

Excerpt from : *LISTEN TO YOUR BODY - YOUR BEST FRIEND ON EARTH*  
by Lise Bourbeau

CHAPTER 3  
RESPONSIBILITY & COMMITMENT

RESPONSIBILITY is defined as "a moral obligation to assume the consequences of our choices". EACH OF US IS FUNDAMENTALLY RESPONSIBLE FOR HIS/HER OWN EVOLUTION: thereby each of us is responsible for the outcome of our own "soul purpose". Thus, only we are accountable for our own decisions and must accept the consequences of our actions and reactions. "Human Responsibility" does not mean that we are being held accountable for the decisions of others.

It may be a difficult notion to accept, but you have been responsible for your life since before you were born! You chose your parents, your family life and even the country in which you were born. As long as you have the slightest doubt about this, you will not be in a position to change your life. You must understand this concept and take full responsibility in order to become empowered enough to take control of your life.

If you are unhappy with the consequences of your decisions, change your decisions. ONLY YOU CAN CREATE YOUR LIFE! In understanding this fully, you will also understand that others are also solely responsible for theirs. Let them take on that responsibility for their own sake and yours.

The most precious gift parents can give to their children is self-responsibility. For example: a child decides not to go to school one day because he "doesn't feel like it" and he asks his mother to write a note to his teacher stating that he is sick. What he is doing is making a decision without wanting to assume the consequences. In this case, the mother should write a note stating "My son does not feel like going to school today.", and tell the child: "You have made the decision not to go to school today - I will not lie for you. If you don't want to go to school, that is your decision, but be prepared to face the consequences."

A younger child may test his wings in other ways, for example: on a cold day, he wants to play outside without a jacket. The mother, knowing how cold it is, suggests that he dress warmly. The child refuses. It is unnecessary (and usually ineffective) to press the child any further. If she tells him he will "catch cold out there", he probably will, but if she accepts that it is her child's responsibility to live by his own decisions, she will tell him: "If you should feel cold, come back and get your jacket". The child's attitude will become completely different if he is handed the responsibility of making his own decisions. He will not catch a cold because he has not been programmed to do so - he is not thinking about catching a cold. However, as soon as he realizes that it is colder outside than he thought, he will simply come in and put on his jacket. It is our nature to make our own decisions and children constantly assert their right to do so. If a parent is constantly making his child's decisions, the child will tend to do the opposite of whatever he is told.