



# healing your life

## Becoming

by Kathy O'Dell

I watched the movie *Becoming Jane* recently. Jane Austen is beloved as a writer of novels in which the heroine is strong, witty, and independent. In her day novels were about two dimensional characters whose wrong doings taught a lesson about morality. Breaking tradition, Jane's characters breathed with life. They could make mistakes, but we loved them and laughed with them, as they learned better.

Jane herself was very much like these independent characters she drew for us. In a day when a woman was defined by her husband, or lack of one, Jane was a successful author who lived by her pen. She defined herself. The movie was about how the young Jane became the witty, independent, and authentic woman we remember.

Afterward, I thought, "Aren't we all in the process of becoming who we are? I hope that I am becoming more authentic with each day I live and learn. Becoming happens forever. We will never be the two year old longing to be noticed again. We will never again be the thirteen year old pushing to assert independence, nor twenty year olds with a bright future shining through our eyes. We are who we are today because we were each of those. Who we will be tomorrow is because of who we are today.

Negative self talk injures the process of becoming. If we look back at our two year old self, we can see how cute and loveable we really were. If we look back at our thirteen year old self, we can forgive the smart mouth, or the shyness because we know what a struggle it was to be the young teen. At every age we are the best that we can be with who we are at the time. We should look at our current selves with the same indulgent eyes. We are learning. We are growing.

Life is a lot of moments that are the atoms of our becoming.

We loved Jane Austen's characters because they took responsibility for themselves. They never asked to be bailed out or to dodge the blame. They sometimes laughed at themselves, and they did not take themselves too seriously. We loved them for all their foibles.

What if that is really what life is about? What if life is learning to be yourself more every day? What if life is finding who you are in the midst of being a terrible two, a rebellious teen, a driven twenty-something, or whatever else you are now?

Whatever passion is driving you right now will pass. You will grow from it. The faster you learn from it, the more you will like who you see beneath the passion, and in the next stage of who you are.

Blessings to you while you are becoming.

Web page developed by [Kathy O'Dell](#)

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