

## ***Eternal Resolutions***

*By Erika Omenson Blanchard*

*I remain true to myself and to others. I practice morality because it reflects my true self. My morals came not from a sense of duty, but from an inner-sense.*

*Creating a strong foundation is vital. Structure comes from my foundation; therefore, I need a solid foundation from which I can grow. Rules continue to change, as promises continue to be broken. Events will no longer rule my life; I will have control in any event.*

*I will loosen my rigid perceptions of people, knowing that they have a right to be who they are, as I do. Like myself, they are doing the best that they can.*

*Dreaming will not make it happen, but brings me closer to my goal. Dreaming opens my heart to possibilities, it directs my heart and my soul, and gives me hope for the future. Occasionally, my deepest needs cry out without warning. I, too, need to be touched and loved. Fortunately, I am able to distinguish between my need for physical touch and inter-communication.*

*I will integrate all of my everyday roles into one self-identity. I will be who I am, and not whom they say I am. It was once a challenge, but now an obsession.*

*Each new day I feel fortunate to be alive and to have the opportunity to start over, leaving behind the mistakes that I've made. I will not forget the past, nor deny the present and beyond. I am part of nature. I belong in the world as I am to do the most possible for myself...and others. My mind is at peace, my soul is tranquil and my form is able. Beginning now, I will follow my desires and my calling, whatever they may be. As time passes, they are sure to change...*