



Lesson 2

Taking Off The Super Cape

Finding Balance In the Midst of Your Mangled Mess

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Legal Disclaimer: Let me make it plain, I cannot guarantee you a magic transformation or successful change. I am here to give you some guidance and inspiration as you move towards becoming the woman you were intended to be. How you utilize the information in these lessons, is your choice. As a member of Pathways to Authentic Living, you agree that you will not hold me responsible for what comes out of your experience with PAL (Pathways to Authentic Living).

Why God Wants You To Balance Your Life?

In the midst of trying to be everything for everybody you may have lost a sense of how to keep everything in its place. Not the things on your kitchen table or the items in your laundry basket. I am talking about those physical, emotional and spiritual things that throw you off balance if they are not in place.

The connection of your mind, body, and spirit are integral to your daily existence to help you maintain balance. When your body is out of whack it throws off other facets of your life; like your sleeping pattern, your stress levels, and your hunger triggers. When your mind is out of whack it takes your reality and twists it into a false perception. This perception often messes with the way you think you appear to others, how you feel about yourself, and what you think others are saying about you. And when your spirit is out of whack, your relationship and connection with God is out of whack too.

Your ability to leave the pseudo you behind and live a more authentic life, is interrupted when your mind, body, and spirit are out of sorts. God does not desire for His children to live lives that are unbalanced. He created you as a balanced being and has given you all you need to maintain it.

One thing we do that throws us off balance is putting on the Super cape we created and stepping into the role of "every woman" to everybody.

I love the song "I'm Every Woman" by Chaka Khan. However, the reality is that we are not every woman and cannot pretend that we are. Yes, like the Proverb woman (Proverb 31), we as women are equipped with the ability to do much. However, we are not equipped with the ability to be Every Woman. We were created to be one woman - the unique, rare individual God created us to be.

To try and be anything more than that, is like telling God you are not satisfied with the skills, talents, and gifts He has blessed you with. It is only possible to be YOU; and as long as you try to be anything more, you can forget living authentically because the path you are on is not yours.

Why Are You Wearing A Super Cape?

Let me ask you a question. Why are you trying to be everything to everyone?

We will use this question as a part of the exercise for this week's lesson, but I want you to start thinking about it now, because your answer may just rock your world.

Your super cape says a lot about you. I know this well because I tried to wear one for many of the first years of my marriage. I tried to be everything to my husband and children as well as my other family and friends. I did not want anyone to be unhappy with me or with themselves so I over compensated while wearing the Super cape that I had made or myself.

My cape would take from 7 in the morning 12 or 1 the next morning, as I tried to fulfill the wishes of everyone else. I soon realized that I was out of control but for some reason I was addicted to trying to make sure that everyone was happy and in the proper place. And they, unaware of my addiction to please, kept taking and taking until they had bled me dry.

In 2005 I started having heart palpitations, shaky hands, insomnia, and fears of death. In March of 2006 I was diagnosed with anxiety disorder. That was the start of my journey to discover why I was at the place I was and how I could change it.

I did not realize that I was under so much stress until it was almost too late. I was not in the place of total blessing from God. I was not in the place to live the dreams I had dreamed or the purpose upon which they were founded.

It was time for me to take off the Super cape and live my life as the woman God created me to be.

The first step was for me to go to every person who was sucking the life out of me and let them know how I felt and how life would be from that point on. It was time to take control of what I had lost.

It was the only way to be authentically me and walk the path set for me. It was time to let them down easy.

Let Them Down Easy

When it is time for you to enter Super Cape Rehab and let go of the many things you are to everyone else, there are some steps you can take to help you achieve your goals of healing and creating new avenues of being You. The first thing that you must do is release obligations that do not fit in the scope of who you are and what you are trying to achieve in your life.

It is one thing to be a mother, but another to overcompensate in areas we feel our children lack. It is one thing to be wife, but another to allow ourselves to become so engrossed in our husbands that they become our god. It is one thing to be a friend, but another to allow our friends to take advantage of our good nature.

As you remove the Super cape and start talking to others about your need to balance our life, be sure to use tact and not anger. They are no more wrong in sucking the life out of you as you are for allowing it to happen. As-a-matter-of-fact, you hold most of the blame because you have the ability to just say no.

Instead of being angry when you approach the life suckers in your life follow the process below to stay on a positive proactive road.

- **Approach and Forgive the life suckers.** Life suckers are not always intentional culprits but they must be made aware of the fact that they have been literally sucking the life out of you. In a tactful but bold. Even if they feel they don't need to be forgiven express to them that this is part of your authentic process.
- **Set Up Boundaries.** Don't be afraid to set up perimeters for your relationships with your life sucker. Let me add a side note here and say that you may find that there are some life suckers you will just need to get rid of because they will always be toxic to your overall health. For those you keep in your circle of influence, you want to let them know what you will and will not allow in your life where they are concerned. One thing I will no longer allow from my oldest son is talking back. When he does that I let him know how I feel and shut down all communication with him until he comes back to his senses.
- **Leave the Table Satisfied.** Just like a good meal, don't leave from the table with your life sucker until every part of the issues involved has been covered. This may take some time, but get it all out. Accept your part in the mess, pray with each other, share scriptures, stories, and you might even feel a need to cuss. Hey, sometimes ya gotta say it with gusto. Whatever you do, do not leave that table until you are fully satisfied with the outcome. If the life sucker chooses to leave, you have no power over that. Pray after they leave and move on.

- **Don't allow the life suckers to keep sucking.** Once you release it, release it. Don't keep drudging the mess up, adding more to it and don't let the life suckers keep doing it either. When they start trying to suck the life out of you, remind them of your boundaries and step away from the picture until you feel strong enough to go back without falling prey to the life sucking matrix.

You will find that if you follow these simple yet complex your life will begin to find balance. This balance will help you take off the Super Cape and be the You that you were born to be. Not the "you" that everyone wants you to be.

You will find comfort in who you are because you have stood up for yourself and your true reason for being. It is truly liberating.

Authentic Insight

While you are facing the life suckers in your life, examine the inanimate culprits as well. Television, business, a cluttered calendar and more can all become life suckers. When the things you do cause sleepless nights, too much time away from home, overeating and other negative habits, then they are life suckers.

This Week's Assignment

Exercise 1 - Examine

This week I want you to take the time to think about the life suckers in your life. Not just the ones that are people but the ones that are things as well. Answer the following questions.

1. Why do you allow life suckers in your life? Are you afraid of being alone or feeling unwanted?
2. What are the most draining life suckers in your life? How can you approach them to remove them from your life? What boundaries can you set up for them?

Exercise 2 – Relate

Take a moment to consider your life suckers. Now choose one and go through the process discussed in this week's lesson. You don't have to do it with the person but do it in your journal. Prepare for the moment that you approach your life sucker.

Exercise 3 – Release

Choose a specific character trait that you have that you do not like. Take a moment to go through the Authentic Living Formula and release the hold it has over you. This week I also want you to journal about how this exercise can help you with facing your life suckers.

Bonus

A Look Into Approaching Life Suckers

This week I share with you how I approached one of the main Life Suckers in my life. Want to know who it was? [Listen in](#) to find out.

Points of Reference

- If you ever do have general questions about the lessons, you can email me at latara@latarahamyng.com. This will help me to make sure that the lessons are always growing and never stagnating.
- Finally, this course is a fixed term course. That means that if you stop your membership at anytime throughout the 6 months and decide that you want to come back, you will have to start all over from the Introductory lesson. So, if you can at all avoid it, stick with the program to the end. Your life will be blessed!

Be Abundantly Authentic,



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Coming Next...

Lessons 3 and 4 will give you deeper insight into the Authentic formula.

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