

BE YOUR OWN KIND
OF
HERO

A Psychodynamic Approach For A Holistic YOU!

AND

Book Of Remembrance

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BE YOUR OWN KIND OF HERO
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I N T R O D U C T I O N

BE YOUR OWN KIND OF HERO is a subliminal reminder that we can all become the best of what we can be. The road may be wide and characterized by craters or holes. IT may be dusty, dirty, and winding but these are just spices to make the journey more puzzling and motivating for the passer on the road to either improve, endure, or enjoy.

Your decisions, thoughts, and directions are powerful motivating tools as you become a change agent. We can never be complacent, or just flow with the current. You and I need to instil change for the better, making a precedent for our future generation. Let us not be found wanting, but let us try to achieve a level of excellence in our selected vocation, career, and lifestyle. Let us tap our creativity to the hilt, exercising our right brain that we may approach a deeper level of comprehension maximized with justice and mercy. *Be your own kind of hero* speaks of heroism that may not conform always to the general opinion.

As we acknowledge that we may not all become attorneys or doctors but we will be able to appreciate our uniqueness no matter where our talents and productivity may lead us. Thus, we can have our safe and beautiful place under the sun as blue collar workers, computer typists or encoders, fisherman, farmer, veterinarian, and the like. We all have a purpose on this earth and it complements a perfect picture of creation from Above.

Let us have a vision and mission in life. Let us nourish ourselves in truth, integrity and commitment. "DO WHAT IS RIGHT" motto will give us a place and confidence in today's turbulent world.

The title can initiate an awakening in us that, to truly become YOUR OWN KIND OF HERO is to develop our spiritual level and be worthy to achieve our chosen goals. In our life span, we encounter many crises and milestones of development. BE YOUR OWN KIND OF HERO acknowledges the human weaknesses or flaws, but hand in hand is the strength to overcome, tenacity to prevail, patience to endure, and sacrifice for higher achievements.

Our birth, growth, marriage, career, and death all give substance to who we are. When we gaze at the sky and comprehend the vastness of the universe, we may shrink and put to oblivion. However, when we view ourselves as creation of God, made in His likeness, we realize our significance in the Master Plan.

We are never a nobody. We need to come to terms with our inner capabilities. Thus, be your own kind of hero speaks of being an individualized person --- a contributing factor in making this world ready for transformation to a higher level of existence.

THOUGHTS TO LIVE BY

The kindest and the happiest pair,
Will find occasion to forbear
Find something every day as they live
To pity, and perhaps to forgive.

- William Cowper

No other success can compensate
For failure in the home

- David O. McKay

A happy family is but an earlier heaven.

- Sir John Bowring

One father is worth than a hundred school masters.

- George Herbert

Children, obey your parents in all things;
For this is well pleasing unto the Lord.

- New Testament Colossians 3:20

Train up a child, in the way he should go;

And when he is old, he will not depart from it.

- Old Testament Proverbs 22:6

Young folks ought to know that we old folks
Know more about being young than they know
about being old. - Author Unknown

The soul is healed by being with children.

- Fyodor Milhailovich Dostoevsky

Health, happiness and success depend upon the fighting spirit of each
person. The big thing is not what happens to us in life, but what we do about
what happens to us.

- George Allen

Have courage for the great sorrows of life, and patience for the small
ones.

And when you have laboriously accomplished your daily task, go to sleep
in peace. God is awake. - Victor Hugo

Your disability is your opportunity

- Kurt Hahn

Chapter 1

A NEW BEGINNING

In the beginning of time and eons of ages, man had the woman as a helpmeet, thus marriage was both legal and sacred in nature. Man is without a woman; a woman without the man in the world. With the eternal nature of marital bonding a prospective husband and wife should enter into this marriage union with a firm understanding of the purpose and significance underlying this covenant, thus, keeping a resolve to fully commit themselves in building a family as a tiny kingdom here on earth . Families are meant to be forever but forever is sometimes lost in the oblivion when difficulties, crises, discouragements, irritations set in. Forever then is dissected into days, months or years depending on the support of the husband and wife in finding a working solution to their

marital woes that their marriage be recharged to become marital bliss.

This requires a mature give and take relationship, openness, and an unconditional love in action. Here are some of the tips in searching for the “one”.

- **Visualize the kind of person you would want to spend your life with for the rest of your life and onwards.**

- **Make a time frame that is not limited by mortality, sickness, failures or even death. Thus it is not just earthbound but for a greater vision --- a heavenly abode. Physical qualities such as a melodious voice, handsomely features, exquisite grace and gentlemanly manners, and others are all important in satisfying the senses and sensibilities. But it should not be the be-all and end-all. The superficial palatability is exciting but we need to discover the personality behind the man. What character traits are most substantial to your preferences? Limit it to just three qualities first, and then dissect it to simplification. From an abstract quality such as fidelity, we need to make behavioral descriptions so we will be able to appreciate and reach our goals.**

- **Be aware of the positive and negative vibrations underlying your emotions entertaining every doubt, every odd, every uncertainty, and every triviality . Mariz, a 28-year old career woman, felt that Jake seemed to be the embodiment of a great future husband. Yet, every time she hears him talk and see his**

mannerisms, she feels a sickening attitude towards him. A consultation with her psychotherapist revealed that in her childhood days, the annoying qualities of his uncle was projected in her grown-up years to her boyfriend. A better understanding of the past assisted in the healing process. Thus, she was able to appreciate the uniqueness of the here and now.

We need to accentuate the positive vibrations to enhance a fruitful relationship based on trust and fulfill the potentialities and individuality of both parties. The trivialities and uncertainties between couples should not be kept hidden under the rug or acted upon with procrastination. It has to be discussed openly in an atmosphere of acceptance, love, and flexibility. Pride, hostility, and utter disregard of the feelings of others are destructive mechanisms in meaningful discussions. Openness should be paired always with respect and love unfeigned.

➤ Take time to listen to your body's messages, the spiritual undertones, valuations, and gut feel.

Through insights, spiritual under tones, meaningful passages in the scriptures that come to mind and nuggets of wisdom disguised as sermons given by parents, relatives and friends, we are able to get a clearer view of the person. Trials and tribulations are seen in a new light and bring a personal revelation that becomes a guide for fulfillment, safety and happiness. Take time to listen to your gut feel because that "unconscious" part in our personality make-up strives to

commune with the ego, pre-consciousness and unconsciousness in us, in order to produce a healthy personality and a holistic approach to life. Make scriptural reading a habit each day so that the mind is not clouded with false hopes, short term pleasures or worldly pursuits.

The body gives its messages through health and sickness, pain and feelings of pleasant sensations, easy fatigability, weakness and strength, sorrow and happiness. When we allow ourselves to be indifferent to the body's needs, its resistance will tread downhill. To live a clean, healthy, and inspiring way amidst inconveniences as well as a positive outlook and a hope for a brighter tomorrow is to strengthen our psycho-physiological needs, thus increasing our performance capacity and enhancing our practical judgment. When our minds are clear of any affectations, then we can visualize better the things we decide.

➤ **“A goal is a wish if it is not written”, as this saying goes. Thus, set a goal in writing.**

Have a personal journal where you can write the qualities of your ideal man, a man who can become a king in your home with you as a queen. Do not dream dreams. Make this guy a real man with levels of aspiration and behavioral manifestations that are achievable. This is not a fantasy or a heaven sent soul mate.

That is just a cream on the top of the ice cream, although it matters, too, because the sweet magic and attraction enhance the integrity of the bonding amidst the nitty-gritty trials that may disintegrate the union slowly. As time and togetherness forge a blending, compatibility sets in. It is not oneness that one dreams of, a replica or a carbon copy of oneself that is being sought --- but clearly the beauty and appreciation of retaining one's identity --- which is a harmony of diversity.

➤ **Seek a personal consultation through prayer.**

Present options, weigh evidences, decide and present the matter in prayer. Be spiritually and temporally ready to ponder the answers. Feel the soothing reassurance of the wise counsel or feel its antiquity or uselessness.

➤ **Date in groups in youth. As grown-up adults, you may date alone, but in a class have a friendly association that does not border on intimacy or fornication.**

Lust clouds your decision skills because you allow passion to dictate the course of the action and intensity of involvement. It inhibits you to say "No" in all inappropriate ways and means that may come unexpectedly.

Always remember the value of purity and chastity gifted to you from on high. Never play with a match of immorality. Always be on the Lord's side.

Replace idle thoughts with a pursuit for excellence in your life.

➤ **Meet his circle of friends and family. The cliché “Tell me who your friends are and I will tell you who you are” can be a warning signal.**

He may have a lot of friends but when he associates frequently with a bunch of buddies whose norms, values and orientations are farfetched from what you have in mind, or what you value, then you need to start re-evaluating your position. The advice that he can change in due time may come as an understated statement --- you will either lick it or face a head-on disaster.

Gina thought she was doing a favor when she willingly lived-in with a guy named Paolo, a struggling businessman. He was eloquent and has the artistic ability to emote with flying colors. He can be demonstrative but he just possesses a tinge of possessiveness which is sometimes cute but sometimes irritating.

He was also in close association with a drug empire first as an addict then as a part-time pusher. But when he met Gina, he promised that he will reform and change friends. She took his words but it was just a passing wind. There was no turn-around; just a temporary halt. She believed him when he said there will be a new Paolo in her life.

The physical and emotional anguish and abuse she suffered from this man

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