

Volume 3 – Day 31: The Bars of My Own Prison

The ultimate in frustration is to create unattainable goals or unrealistic expectations. It is our expectations which are not met that send us into fits of anger and animosity. Imagine your expectations of others as the bars of a prison which separate you from them. Also consider how awful your expectations of yourself, which cannot be realized, make you feel. You may place greater expectations on yourself than God does. Only you can take them down. You made them!

A photograph of a dog, possibly a husky, looking out from behind vertical bars. The bars are dark and run vertically across the frame. The dog is wearing a blue jacket. The background is a blurred outdoor setting with trees and foliage. To the right of the image, the text 'EXPECTATIONS / MY RIGHTS' is written in a bold, sans-serif font. Below this title is a list of expectations, each preceded by a right-pointing arrow. The list includes: 'Bars that separate me from you', 'Bars that I created', 'Bars fabricated of my opinions', 'Bars as strong as I choose', 'Bars you cannot remove', 'Bars you may not know exist', 'Bars that are based on culture', 'Bars which keep me from what I want most in life', 'Bars of relationship separation', 'Bars that GOD HATES', and 'see also: 10 Commandments'. The word 'EXPECTATIONS' is written vertically on the left side of the image, and the word 'RIGHTS' is written vertically on the right side of the image, both in a bold, sans-serif font. The word 'MY' is written vertically in the center of the image, between the two columns of bars.

EXPECTATIONS / MY RIGHTS

- Bars that separate me from you
- Bars that I created
- Bars fabricated of my opinions
- Bars as strong as I choose
- Bars you cannot remove
- Bars you may not know exist
- Bars that are based on culture
- Bars which keep me from what I want most in life
- Bars of relationship separation
- Bars that GOD HATES
- see also: 10 Commandments

Freedom from aggravation, animosity and self-loathing is only a few bars away! The saw for bar removal is the choice to accept others “as-is.” Just be yourself and let others be themselves.

My Confirming Scripture: My Aligning Experiences:

DEEPER Every Day -- John Henry Alan