

WRESTLING THE BEAR

Passages from the Book

Wrestling The Bear: Confronting Your Self

by Clint Loftin

"In order to individuate, one has to incur guilt. To peel back the layers of psychological skin that have been laid upon us by our parents, our institutions, and our popular culture, necessitates that we step out of those confinements and begin to see ourselves anew. You will feel a sense of guilt almost immediately. And that is a good thing."

"Our jobs should lead to personal growth. There is no other qualification. There is no in-between. Our jobs either help us grow or they diminish us. Here is a simple question to ask yourself: Is my job diminishing me? Ask it. Ask it regularly."

"Toughness is the ability not to be overcome by a mood. This doesn't mean we don't feel. Quite the opposite actually. Our ability to feel keeps the moodiness at bay."

"To live to please is to kill off the most important parts of the Self. If our life decisions are made only to please others, we are sure to become detached from our true calling."

Sample poetry from *Wrestling The Bear*

At Sea

How did I end up on this ship?
Cast into these unrelenting tides
Bouncing back and forth
At The mercy of the salty sea
I'm not captain of this ship
It left port without my permission
For a destination I never knew
And the map, it was a lie
I was told to trust it
But further and further I drifted.

I've no choice but to hijack the ship,
Teach myself the ways of the water,
Make my own map.
I may not find a place to dock
My fate may be the eternal waves
The ups the downs,
The highs the lows,
The ebbs the flows
The dark lonely nights
But I'm searching for dry land
For a place to call my own
I'll keep chasing the horizon
Until it brings me home.