

Which Side Of The Tree Of Life Are You Living?

When you see a tree, what comes to your mind? Pleasant memories growing up as a child? A place to go for shade or gather cover from the rain? A great piece of fruit, vine ripened and ready to eat?

For most, the tree symbolizes a happy time, a place of exploration and freedom. When you look at the tree of life what do you notice?

Can you see there are no leaves and the branches are dead on the left side and there is growth and green leaves on the right?

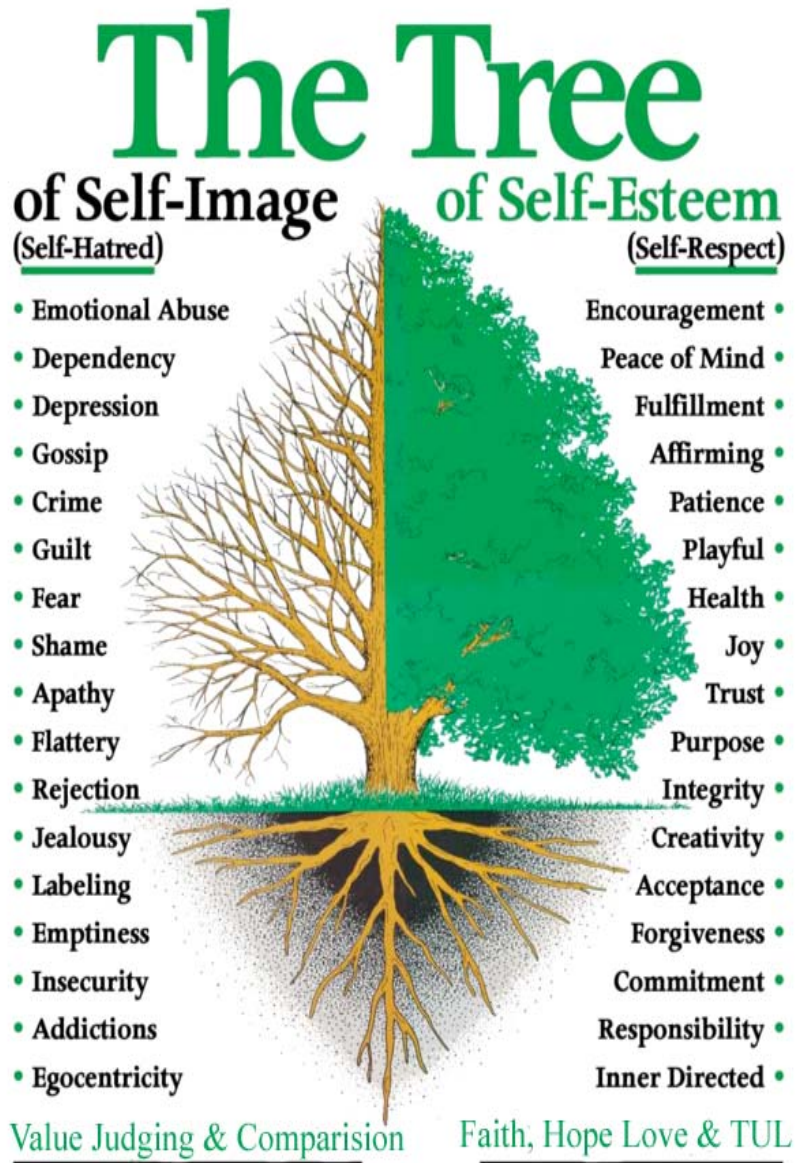
Just like a tree that has a root system, individuals have a starting place called our family roots which is our personal history. That history is full of experiences and events that shape and determine each individual's place in life.

All children want the love and acceptance of their parents. As they grow older, they discovered what it took to get Mom's approval most likely was different than Dad's.

If both of the parents were not around, or one or both of them were having their own issues trying to survive life and growing up, there was little time and attention left for you. This void caused you to quickly learn what you needed to do to get the love you wanted.

When a child experiences trauma, incorrect belief systems are developed. These beliefs say: "I am not lovable, not capable, or I am insignificant. They also say I am worthless and hopeless. I am focused on the past and not on the present. I am insecure and something has to change for me to be okay. I am not safe; I am bad and not good enough. People are out to get me, I must be in control..., it's not fair. I can't do it and the list goes on. All of these belief systems mold and create our behavior and learning.. Beliefs are codes in the brain that literally determine behavior. If these codes exist, a person or child can only learn and behave at a certain level to bring their belief systems into existence or they will sabotage it. In other words stop success at all cost.

If individuals do not get the necessary love and acceptance they need as they grow up, they look to friends or other things. Most young people do not get their needs met either. Many times youth look to people who do not have emotional maturity and they get attention in un-healthy ways, causing them to possibly hang out with the wrong crowds.



Then as these individuals get old enough to date, they think (or believe) that any person who showed any form of attention might love them. They soon find that the person they are dating did not get the love and acceptance they needed and the rollercoaster ride begins from one unsatisfying relationship to another.

Every belief is an interpretation of an internal image which causes the emotions of sadness, unforgiveness, worthlessness, impatience, hurt, judgementalness, shame, entitlement, depression, anger, fear, laziness, resentment, rejection and anxiety. These emotions lead to sleeplessness, and unhealthy actions and behavior.

Arguments, anger, avoidance, overpowering, dominance, control, fear, alcohol, drugs, sex, crime, violence and even war becomes the new way to fill the holes in your soul going from one empty experience to another. Hurting people hurt others.

Individuals get a job thinking that burying themselves into a career and making money will finally make them feel like a "somebody". They oftentimes become a workaholic.

Now there may be a great paying job, a marriage that is not that loving so the next step becomes "Let's have children", hoping that pouring time and attention into the next generation will fill the void in your life.. The spiraling down cycle continues from one family to the next.

Does any of this sound like your life experience?

There is great news. The cycle of dysfunction can be stopped by understanding and applying the Tree of Life and building a self esteem affirming lifestyle.

By removing the lies in the belief systems, McGrane Global Centers changes the negative emotions to love, patience, trust, joy, gentleness, goodness, peace, self-control, and humility. These positive emotions lead to healthy actions.

As you read the words on the left side of the self image tree how many of them can you relate to? What percentage of your day is filled feeling and experiencing those words?

Our definition of self image is a mask, an imitation or representation of what you think you should, ought or must be. It is comparison.

Since we wanted the love and acceptance of our parents we would do and probably are still trying to do anything to get it. Many times our parents did not get their needs met so there is little room for them to help you feel loved and accepted because they even had less than you did. You can't give something you don't have.

At the bottom of the tree you can see the words value judging and comparison. This is what a self image lifestyle produces.

Value judging is where you judge someone else's thoughts feelings or behavior, right or wrong based on criteria of what is acceptable.

Value judging is the killer to your self esteem because it robs you of the acceptance that everyone wants.

Comparison leads to the feeling that you don't measure up. Comparison makes you feel that you are not worthy or deserving.

When you live a self image life you are filled with pain and emptiness that leaves you searching for that next quick fix of fleeting pleasure from whatever vices you have learned to temporarily fill the voids in your life.

Now look at the right side of the tree of self esteem. Read the words. How many of them can you relate to? How much of your life have you experienced living on the right side of the tree? If you are like most of us you have spent time on both sides.

How do we live more on the right side of the tree of self esteem?

Our definition of self esteem is the way you feel about yourself. It is the self respect you feel for yourself. At the bottom of the self esteem side are the words faith, hope, love and TUL.

When you live a life of self esteem you feel faith, hope and love toward yourself and others. You may be asking yourself what is TUL? TUL or pronounced as "tool". TUL is the thing every human being seeks during their life and are probably still doing today. TUL stands for total unconditional love.

When was the last time you felt totally and unconditionally accepted?

If you are like most people you can count only a few people if any, that loved and accepted you just the way you are with no conditions.

If you did not receive TUL, you continually hope to find it. You may be so disappointed that you stopped looking and given up that you could be loved with TUL.

To the degree you have experienced TUL is the degree you can give it to others. You can only give what you have experienced unless you get the tools and teachings to turn it around.

Some people say that we are to judge others. It is not our place to pass judgment. We are to forgive and accept. This is possible when you live a self esteem affirming lifestyle with TUL.

Accepting totally and unconditionally does not mean you condone everything. By accepting the person and the fact that the event took place whether you like it or not frees you to separate the person from their behavior. Accept the person and deal with the behavior. When our children do something we do not like, we still love them and correct the behavior in a way that builds their self esteem.

How do you do this? One choice at a time. Each day choose thoughts, feelings and behavior that allow you to live on the self esteem side of the tree. Watch what happens as you build on a self esteem lifestyle. You will be happier, have better relationships and be more successful. You will feel the love and TUL, total unconditional love you have always been looking for.

By Bill McGrane. For copies of the Tree of Life and more on these ideas contact McGrane Global Centers at 001-859-384-6333 or www.mcgrane.com.

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