

What I see in Others

What do you admire in others? I encourage you to make a list of 5 people and the characteristics that you admire most in them. Feel free to choose from someone that is real, alive, dead, an imagined character from a book, a character in a movie...

The list is endless, get the idea?

Are you finished?

Don't peek-----

OK, please proceed.

Now I'd like you to review the characteristic list you just created. You may or may not be surprised when I share with you that the reason you identify with the characteristics in another individual is that you possess to some degree, those very same characteristics, or you would not be able to view it outside of yourself.

So now I encourage you to have a self-admiration party for a few minutes. The things that you admire in others, is what you also admire in yourself. Most often we describe or say to ourselves the things that we are not happy about, and in doing so that act of verbal disrespect is quite draining to our mental, physical, and spiritual well being.

So I encourage you, if you don't already do so, to make a conscious effort that sometime during the day you will recognize and honor some positive characteristic that you possess, and pay attention to how your body responds to that inner acknowledgment. It's quite a gift that you are sharing with your body and mind.

**Mary Kraemer is the author of "Healing is an Inside Job"**. She's a Registered Nurse who combines Western medicine and Eastern philosophies by empowering others to discover how to accelerate your body's rate of healing and recovery. A series of personal and professional experiences guided Mary to discover and explore the mind-body-connection and its relationship to health-illness-wellness and inner wisdom. Mary travels the nation speaking on such topics as mind-body-energy integration for healing, stress management, and self empowerment strategies.

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