

# The Self



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Introduction:

## The Self ...

is a powerfully important part of my life  
because it encapsulate two stories.

One, I choose to like for learning sake,  
or deny from shameful behaviour  
and lost opportunity.

While the other, and more significant,  
is that of my inner most thoughts  
of a consciousness  
wholly embracing the good and virtuous Self.

And when together,  
that of learning and too of a loving part,  
I feel embodied by a source,  
rich in history and value  
as a means to identify Self as an ally.

And in me appreciate  
as a total expression of life  
and my worth, as part of the whole –  
a humanity worth honouring, as life itself.

# The Self

Who are we ...

in a world of make believe,  
illusion and fear?

Who are we ...

the Self in each,  
the individual tracker  
of their own life's worth?

Are we weak or strong?

Define strong as weak  
and too, weak as strong.

Maybe both  
at different times,  
environments  
and understanding.



Maybe,  
or is it, a maybe  
we are all in one,  
the whole Self?

A collection or gathering  
of historical truth.  
A gene pool of others  
remembered,  
lost, or unknown.

Maybe or perhaps.  
Maybe a loss.  
Maybe a joy.

Regardless, an influence  
as our thoughts unpredictable,  
confusing, unclear ...

of who one really is  
at the core of our existence  
while on this journey  
of earthly domains and pursuits.



Who are we on this journey of life?



## The real truth

Who is aware?  
Who is clear?  
Confused  
or denying  
that story of worth?

Are we an infantile  
Westernised crew?  
Or one who is able,  
confident and proud  
to live as is possible  
valuing that you?

Are we concerned  
our life is a short span  
and in that  
play a most relevant part?

Do we care  
and for who?





What is the evidence  
we love more than for hate?

Show me a person of value,  
worth at their core.  
Love as expressed  
creatively, divinely inspired.

Truth at their core  
where it counts.

I look and aspire  
and know for sometime  
most of my energy lost,  
unsure, complicated,  
expressive sure,  
but not  
of a lovingness at my core.

For loss, as despair,  
failure as regret,  
pain as remorse  
and suffering the lament  
of that time, futile and lost.

God ...

do grant I am secure  
to value that part  
of love in my heart.  
Since birth and pure  
was cleanly arrived  
to be pursuing my worth - that prize.

God ...

grant a sense of humility  
to undertake a change of ideas.  
Embracing of others different  
but worthy to live  
as too, their path and part.



## Hang on ...

to the relevance of life  
being a sacred,  
divinely inspired gift.

To create newness  
of understanding  
enveloping the learning  
of each of those life steps.



Hang on, hold on dear one  
you are worthy to Me



Steps to learn - not loss and regret

Now as I age,  
youth having passed,  
I think more often  
less energy to bomb blast.

Creating the age  
of steps gone by  
to relive, re-evaluate,  
congratulate and dismiss.

But never to equate  
again  
those vital learning steps  
as a loss and regret.

## Simple and trust

trust that voice  
of conscience inside  
and value those choices  
to help not cure.

But love as the learning  
to grow, advance  
and in time come through  
to a vital and virtuous person.

Quite easily missed  
if time is a problem to waste  
as this life is all and nothing more  
you have to pursue.





Learn to listen intently



## God ...

do grant,  
that part within  
I have courage to pursue  
more valid reasoning  
to love my life.

Exploring more  
those thoughts  
kind and caring,  
supportive and rich  
to enable healing  
and to love the path.

So, in each of the vital  
learning phases I find ...  
the strength,  
commitment and joy  
to favour all,  
as part of the source  
to which I belong.

## Consciousness ...

as with a conscience  
we are each given at birth  
requires an ownership,  
responsibility and choice.

A choice to be choosing  
who is this Self, capital S.

Who am I, the self,  
that is of my very best?  
The person who strives to find  
completeness  
in both those difficult,  
unrewarding steps.

As too, the value to persevere,  
to conquer the unkindly thoughts  
of failure and loss  
that are so severe.

To walk, as one united in belief  
that regardless of courage,  
weakness or disease  
I am to value, the *all* that is me.



Who am I - of my very best



## The Self ...

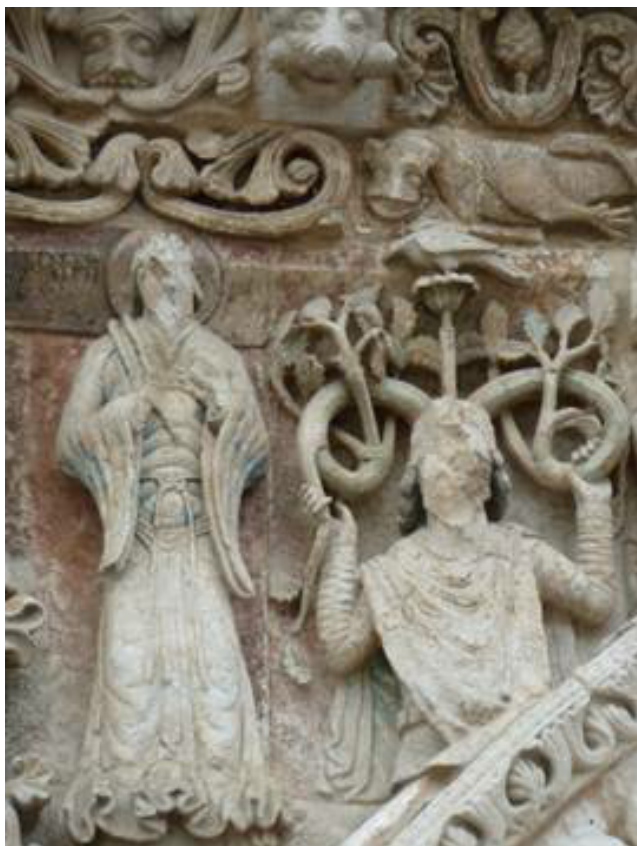
pure and righteous,  
kindly caring, supportive  
of thoughtful, mindful praise

to try and stave off fear,  
conditioning and loss of heart,

to be encouraging value,  
persistence  
and the love of one's life.

To do and be no more,  
other than value the life given  
and in that, the Self, that soul,  
sense of worth and more.

*Nothing comes without time,  
in time and with time to pursue ...*





But mostly about worth

in relation to those who do nothing  
other than vandalise, criminalise  
and defeat our value,  
our worth, and human pride.

The valuable Self,  
of which I am to refer  
is all of the goodness overlooked.

All of the virtuous life and moral codes,  
the fibre, the strength to survive.

The commitment to continue,  
regardless of those defeatist voices,  
criminal in intent  
to devalue human life  
and yours of course too.

The Self,  
as I am the whole story.

Not of only the damage,  
the view of loss  
but of a person  
trying to survive the harshness  
of a world without a soul,  
a moral compass, an idea at all  
of a human condition.

The suffering, the contempt,  
the hateful and horrible lies  
one and other people  
do continually invent.

I am a sacred cow,  
an idle, idol worshipper at times  
trying my best to fit into a hole  
the worldly wild West does impose.

But the freedom, the release  
and power comes in,  
if we acknowledge those thoughts,  
mindful and praiseworthy  
and continue to inspire.

We are phenomenal





## A self within a Self

A person of choice.  
Predictable.  
A person worthy,  
worthwhile  
and of worth to inspire ...

creatively, thoughtfully  
valuing all without harshness,  
but of acceptance  
that of all the worlds, as of now.

No one is a perfect example  
to be valued  
only what in our self can be found.

Claiming us, the Self,  
of powerful strength to survive  
and in that decide,  
choose and acknowledge,  
who is at the core.

Hate or hurt.  
Love and change.  
Desire and worship.  
War and cruelty.  
Value and discard.

## Whoever, but of you ...

who are *you* to declare –  
as thought provoking,  
questioning  
and appropriately no risk at first?

But gradually  
undertaking to uphold  
one of a conscience,  
a consciousness of care,  
responsibility, just and fair.

The value of Self  
at your core,  
because the call and cry  
within each soul  
is to advance who we are.

A person of worth.  
To walk freely on earth.  
To value our Self,  
the God enriched half,  
and join, as a learning,  
that to survive  
both parts are irrelevant  
unless joined ... at the head and in the heart.



So, a Self is a vision  
of what possibly we are,  
without continually damning.

Valuing the path as a process  
to learn and grow wiser  
for acknowledging  
those progressive steps.

And in the now ...

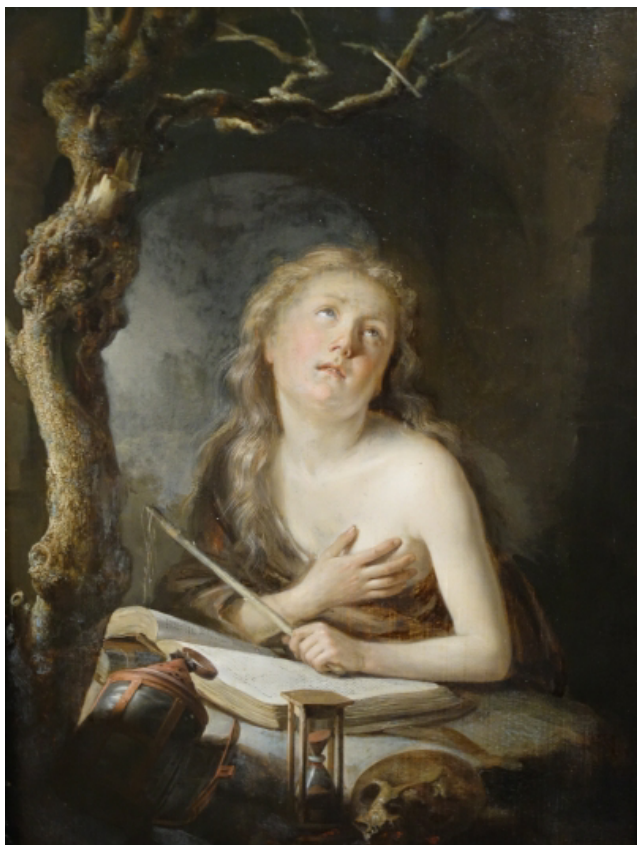
awaken and claim  
you are yourself -  
worth the value  
to call back, adjust  
and advance creatively  
as with and was the initial,  
potential task and game plan.





Awaken dear heart

Each and every soul on the earth  
is valid and worthy -  
Why be here otherwise?



So, when in a hollow  
darkly spun out space -

ask of yourself,

Who am I, this Self, this me  
as a thought of good inside?

A thought may enter,  
a voice, a clue, an idea  
quite welcome, but hard to do.

But in all inevitability  
it is just an idea,  
a medicine clip  
to be considered.

But now, no time  
pain and suffering  
is your preferred state  
to work through.

But however long the decision to grieve,  
eventually one is actually being forced  
to view life and what is, in truth -  
the whole story.

Not of that part  
you despise and hold on to.

Grateful, eventually  
you have a word.

One that ignites passion  
to break through  
out of the hollow,  
the darkness which ensued.

To that of a hope,  
a surface, a crack  
where a possibility,  
an idea of hope came through.

So, build you do  
and eventually make sense,  
that a life in the dark  
is rough and too dank.

So, when able and time permits  
an opportunity of movement begins  
to help crawl out of that pit  
into a hopeful view of life.

One able to sustain  
future worthwhile events.

And bring to life  
importance, reward  
and social acceptance.



**B**ut then ...  
the Self starts to wanz

Because in this life  
it is about oneself  
and in how they feel,  
value and contain  
the source of thought that inspires.

Not of worldly achieved acclaim  
but of your worth and core in life,  
the Self ...

the soundly thoughts  
that creatively inspire  
to be and do for you,  
what is possible to achieve.

To live with a Self inside your self.  
Pride, humility at the core.  
Where kindly thoughts  
and generous steps provide -

assistance to others  
when over those vile stories  
of fearful beliefs and regret.





Acceptance



So, when acknowledging your worth  
God, the source of goodness, enters.

The worldly world is still present  
but you no longer, idol cow genuflect  
to favour more, yourself less.

This is a time of appreciative-ness,  
of value, acclaim and ability  
to surface and mix good ideas,  
as choice to decide.

Valuing your past,  
accepting change -  
in heart and view.

Collectively appreciative,  
you are one, but two views.

And in that decide  
which to favour, - how to proceed.

Listening to thoughts,  
kindly insisting  
of what next to learn  
and in what potential - within you.

God given is our life

What we do is a choice.

Not however in a societal game,  
but of our own mind.

The heart and source  
within our own  
uniquely individual brain.

Thoughts are free.  
Choice not always there,  
but eventually, mindfully  
a way becomes clear.

So, when asked,  
of what I can inspire  
within myself to pursue?

I look back over my life  
and thank the learning.

And see what of my behaviour  
is not working as well  
and as kindly caring of myself  
and others, to whom I relate.

# Choice





Choicę to dęcidę

Partial understanding  
is purely a lack of likeable deeds.

Once understood - life changes  
and decisions are available freely.

But choice, as anger,  
is there to decide  
which of the valuable lessons  
I prefer

And in that, a clarity  
to further in my life - be pursued.

## Clarity at last ...

comes in a wave  
which in essence  
is more about loving one self.

## And ...

in that particular life task  
one is required to be balancing  
two minds - two hearts.

One grief stricken,  
lost and torn apart.

One is grateful,  
considerate, forgiving  
and learning not to self destruct  
but join and conquer hurt and hate.





Love is the answer



## Learn to become prosperous -

by sharing and conferring  
the value of Self,  
the goodness God part,

by the behaviour,  
the value of worth,  
to try to keep loving - Self in heart.

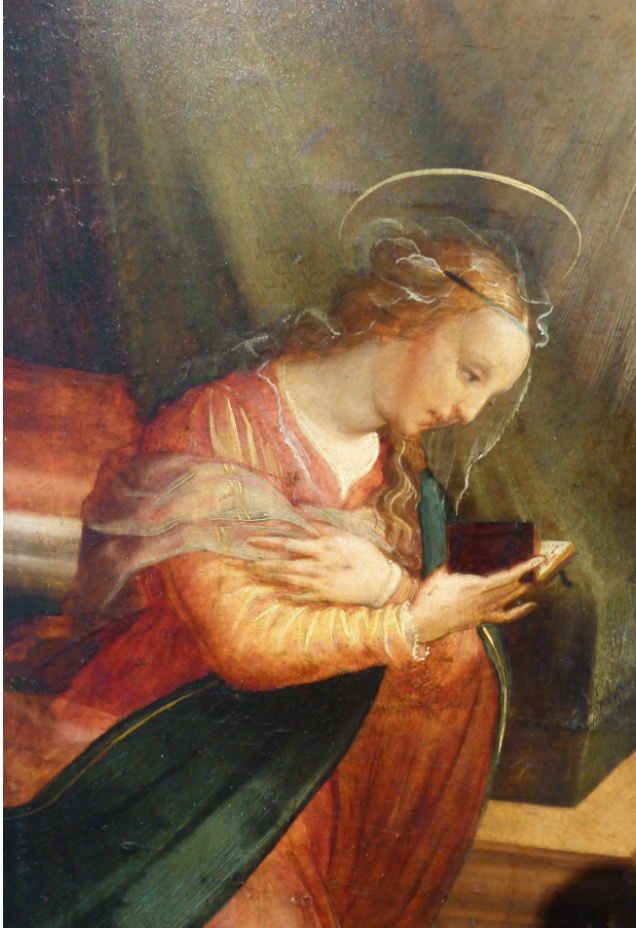
So value and richness  
are part of the day.

To be a grateful participant  
to be living another day.

To know that alone-ness  
is part of a journey to decide -

love is an answer  
but so is hate -  
and then to decide.

# The value of forgiveness



I ponder continually  
on that word forgiveness  
as wrtched it may bę to do ...  
and know it is more about  
being as thankful as possible  
to love the life one is given daily  
to correct some aspect of loss  
by being more clear about life itself.

No matter how or who we are  
there is an opportunity for more  
to be discovered about one self.

And in that discovery  
undertake a change in your belief  
about being lesser than your potential  
but of the more than.

Accept, not deny - is a forgivable act.  
To acknowledge, not deny - invaluable course.  
Suffer not regret, remorse.  
Value learning as a form to rejoice.

All forgiveness means to me now  
is an acceptance of my steps to learn.

## Life is not easy

but simple in style.  
If loving one Self,  
the divinely inspired,  
creative force inside  
comes out in time

and washes  
those deathly views  
to inspire consciously  
more invaluable thoughts  
to be released about you.

The Self, the soul,  
the source of thoughts.

Those kindly, caring pieces  
tossed out and lost  
now back in place  
to enrich, not deport.



# God's given choice



Lost and lonely,  
grave and grief stricken  
is okay for a while  
but in time, eventually  
that God as goodness,  
consciousness part,  
let's out a squeak  
to tear open a crack in your heart.

Here a word, a feeling, a thought  
inspires a movement I call ...

### God's given choice

To awaken a spirit, a power within  
to join together to allow a new view  
of your life and you to begin  
breathing free of toxic polluted thoughts.

Gain the courage to view life in-between,  
where value overlooked, can be revisited  
as a worthwhile sport

To engender behaviour  
to work a series  
of positively engendered,  
brain soaking thoughts.

# The good lasts forever

but the pain re-appears

Life is difficult  
no doubt about that.

But simply put  
acceptance, forgiveness  
and love at the core ...

this is where  
strength of character,  
your chosen path  
is meant to be explored.

To love, accept,  
deny no more  
you are ...  
your best source - by far.





Deny no more - accept



## Don't deny the Self ...

for in you there is a hope  
goodly behaviour, kindly acts,  
virtuous life  
and just appreciate play ...

will inspire virtue and moral codes  
towards others  
and spread, as love on all  
explodes and implodes.

Then peace, as a valuable exercise,  
keeps hope and peace on all alive -  
consciously  
to feed and breed humanity's best  
for life continuum  
to preserve and succeed.

## The granting of peace ...

within one self  
is of enormous benefit  
for all on the earth.

Whether you are -

a lone prayerful person  
or one who is worldly wise  
and considers all people  
part of this game play  
of earthly life.

The end result -

harmony, prosperity,  
creativity, generosity,  
forgiveness  
toward self and other peoples  
regardless  
of colour, belief or ideals.



Beneficial to all on the earth

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