

The dangerous road to invisibility



By Véronique

Both the time and energy I invested in improving myself have been very profitable. My friends are exceptional. Each day is full of magic. I am better now at loving with detachment which brings me greater love for myself. And the peace that settles in me is more present because life is simple when you decide to see it as such. Change is wonderful. It brings a lot of good and surprises, and with it the possibility to become invisible. I was recently living side by side with invisibility and the sensation was unpleasant. I highly discourage trying it!

I learned that to welcome change does not equal completely letting go of the old me. It does not mean to mould myself to other people's fantasies and judgments. Changing begins with me wanting to meet my personal needs for growth. A beneficial change gives me more than it costs me. It also always elevates my energy level and never decreases it. The line is fine between being aware and not being aware of what change is good for us. We are so often solicited by the look and criticism of others. It is so easy to get lost. However, it is essential to always stay present with ourselves, connected with our center and aware with the changes that are taking place in us so that we do not give our power away.

A multitude of things can lead to invisibility. In my case, the overflow of kindness is one of them. As my mother puts it: "Too much is like not enough", and kindness is no exception. To be nice facilitates building bridges between you and other people, but when you try too hard by changing yourself, you can lose your color. Personally, being too kind often comes down to wanting to please at all costs, to comply with other people's views in order to avoid conflict or to say yes when I do not necessarily want it. When doing so, I weaken my center and no longer respect my limits. With my limits becoming porous and my center losing its strength, the next and not so fun stage is confusion. This translates with me not knowing anymore what makes me really happy. I no longer know my priorities. I feel anxious about my future because I forgot about myself. All of this happens because of me stepping in the dark side of kindness.

Thinking too much about other people, especially my partner, also led me to invisibility. When people around me were happy I was. When they were angry or sad, I tried to fix the situation or to fix them. I became absent from myself. I was putting myself and what defines me on the back burner. I was invisible and my energy was slipping away. I was no longer paying attention to my immediate needs, and the first thing that happened was that my body started to hurt for no apparent reason. It just wanted to talk to me and scream: "Hey, I exist too you know!"

I used to think I was selfish when taking the time for me. The worse was to agree to change some aspects of me just to stop the criticism of another person without taking the time to confirm with myself if this change was in my best interests. I was making myself violence without realizing it and was depriving the people around me of the real Véronique.

The risk of becoming invisible has some positive aspects. It keeps us alert. It also pushed us to constantly check with the most important person in our lives, ourselves, if the choices we are making bring warmth to our soul and mind as well as to our body and heart.

This article was intended to be a small reflection on my reality and current challenges. Perhaps you will find food for thought for yourself. I'll meet you in 2012 with other reflections. In the meantime, health, love, joy and peace for the coming year! If you are one of those people who like to make resolutions, make them for YOU.