

Lessons from the Journey... “Becoming is a Process”

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Good Day Good People!

Backstory:

We are born into this world either male or female. We become infants, toddlers, kids, youth, adults, women, men, mothers, fathers, husbands, wives, pilots, cashiers, mechanics, dancers, pimps, addicts, locksmiths, politicians etc. (you get the point). We *become* those titles by assuming those roles. Subconsciously, we believe that because we have the title that we understand and perform those roles and do it at an expert level. Mastery, as with any role, is earned through time, experience, guidance, awareness, dedication, knowledge, tools and ultimately the wisdom to apply these strategies. It is the application that will catapult us to the next level. Somehow, with the exception of education and careers, we assume that because someone holds a title that they have a level of mastery over the role that expresses that title. We may also assume that we have the *same* process and expectation of one that has mastered the role for the title they now wear!

Intention of Action:

Confused? Let me share with you a few practical examples from the perspective of roles in relationships. There is some level of confusion that predicts that when a person is born female that she has matriculated from girl to woman from age alone... from woman to wife... and from wife to mother. Realistically, we know that the natural order of this expectation does not often fall in this reactionary order. With just this revelation, you can get a glimpse that the “perceived” process already provides significant challenges. Mind you, this is not about judgment (the right or wrong, good or bad) it is about the awakening of our minds from our childhood exposure to an adult reality; based on wisdom. Follow me on this...

There are a set of skills that a female needs to become a girl and proceed up the chain of human social expectation (title and role). Some of the essential skills, by nature, must be rooted in biochemical, physical, mental, spiritual, and social cues. As she gains experience, guidance, awareness, knowledge and puts these tools into practice she, overtime gains the title of a woman through exposure. Although she has earned the title of a woman, she does not fully perform the role of woman until she has gained significant experience, guidance, awareness, knowledge, and puts these tools into practice. Only then, does she overtime, walks into her next level fulfilling the title *and* role of social expectation. For her to matriculate in her fullness, *her* desire for mastery (through experience not just exposure) must be *guided*. This is why schools have teachers throughout the masters (and doctorate degree) level when the student becomes the teacher.

Solutions for Consideration:

Becoming is a *process*. Often in today’s urban cultures, the level of intention to matriculate boys and girls through the roles of man/woman; husband/wife, and father/mother lack true intention and investment. People with various levels of awareness seek mentors and model behaviors, take self-study courses, attend workshops, read books, and apply the tools using the attainment of wisdom and experience. They have learned that overtime, they become the master of their roles. Armed with the reality that we are not born into our titles or roles must be understood and acknowledged. Knowing the *difference* in having a title verses the knowledge/experience of the role must also be understood. We can then begin to grow in our human experience and to enjoy the value of the true lessons of the journey.

Resources:

Share my “lesson for the journey” through one of my 5 lessons for the journey books available on Amazon under Heather Hetheru Miller or view workshops, videos, and/or podcasts by visiting yourinspiredjourney.com.