keep an eye (and an ear) out for that unnecessarily misleading possibility, and you can make something wonderful happen.

SunnyB/My Struggle To Become Human

Silently, subtly, yet irrefutably, we come to unspoken agreements with each other. We collectively uphold particular beliefs about the way the world works. Those whose views match our own receive our endorsement and approval. We are suspicious of people who seem to think that some of life's rules can be disregarded and disrespected. Yet, once in a while, the cosmos conspires to expand our understanding. Be open to the new possibilities and you may yet benefit greatly.

SunnyB/My Struggle To Become Human

“If the whole universe has no meaning, we should never have found out that it has no meaning: just as, if there were no light in the universe and therefore no creatures with eyes, we should never know it was dark. Dark would be without meaning.” This quote from C.S. Lewis requires a lot of thought. I always find it very hard to understand. But, then, you are you. You enjoy mental exercise. You also enjoy reaching for aspirations that are difficult to attain. If you can get past a negative assumption, you’ll make a very positive discovery.

SunnyB/My Struggle To Become Human

We all know the tale of Pandora's Box. Pandora was ever so pleased to get the box. She saw the sign on the lid that said, 'Do not open,' but then she saw the little brass key and thought, 'This is my opportunity.' What pleasure she took in removing the lid. And, in some ways, how fortunate that she did. For where would all our mythological reference works be without her? And how could we still speak disapprovingly of her to this day? Yet you should still watch that you don't do something just because you want to know what happens if you try.

SunnyB/My Struggle To Become Human

You are aware of what others expect of you. You also have set up very high standards for yourself that you are eager to uphold. Insofar as these two ideals coincide, all may be well. But where there is a conflict, you have to ask, "Is it selfish to prioritize your own preferences?" Is it, indeed, self-sacrificing to the point of martyrdom to put someone else's needs before your own? Questions like this have been hanging over you for a while. You may, yet, find a compromise that works ... soon!

SunnyB/My Struggle To Become Human

Schools are fine institutions and teachers are magnificent people. As for as education experts are concerned, opinion is divided about them. Some people seemingly love to issue lofty pronouncements about the best way to do a job or conduct a process. Others, are only too happy to assume that those who issue such instructions must know what they are talking about. Yet we all risk misadventure if we place too much faith in any mechanism without seeing proof that it works. Don't rely entirely on what you were once taught.

SunnyB/My Struggle To Become Human

You have a talent for coping with the unexpected. Some even say that you thrive on surprise and are at your very best when required to think on your feet. So, the future events and the way in which they will require such spontaneity from you, it should pose no problem. You don't need to plan in advance for what may crop up because whatever it is, whenever it is, you will know what to do about it. And you will be right! And your sudden, spur-of-the-moment, inspired idea will work out perfectly. Just trust yourself.

SunnyB/My Struggle To Become Human

They say every relationship involves a power struggle. They say that whether our engagements and entanglements are social or emotional, linked to work or to family, we unconsciously pit ourselves against one another. Scoring points. Angling for influence. Accumulating kudos. Wherever there is an outright final victory, there is no further interest or drama. The magic comes from the process of negotiation. But in whatever process of jockeying for position you are currently caught up with, for now, at least, you are in the lead.