

ROUND ABOUT



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Do you ever reflect on the moments when you have been utterly selfish?

Often, our behavior has a specific cringe factor that we would prefer not to think about, but I am all about going deep into self-exploration, so my not-too-long-ago snarky is at the top of my mind.

For perspective, I was driving too fast down a residential street when a woman, getting her steps in, lifted both arms and rapidly waved them up and down. Despite knowing what she was asking of me, my initial reaction was annoyance, but soon after, I put on the brakes,

rolled down the window, and yelled, *I am so sorry!*

Ugh.

What bothers me the most is how quickly my agitation surfaced, followed by my embarrassing jackweed (Aliciaism) ego response. In my shame, I thought about the countless times I have put my convenience above someone else.

Seeing beyond ourselves is humbling, and in less than five seconds, I went from being peeved to silently yelling *what is wrong with you, Alicia!*

R-E-S-P-E-C-T.

Sometimes, we lose our We! We! We! in a haze of Me! Me! Me! Yours truly and fellow advocates worldwide agree that even people high in empathy show lapses in judgment. Do you know why? Because, like you, we are perfectly imperfect human beings.

The key is to be in active practice by exhibiting curiosity, vulnerability, compassion, and selflessness. Then, we can better understand where someone is coming from.

Get to Carnegie Hall.

Similar to how I took a mental and physical scan of what I felt in my moment of inconvenience, the fundamental component to correcting my behavior is retracing my mistakes. And guess what? I learned my lesson. Every time I cruise through that neighborhood and many others, I

empathize with my fellow human beings by adhering to the speed limits and roadway signs.

Until we meet again, practice, practice, practice. ❤️

Yours in Solidarity, -akm
May 2024

It's time to get closer. Are you ready?

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EXPRESSION, INTEGRITY, LIBERATION

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