You Can Never Run Away From Yourself

“But if these years have taught me anything it is this: you can never run away. Not ever. The only way out is in.” - Junot Díaz

Most of the first half of my life was spent in trying to fix the dysfunction of my upbringing and conditioning. I innocently thought if I could just mend our family dynamics, I would be able to heal my own inner wounds.

I was attracted to people and situations that in some way recreated the dysfunctional dynamics of my youth, attaching myself to people who were not capable of unconditional love, emotionally available, or very flawed. It was familiar to me, in spite of being very unhealthy and unfulfilling. I created scenarios that elicited that familiar feeling: *comfortably numb*. Any awareness of what I was doing was simply absent. My level of consciousness had not yet arrived at an understanding of my behavior, or that it was a direct result of my conditioning.

It took me many years to understand that my parents and all of my extended family members were doing the best they knew how to do, based on their own conditioning. We recreate and repeat over and over, what we already are familiar with, somehow hoping beyond hope, that we can change what happened to us and transform it into something else. We simply cannot repair the past.

As I was repeating this pattern over and over spanning decades, I did not have any conscious awareness of my actions or a grasp on my true feelings. This is a common reaction for those who have experienced a variety of childhood traumas.

Most of my behaviors were driven by a desire to outrun myself and my sense of being flawed and broken, not knowing who I am, and desiring to escape the overwhelming feeling that who I was somehow not okay. Humor and feigning happiness with my friends and colleagues was my protective mechanism, a mask I wore in public. When I was alone, the mask came off and with it a feeling of sadness and fear of being myself around others. Excessive fear of rejection or judgement is a common sentiment among those who have not received unconditional love or emotional nurturing from their parents.

I constantly stayed overly busy, overworking, had difficulty relaxing or being still for very long without feeling that I was lacking in some way. I became an expert human DOING and was failing as a human BEING. I ran and ran and ran, trying to outrun myself and my feelings. I mistakenly thought that by *doing* something, I could change the past and control the future. I had no skills at simply BEING and connecting with my own inner voice for guidance. The demands of everyone around me drove my life. My life was marked by chaos: a familiar feeling.

For anyone who has up to now spent their life attempting to meet the many demands of others, you recognize this empty feeling. Pleasing others at the expense of yourself is a futile venture that will not bring you inner peace, calm, or the unconditional love that you desire. You cannot find inner calm and fulfillment in anyone or anything outside of you. This can only come from within you.

Until I reached my early thirties, I did not realize that my parents did not have the capacity to give me something that they never received themselves or even knew how to do. After coming to the realization that I needed guidance, I began therapy with an insightful therapist. I will never forget what she said… "It was not your fault."

That hit me like a lightning bolt and penetrated my armor like nothing ever had.

Nothing that happened to me in my youth was my fault. I could not fix the past, nor could I ever control the future. By attempting to do so, I was missing out on the only life we ever really have — the present moment.

Spanning decades, I have since done a lot of inner work. I received training in many areas that focus on connecting with your inner spirit for guidance, how to shift from being a human doing to becoming a human being, and how to let go of the grip of pain from your past. I have come a long way since those dark days, spending the latter half of my life sharing this transformative unlearning process with others, in my personal and professional lives.

Decades later, I come back often to that simple, profound statement when coaching clients, treating patients, or as a reminder to myself: "It was not your fault."

No matter who you are or what may have happened to you in the past, *it was not your fault.*

You were doing the best you knew how to do at the time, even if it was inadequate or unhealthy. You cannot function at a higher level of awareness or consciousness, without knowing who you *really* are.

Many of my friends, family members, patients, and clients have suffered significantly from seeking to please others and their unrealistic, often selfish demands, while concealing who they really are from view, in the false belief that who they really are does not matter anyway. The longer one remains in that mindset, one's inner self remains hidden from awareness, tucked away.

The remedy for this quandary is taking an emotional, cleansing, transformative journey within, to know yourself again. That hopeful, playful, curious free spirit that you were when you started out in this life is still within you. The little boy or girl you were is still there.

The spirit that gives your body its life, is not limited by time or space. Your spirit has no problems or pain. It is connected to the wisdom of the Universe and lives within you. All that is required of you to find yourself again is to look within for guidance, and to stop following what others are trying to get you to do for their own ends. Your spirit knows who is genuine and who is not. When you listen for wisdom to rise up from within to guide you, you will know with certainty who to trust, who not to trust, and how to move through life authentically as yourself. Your external life will become congruent and merge with your internal life… your spiritual self. It is the most freeing feeling in the world to *simply be yourself*.

One thing is certain. You cannot run or hide from yourself. The only way out of your pain, trauma, and unhealthy conditioning is by going WITHIN. While teachings and trainings can give you some direction, the work of going inward is your own personal journey.

The only way out is IN.

Contact me directly to discuss spiritual transformation coaching with me:
elizabethmlykinspac@gmail.com