

# Reflective Words for The Illusive Soul: Awakening Your Inner Being



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# Introduction

This book is intended to stretch the mind and awaken your inner self. Many times, in this life we find ourselves in situations where we get caught up with the cares of the world, so much to the point we are almost consumed by it, losing ourselves in the process. Falling victim to conformity, we find ourselves fighting against what the world tells us to be instead of being what we would like to become. When things go wrong, we are convinced that the current state is one that is definite, telling ourselves that life is meant to be miserable. We, also, deceive ourselves, becoming caught up in our own illusion (as we are our own worst enemy at times).

Then a wave of melancholy, fear, anger, and illness sweeps in, creating an exterior façade of perfection, yet internally they are in turmoil. Those who deliberately choose wrongdoing are but a symbolism of how any of us could become. They descend into grim realities, bearing sorrowful echoes of how their lives were shaped. The experiences that have shaped them have led to a pattern of continuous deceit, self-centeredness, and violence, among other harmful behaviors. On the inside looking out they see the world as cruel and cold, and on the outside, looking in, we hope not to become like them. We wouldn't dare!

How different are any of us from them? There is a point in your life, as it has been for me, where you have done one or many things that were either hurtful or harmful to another individual. The only difference between you and them is that you are doing it in secret. Some of you will take that regret to your graves; some of you enjoy doing it in secret because you weren't caught...yet. But can I tell you, that even the smallest lie will show its ugly face in a big way?

I say all of this to say that continuing to live life behind a mask can only cause you to sink more and more. The matter of the heart always reveals itself, no matter how hard one fights to stay in the shadow. So, my hopes are to only show you, yourself, so that you come

to a point of self-reflection which will, in turn, lead to self-correction. May these words heighten your self-awareness, give you a reformed mind and lead you to a more peaceful you.

- Lauren D. Armour

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## Order for All

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Everything has an order, without it, all would be mayhem. Some folks eat and sleep mischief, but without some type of structure, things would be chaotic for them as well. For instance, to get from point A to point B, one must follow the rules and regulations of the road and adhere to basic traffic stops; turn left, stop, yield, go this fast or slow down, look out for deer or playing children. I believe that without those regulations in place and signs posted in its designated locations, not only would there be an increase of life-threatening situations but there would be an increase of anxiety, anger, and dismay. I can imagine people forcing their way through traffic and major congestion like a combination of New York and California traffic worldwide.

I find it interesting how we can follow the rules of the world with ease but if I remind most of you that if the Lord asks us to follow at least one, "Love", that would be the hardest thing for us to accomplish. If I told you that He has been preparing us for him this entire time, even though the process of honoring simple things like the rules of the road, you'd probably say I am crazy. But I ask you to take a step back and just view from a different scope for a moment. If one desires to be rebellious to some things, one might as well be rebellious to all things. If you, like many others, believe in making your own rules, do just that and stick to them. You would soon discover how many close calls you experience in your life trying to get around without that organization and structure. It is just the way of life; it presents many scenarios, teaches many lessons, and it is up to us to learn from them and grow.

Know that you do not always have to see to believe and follow structure. Seeing can only get you so far. The eyes can be more deceiving than not seeing, causing you to perceive something or someone not there. One could lose their vision, or it can become blurred resulting in the need for bifocals or lenses to help them see clearly. You cannot always trust your eyes. Think about it. Everything around is based on sight. What someone or something looks like plays a major role in our society and for what? The fame and the glam will not keep you from going to the next life, so why focus solely on perishable things?

Judging a book by its cover, and not digging deeper to find out if something is for you or not, can and will mislead you. A person can be drop dead gorgeous on the outside, flawless, but internally they are more damaged than any person that has been admitted into a facility. Please understand that mental health plays a vital role in all lives and if left unattended to, as we tend to care for ourselves externally, it can render volatile. We see it on the news daily, one moment everything is right in someone's world, until they fall victim to someone undealt with mental trauma and have finally snapped at whomever crosses their path. We, also, tend to get bored with people and things fast, seeking to get the next best thing, that's "In Season".

Can I tell you that no matter how much you buy, throw out, and re-buy, that emptiness, that hole will remain? Daily, many are searching to fill that void, trying one thing after the next and in turn find themselves in the same spot they began. Trying everything except taking a thorough look in the mirror to do some self-justification.

I implore you to get to know yourself, again and again and if you do not like the truth you face, then do some renovating, and create a new you. Cause yourself to feel better, once you feel better, your quality of life will improve more than you could have ever imagined.

When you put everything in perspective and realize that order is a necessary essential for our lives, you will begin to take a new route and live life without unnecessary drama and mayhem.

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## Already Won

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Refusing to be engulfed by the violent tossing waves.

Taking a stand and pressing toward my brighter day.

The darkness will not defeat but strengthen me in my beliefs, cruising through the storm is how you'll see me.

I know what is real and this thing that lies before me is only an attempt to sway me.

But little do you know that an Anchor lies heavy within me.

So, no matter how hard this "storm" blows, it won't get me to claim defeat.

I have already won; I have the victory!



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## Words Are Influential

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Ever found yourself waking up saying, "I just know today is going to be a stressful day, then once you get up to carry out the tasks planned for the day it seems like it gets worse and worse? Can I tell you that the reason this has occurred is because you brought forth what the day would bring before you even had a chance to experience it? One has the power to shift their atmosphere by what they put out. Many people move through life unaware of the power they possess on a day-to-day basis. Your words and thoughts are so powerful to the point that it changes your tomorrow, for not only yourself, but those around you as well, be it good or bad, it will come to pass.

Proverbs 18:21 teaches us that both life and death reside in the same place: 'our tongue'. This statement is so true because people practice this daily and don't always realize it. Think about it, you hear people speak good things about someone and terrible things. There are many who would compliment someone (life) and insult them (death) in the same breath, wishing ill will to another or their family member out of spite, anger, or envy.

We must realize that everything starts within the mind and how we choose to think will cause a major impact in our lives. It is important to realize that one must take time to recognize that one's actions gives birth to that which hasn't happened yet. Am I saying you are the cause of everything in the entire world? Not at all! I am simply highlighting that our words and thoughts can and will show up in front of us at some point, causing a shift in our personal world.

The more we concentrate, meditate, or entertain a certain topic in our mind, the more likely that thing will come to pass. For instance, I have a dear friend who is terrified of people who are permanently small in stature. Their stature petrifies her to the point that she goes out of her way to avoid a simple exchange of saying hello. She freezes up or if there is a chance to escape, she would run to the hills as if there is no tomorrow. At that time, we did not realize that there was a name for her condition called "achondroplasia phobia" and it seriously damaged her daily living.

When I witnessed how bad it was firsthand, I felt sorry for her because fearing someone that is different than you is disabling. In a way she became judgmental unconsciously. God made all people, and I am sure if someone who was born that way would find it offensive for her to act so inappropriately towards them. Lately, no matter where she turns, her fear has appeared before her, sometimes twice in one day. She noticed this and recognized the power of her thoughts and fears. In her mind, she knew they are regular people, and she wishes no ill will towards them, but she embraced a spirit that has an extreme strong hold on her, preventing her from living life to the fullest potential she knows she can live.

I continuously pray for her deliverance. She is slowly but surely making improvements. I gave you this example because it shows the power of the mind. The more you entertain a thought, the more it becomes your reality. Whatever thought's she developed in her mind, which has given her reason as to why she should be afraid of them, has bound her and entrapped her own mind. The more she convinced herself to fear, the more she had to experience that fear firsthand. No one has ever attacked or harmed her in any way to cause her to become so traumatized but being in their presence was torture enough for her. This same principle applies to the good and bad that occurs here on earth. Whatever you have faith in, whatever you give your attention you, shall manifest itself into the physical realm.

We must aim to be more mindful of our every thought, (yes, your every thought). Whatever thoughts you awake to and entertain will show up during your day. If you say, "This is going to be a stressful day" you are right. It will be because you spoke it as though it already happened before you even experienced the day.

Your perspective is more powerful than you realize and for that we must be careful with the things we say and do, because we can bring so much more on ourselves than needed. If you decide to rush and be in a hurry to get to where you need to go, too impatient to follow rules of the road, end up in a car accident, God forbid, you cannot blame God or get mad at Him for not protecting you or your loved ones. You can only look at yourself and your actions which led to a horrible accident. I am not saying this to make you feel guilty and beat yourself up for anything that may have already happened. I by no means am judging either, as I have had my fair share of poor choices that could have been avoided had I not been so careless with my life or even caught up with the things that were going around me during different seasons throughout my journey. I am not saying these things to cause you to be in a place of condemnation, but my aim is only to cause you to recognize yourself and learn from

every scenario to prevent future incidents. We cannot control the world outside of us, but if we learn to shift ourselves where needed we become less of a potential problem and more of a solution.

If you find yourself telling your child on multiple occasions, for instance, to wear a helmet while riding his bike repeatedly to be safe and your child feels that he or she does not need to wear it because he is careful enough, then he decides to go riding his bike without his protective gear, he gets hurt, all you can say is that I warned you already. Or the rules of the road warning you to drive carefully to prevent harmful accidents. Every action has an equal or opposite reaction. So, what actions will you take to cause positive change in your surroundings?

As diligent as you are when you premeditated wrong towards yourself or another, should be done double fold when aiming to grow from your ways and break the unhealthy habits embraced.

“It all starts with a thought, one thought to rise above and break free from that negative bondage.”

Just like everything else that needs to be accomplished, aiming to overcome personal obstacles will be a task. You will have good days and other days won't seem so great but if you continue to coach yourself and even get a strong support system behind you, you will find yourself lighter and at peace. You will slip along the way as we all do, but if you remain diligent in changing the way you think, it will change the way you speak, which will change the way you view things. You will cause yourself to see beyond that which you face, becoming an overcomer. That which you thought you'd never get results from has come to pass and you will be at peace and have assurance that it may rain and even pour, but all storms come to an end and the sun will shine again.

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## This Mind

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Let this mind be in you.

Let this mind be in you.

I realized if I continue to place it on negative things it causes much confusion, misuse, and abuse.

My thoughts have caused all kinds of hell and I no longer desire to expose them to darkness.

For the shadows have evolved around me and it's getting hard to see the light

Battling between wrong and right, sleepless nights

Consumed with misery and strife.

Fighting to keep a sane mind, floating through time... Endless.

I have bound myself with a mental straitjacket fighting with the terrors of my past.

How long will this pain last?

Turmoil has become my nutrition.

I desire to turn off this ignition and search for something better.

Free from the anchor that drags me down to the bottomless pit and quite frankly I am tired of it and want to experience better.

Let this mind be in you so that you may experience a new sense of freedom.

Teach me, I pray, how to use this mind to its true potential.

Being led outside of emotions that leads to irrational behavior.

Creating Heaven on Earth and experiencing peace never known

Let this mind be washed and reformed from imprisonment.

Placed in the fire and refined to a radiant shine.

The same old mess has gotten me nowhere fast.

Each season the same as the last

No longer embracing the insanity of the hamster's wheel expecting things to change doing the same thing repetitively.

Self-control is what I aim for

That which I desire shall surely come to pass but I must be freed from captivity within me

Salvation is what I seek.

Because a life of bondage and fear is not my idea of how it should be lived

Let this Mind be in you so that deliverance will come.

It will not be easy, but I shall continue to press on, allowing my experience to grow and not destroy me gaining self-control, discipline, and structure.

For if I allow this mind to continue to think its foul thoughts, I will be consumed to the point of hopelessness.

Let this mind be renewed, dipped, and washed in your everlasting water coming out pristine.

No longer bound by ignorance I shall move where you move, for this mind has been delivered from selfish thinking and

I am strengthened with a new form of thought and now when I face change, I no longer react the same.

This mind has sought and found change and it shall not go back to embrace harmful thinking.

Instead, I shall move with ease, no longer causing harm to my own existence and those whose path I cross.

Let this Mind be in you as it is in Christ Jesus

Continuously I shall seek you out for you have exposed me to truth untainted.

Now I am no longer conformed and bound by my own darkness but am transformed by a renewed mind. This mind has been given a newfound strength; ahead shall I keep moving with true deliverance.