



....In The Meantime

With



24 hour confidential hotline: 1-800-537-6066 or 874-1973

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"FINDING YOURSELF"
IS NOT REALLY HOW IT WORKS.
YOU AREN'T A TEN-DOLLAR BILL
IN LAST WINTER'S COAT POCKET.
YOU ARE ALSO NOT LOST.
YOUR TRUE SELF IS RIGHT THERE, BURIED
UNDER CULTURAL CONDITIONING, OTHER
PEOPLE'S OPINIONS, AND INACCURATE
CONCLUSIONS YOU DREW AS A KID THAT
BECAME YOUR BELIEFS ABOUT WHO YOU ARE.
"FINDING YOURSELF" IS ACTUALLY
RETURNING TO YOURSELF.
AN UNLEARNING, AN EXCAVATION,
A REMEMBERING WHO YOU WERE
BEFORE THE WORLD GOT ITS HANDS ON YOU.

EMILY MCDOWELL

Hello,

The McDowell passage on the previous page really hits home the idea that not only are we always who we need to be and already have everything inside us that we need to make our way in this world, but also too, that we are shaped by our experiences and how we interpret them. And sometimes the experience of just going about our lives in a world (which includes encounters, interactions, and relationships, etc.) that sometimes cuts us down or puts up roadblocks might have caused us to keep hidden or edit certain parts of ourselves because we were told we were *too much*, *wrong*, or *unworthy*. At the same time, if we are feeling lost or disenchanted with our lives, this same world tells us to either *go find ourselves* or to *just be ourselves*. And perhaps too, here in the pages of our mini-mags, we have unintentionally encouraged the idea or belief that one can be ‘lost’ and ‘found’ because so ubiquitous is this belief that we’ve all probably internalized it to some extent. But if we can’t just stumble upon or find our ‘true selves’ as we might a misplaced \$10 bill...how can we unearth and remember the *us* we were before our cultural conditioning had us questioning ourselves or hiding?

Caroline McHugh, CEO and founder of IDOLOGY, a business and philosophy dedicated to assisting organizations, business leaders, and individuals in (re)embracing the original versions of themselves...which on the surface may sound a bit ‘hoaxy’. However, in her 2020 TedTalk, The Art of Being Yourself, McHugh states that in working with their clients, she and her team focus on 2 main questions: *Who do you think you are?* and *Who do you think you are becoming?* In addition, she introduces the invention of the ‘true mirror’ by John and Catherine Walters. As described by McHugh, the *true mirror* is made up of two mirrors placed side-by-side at right angles with the seam removed, and according to the Walters’ siblings, looking in a ‘true mirror’ is a disorienting experience as the 1st thing we will notice is that our head is tilted to one side or the other and when we try to correct it, and because things are opposite in a mirror, we will feel confused and off-balance. McHugh actually described the experience as “being at a circus side-show”. Because also according to McHugh and the Walters siblings, when we look in a regular mirror, we are actually looking for reassurances: *Am I pretty? Do I look young?* etc. But when we look in a ‘true mirror’ we look **for** ourselves. And equally interesting is their claim that the reflection we see in a regular mirror is not at all how other people see us. Our ‘true mirror’ image is actually how others see us. The following are several other salient points McHugh underscores in her talk:

- The minute we are incarnate we are given a life sentence
- We come here complete
- Most of us don’t take up nearly the space the Universe intended for us
- The phrase ‘*just be yourself*’ implies 2 things (but is neither)
 - That it’s easy
 - That it’s an original piece of advice

McHugh also shares an anecdote about the difference between asking a group of 3 yr old boys verses a group of 5-7 yr old boys the simple question: *Who is the strongest?*

Whereas every one of the 3 yr old boys will raise their hands to indicate they, themselves, are the strongest, in the group of 5-7 year olds, since they are all aware of who amongst them is the strongest (either by reputation or 1st hand experience), every one of them will point to that same individual. What is the difference between the 2 groups of boys whose ages vary by just a few years? According to McHugh, the birth of consciousness happens between 5-7 years old, societal archetypes emerge and we “become more self-conscious, and by default less good at being ourselves.” Is it any wonder we feel lost at times and doubt or question ourselves? The same world that tells us to just ‘be ourselves’ is also filled with judgement, social structuring, rigid categories of identity, hierarchies, and social injustices, etc.

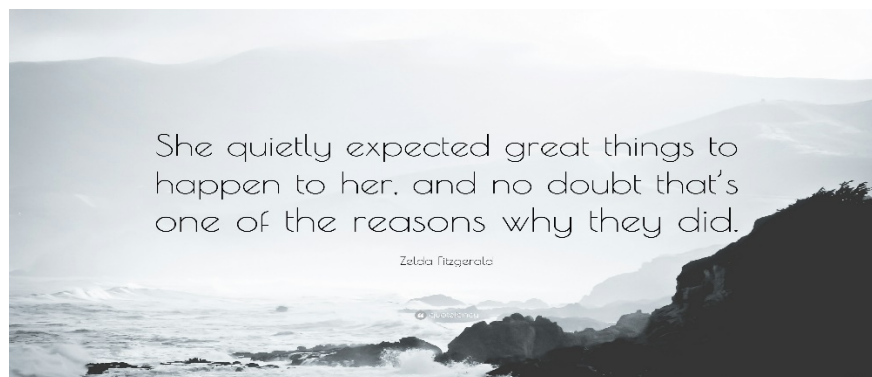
But alas, McHugh posits a new, 3rd way, of being or *complex* (other than superiority or inferiority) called ***interiority***, which she describes as a *sensibility or orientation, uncomparative*, as it’s a *perceptual vantage point*, and offers this example:

Singer Jill Scott was waiting to perform on stage and was to follow Eryka Badu. When asked if she was nervous performing after Eryka, this was Jill’s response:

“Have you ever seen me perform? I am the Lady Jill Scott. I am a poet, and a singer, and a lot of other things. We all have our own thing — that’s the magic— and everybody comes with their own sense of strength, and their own queendom. Mine could never compare to hers, and hers could never compare to mine”.

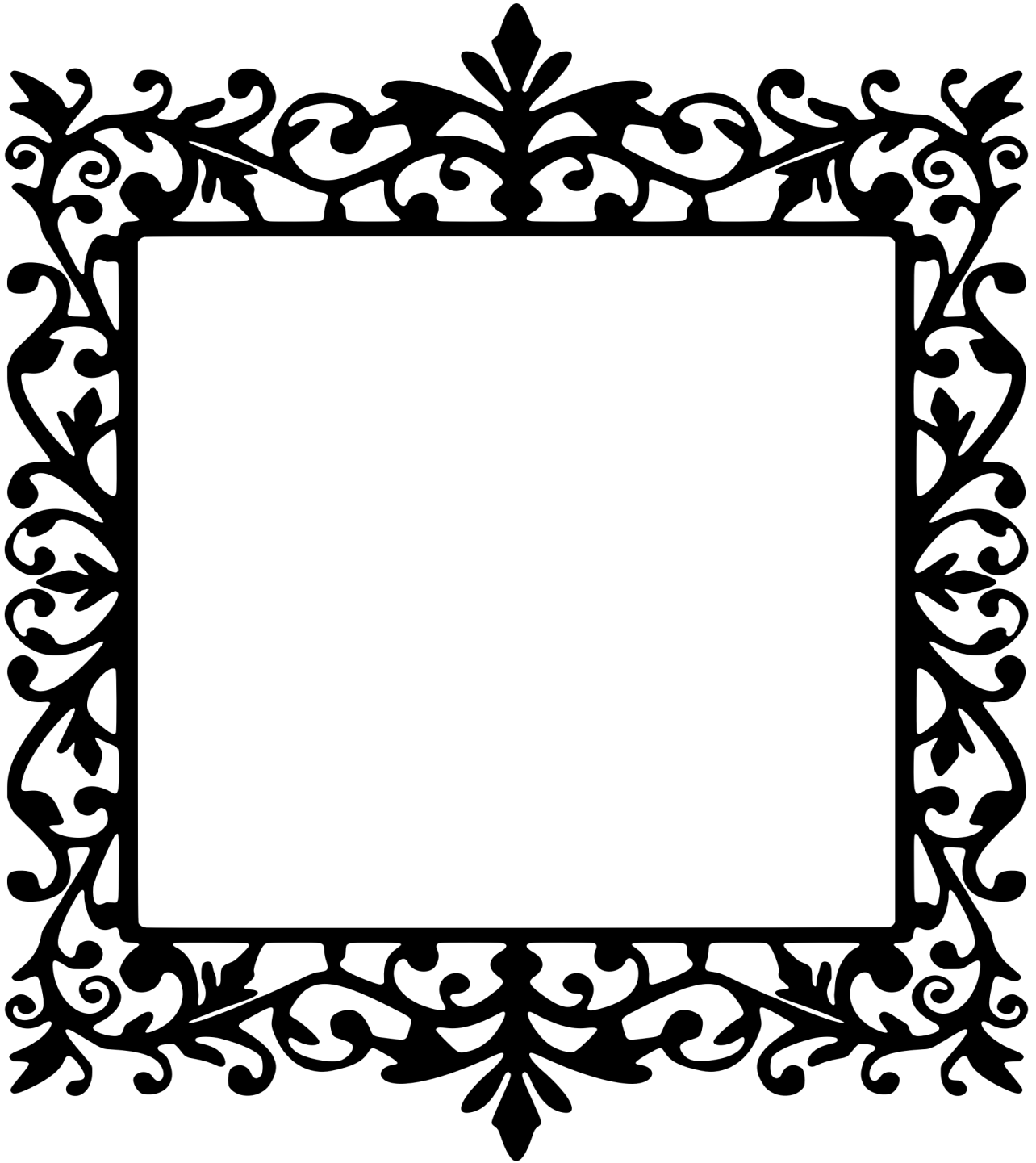
McHugh makes the bold statement that sometimes we’ve mistaken someone else’s opinion of us as our own. And maybe that is where the making ourselves smaller, editing, and stifling our true natures and ‘queendom’ comes from. McHugh is adamant that we all come complete and with ‘one true note we are destined to sing’. Let’s each figure out our own *note* and then let nothing deter us from singing.

Best,
Monique
&
Nicolle



ART

If the mirror below was actually a 'true mirror', what do you think you would see? Doodle and/or draw your 'true mirror' reflection below.



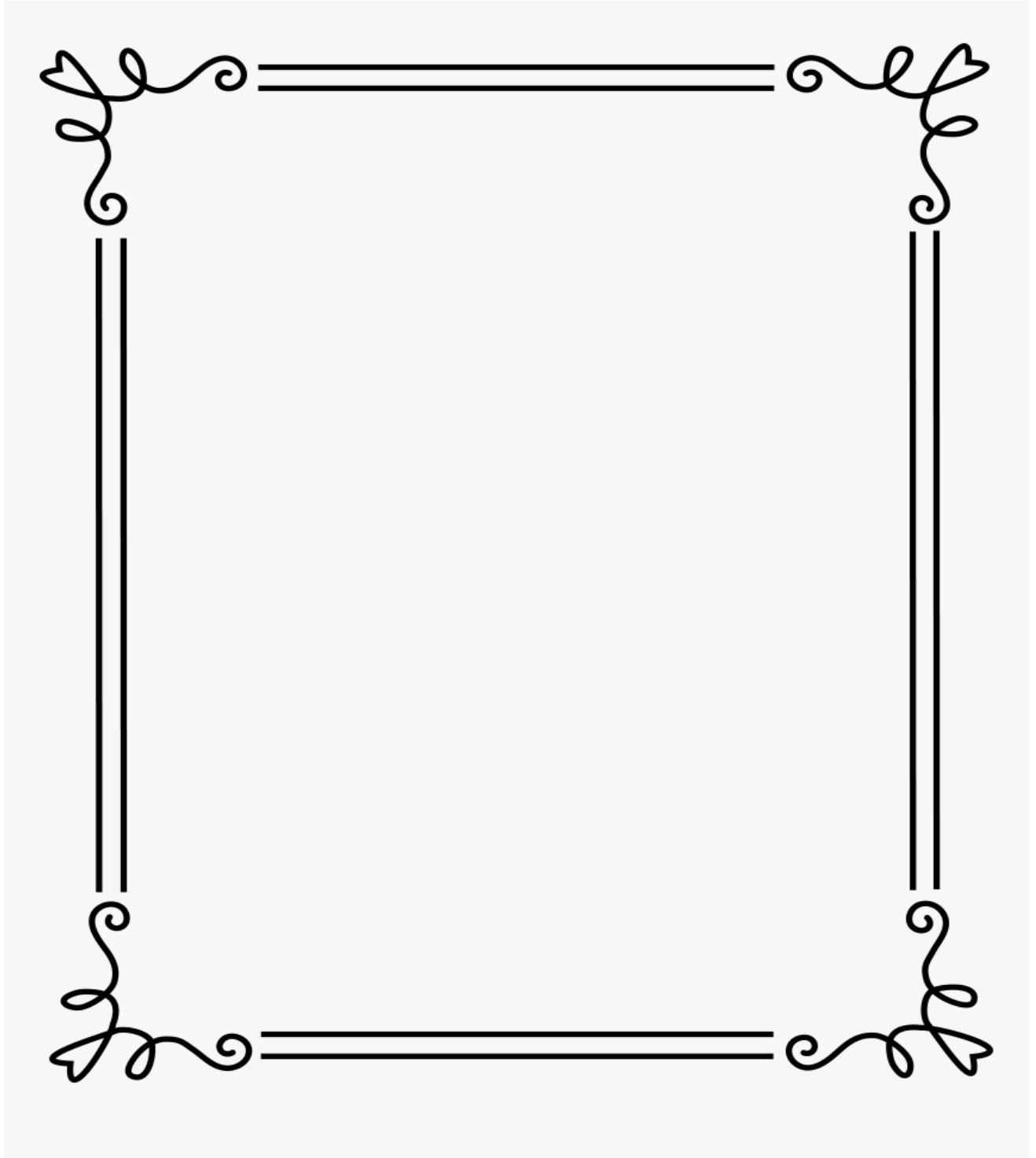
10 ways to show up for yourself

1. Commit to habits, practices, routines and rituals that are good for your well-being - even when you don't want to.
2. Allow yourself to feel a multitude of feelings without labelling it as wrong, bad or negative.
3. Practice listening to your needs and discovering different ways of meeting those needs.
4. Practice self-forgiveness; for not being perfect, for forgetting, for your past, for what you don't know, and for getting "off-track" sometimes.
5. Let yourself start again, over and over, as often as needed.
6. Take care of your basic needs: stay hydrated, get enough sleep, move your body, and eat plentifully.
7. Give yourself permission to rest, to take breaks, and to have down time.
8. Spend quality time with yourself: reading, writing, creating and getting to know who you are underneath who you think you should be.
9. Use a lens of curiosity and compassion with yourself as often as possible.
10. Remind yourself that you are as worthy of being shown up for as anyone else in life. Make yourself a priority in your own life.

averstu.com

WRITING PROMPT

Who do you think you are? Who do you think you are becoming?

A large rectangular box with a decorative border, intended for writing. The border consists of four ornate, symmetrical corner pieces, each featuring a heart-like shape and swirling lines. These corner pieces are connected by four horizontal and vertical double-line segments, forming a rectangular frame. The interior of the box is empty, providing space for a response to the writing prompt.

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THINK
Believe
DREAM
and DARE

Doodle Art Alley ©



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Name: _____

EMPOWERING YOURSELF

H D M V E N D H T N E D I F N O C C V L W
L T E A O N W U C Y C I M A N Y D A Y V F S
U A L G E V P L C U Y R A N I D R O A R T X E
F E I N V H V T R E T E T A N O I S S A P N
E N G I I O S M I Z H N L E G N I V O L U I E L
C T H F T F W Z X M E Z E V I S I C E D X I
A H T I P Q M F I R I Y Y K I A H G Z G
E U F C E M H R G M S E P V B E G L L N I H
P S U E C Y P I T A D A T Z A R K E U U T I N T
B I L N E Z A D E E I P I Y C I B F F N W S E
C A T R E G R S E R Q K P C U N W R R E O P N
O S B D A G M C A E I Z B R G D C E E I L I E
M T S Z M Z N T L W S M F E I E W L G R D
F I E E M D Y C U G O B L S R C B H O I K E
O C X V S Q F A B P S U Y T F T I C P S F D S
R Q D I I D V R F M O C B N N H F A E A U
T H U B T W S E E B G I A P K L T R I B O
A E I C G A A L T G E S G I I E R F D L E O O L
B N S T O N U E A H D Z L H G O L V L E D E
L H I O D F I R R O R A X B L F U U U D E P P V
E G T C E C U V D C R A O P I U Q C W D L T C R
A I E P Q O I X O F K N E I R R M C D L F W A
X O O D C S D C A L M T L B P G G P S V F Z M
D H A K P R E C I O U S L Y C E V I T I S O P W

WISE	APPRECIATE	BOLD	BRILLIANT
CALM	CHEERFUL	CLEAR	COMFORTABLE
CONFIDENT	COURAGEOUS	CREATIVE	DECISIVE
DELIGHTFUL	DYNAMIC	EMPOWERED	ENERGIZED
ENLIGHTENED	ENTHUSIASTIC	EXQUISITE	EXTRAORDINARY
FREE	GLOWING	HOPEFUL	INSPIRED
KIND	LOVING	MAGNIFICENT	MARVELOUS
NOBLE	OPTIMISTIC	PASSIONATE	PEACEFUL
POSITIVE	POWERFUL	PRECIOUS	PROUD
RADIANT	RECEPTIVE	RESILIENT	LOVING

HEALTHY RELATIONSHIPS

Do you most often put your own needs last? Do you find it difficult to say 'no' to requests from family and friends? Do you more often say 'yes' even though it is not convenient or you haven't the time, because you worry about your standing with the 'asker'?

The label of 'people pleaser' may make our skin crawl, but why else are we agreeing to take things on when we either don't have the time, energy, nor interest to do so. Are we afraid a 'no' from us will result in fracturing the relationship? Or, would we be consumed with overwhelming guilt? Below are few reminders that you have choice and agency and can say 'no'.

- If you are quick to reply with a 'yes' then immediately regret it, it's ok to buy a little time and reply 'Let me check my schedule and get back to you.'
- Are you constantly being asked for favors from the same person/persons? If so, consider if you are being taken advantage of as they may be use to you saying yes so quickly, they ask you 1st, when they have other people in their lives they can also ask.
- Does the request starts out with a compliment (ex: "you are so good at _____", or "I know I can always count on you!"). This is a form of manipulation where the compliment is used to guarantee you will say 'yes' ...even if the compliment is true.
- If you have difficulty saying no in the moment, practice and perhaps come up with a short phrase, such as: "I really can't right now." or "I've really got a lot going on right now." And it if helps, visualize the period at the end of your spoken sentence to help curb the urge to continue talking which perhaps can lead to an apology or a change of heart and answer.

Also, it may be tempting to want to defend your *no* reply, so it is important to realize you have a right to decline a request for a favor. You have a right spend your time as you choose. And, the more you do say *no*, the easier it gets.


MOMS HELPING MOMS

From: Instagram: ourmamavillage



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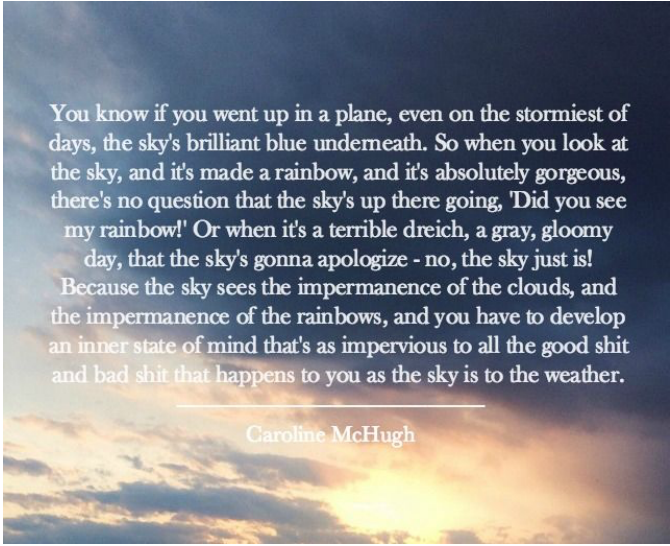
QUOTES



Fifteen years of experience is different than one year of experience repeated fifteen times. This is what most people mean. Most people relive the same year similarly and unchanged over and over again with little improvement.


Caroline McHugh

@carolinemc



You know if you went up in a plane, even on the stormiest of days, the sky's brilliant blue underneath. So when you look at the sky, and it's made a rainbow, and it's absolutely gorgeous, there's no question that the sky's up there going, 'Did you see my rainbow!' Or when it's a terrible dreich, a gray, gloomy day, that the sky's gonna apologize - no, the sky just is! Because the sky sees the impermanence of the clouds, and the impermanence of the rainbows, and you have to develop an inner state of mind that's as impervious to all the good shit and bad shit that happens to you as the sky is to the weather.

Caroline McHugh



-Don't look 'at' yourself(reassurance), look 'for' yourself(revelation).
-Look for the unique gift that you possess and use that in the service of others.
- Your only job while you are here on this planet is to be good at being you.
- Caroline McHugh

www.bitsofinsight.com

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Maine Telecommunications Relay Service:
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MCEDV MEMBERS:

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Family Violence Project

HANCOCK & WASHINGTON

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Safe Voices

KNOX, LINCOLN, SAGADAHOC & WALDO

New Hope for Women

CUMBERLAND

Through These Doors

YORK

Caring Unlimited

CULTURALLY SPECIFIC SERVICES

Immigrant Resource Center of Maine



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MCEDV MEMBERS

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Hope and Justice Project
www.hopeandjusticeproject.org
 P.O. Box 148, Presque Isle, ME 04769
 Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties
Partners for Peace
www.partnersforpeaceme.org
 P.O. Box 653, Bangor, ME 04402
 Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties
Family Violence Project
www.familyviolenceproject.org
 P.O. Box 304, Augusta, ME 04332
 Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County
Through These Doors
www.familycrisis.org
 P.O. Box 704, Portland, ME 04104
 Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties
Next Step Domestic Violence Project
www.nextstepdvproject.org
 P.O. Box 1466, Ellsworth, ME 04605
 Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties
Safe Voices
www.safevoices.org
 P.O. Box 713, Auburn, ME 04212
 Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties
New Hope for Women
www.newhopeforwomen.org
 P.O. Box A, Rockland, ME 04841-0733
 Admin: 207-594-2128 Helpline: 1-800-522-3304

York County
Caring Unlimited
www.caring-unlimited.org
 P.O. Box 590, Sanford, ME 04073
 Admin: 207-490-3227 Helpline: 1-800-239-7298

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 Through Culturally and Linguistically Sensitive Services
Immigrant Resource Center of Maine
www.ircofmaine.org
 PO Box 397 Lewiston, ME 04243
 207-753-0061



Member Programs of the Wabanaki Women's Coalition

Tribal Domestic & Sexual Violence Coalition
www.wabanakiwomenscoalition.org

Aroostook Band of Micmacs
Domestic & Sexual Violence Advocacy Center
www.micmac-nsn.gov
 7 Northern Rd., Presque Isle, ME 04769
 Admin: 207-760-0570 Hotline: 207-551-3639

Houlton Band of Maliseets
Domestic & Sexual Violence Advocacy Center
www.maliseets.com
 690 Foxcroft Rd., Houlton, ME 04730
 Admin: 207-532-3000 Hotline: 207-532-6401

Pleasant Point Passamaquoddy
Peaceful Relations Domestic & Sexual Violence Advocacy Center
www.wabanaki.com
 P.O. Box 343, Perry, ME 04467
 Admin: 207-853-0092 Hotline: 1-877-853-2613

Penobscot Indian Nation
Domestic & Sexual Violence Advocacy Center
www.penobscotnation.org
 2 Down St., Indian Island ME, 04468
 Admin: 207-817-3164 x2 Hotline: 207-631-4886

Indian Township Passamaquoddy
Domestic & Sexual Violence Advocacy Center
 P.O. Box 301, Princeton, ME 04668
 Admin: 207-796-6106 Hotline: 207-214-1917



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