

Bracelet: The New Age Sage

Description

The AutoEthnographer

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Authorâ??s Memo

I use this column to encourage seniors to creatively think about ways of we can continue to actively participate in moving ourselves and the generations after us forward. Much like rejuvenating the passion and involvement we had with life before we â??aged outâ?• (just a kind way of saying retired or grew old). This particular post is about me and my discoveries about myself just when I was about to sit back and rest on my laurels.

And so, this sharing begins with my personal evolution over time. Not all my time but about half my life: As a middle aged woman I was quite accomplished. I completed my education, became an early childhood administrator, took on an additional career as a marriage and family therapist and raised three children. I was a promoter of people, programs, systems and anything else I could think of . I would presently be described as an influencer!

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However, I always managed to stay under the radar in spite of myself, I did manage to rack up a few public accolades. Administrator of the year, Renee Kaplan Scholarship, Unsung Hero-911. When in the public eye, I walked in the fear of being discovered. Even though I knew it was the crazy imposter syndrome, it became my comfort zone. My self talk was â??if someone ever found out how dumb I really am, they would fire me, unfriend me, dismiss me etcâ?•.

Yesterday was my birthday. I completed my eightieth circle around the sun. The last few years and life experiences have changed me. I have been graced with bravery and boldness. I am no longer afraid of discovery. If I have an idea, I share it, if I want to do something extraordinary, I do it. And now I would like to share my birthday gift to myself â?? with you. For over three years I have worn a Black Lives

Matter bracelet on my wrist. I am very proud to have found a way to support a movement I believe so strongly in. I purchased a bunch, offered them to lots of people, (trust me, I got my share of â??no thank youâ??s) and deposited the rest in â??help yourselfâ?• locations.

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Each of these movements have much significance. Today every Injustice has come to the forefront through our modern day media. There appears to be no safe place for anyone who wishes to express themselves in a non harmful way. If you look or act differently, speak or dress differently or are of another culture or sexual orientation, you can easily be dismissed, discarded, targeted or disrespected. I have decided to make a bracelet that, when worn, identifies the wearer as SAFE SPACE . It says I am a person of no judgement , no intolerance, no prejudice, Just acceptance of who you are and who I am as we coexist in sharing our human thoughts, concerns, ideas, etc. Sounds easy right? Holy shit! This really shook me up. How could I make this bracelet with integrity if I, all of a sudden realized I had to clean up my own act.

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Well guess what, I will make it, I will wear it, I will bring compassion and empathy as I walk through my own shortcomings . Kind of like â??I will fake it, till i make it.â?• Grace will guide my intentions.

Stay tuned dear Saxions . I will report in the next post the progress of my undertaking. I hope you will accept the bracelet as a â??goodie bagâ?• from my fabulous eightieth birthday party.

Kitty.
If you would like one, just message me and I will send it to you.



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Catherine Vandermal
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Bracelet

Credits

Featured image by Catherine Hamilton

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