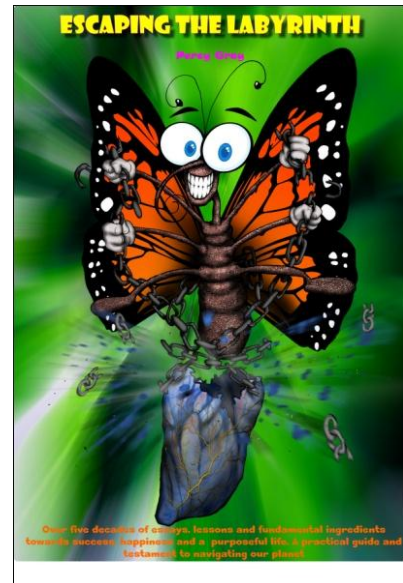


*Escaping the labyrinth*-The second in a quartet of self help/life skills by Percy Gray and distributed through [www.pagesofdiversity.com](http://www.pagesofdiversity.com)

*Over five decades of essays, lessons, elementary components and anecdotes towards success, wealth, happiness and a purposeful life. A practice guide and testament to traversing life in general.*



**Introduction** -Escaping the labyrinth is a multi faceted collection of adventures, communication and advice assembled from more than half a century of mistakes, disputes, achievements and adversity. The reader is guided through various settings, many humorously interspersed with supplementary illustrations thus optimistically adding light to that sometimes dark and gloomy corridor we repeatedly find ourselves confined to. It is not about fleeing life’s disturbances but rather to circumvent and if need be manage discrepancies with informative decisions whilst reassuring citizens their aspirations are not necessarily taboo, inferior or to be dismissed.

My hope is that what is located within these covers will inspire readers to pursue whatever they perhaps have been reticent about regardless of traditional perspectives. With any luck too it will provide motivation to initiate that goal or objective which undoubtedly will supply food for the soul. A variety of subjects plaguing society are furthermore touched on and lastly discussions around orbiting potential pitfalls allied to our daily living are debated.

### *The significance of the covers and title*

Time and again our lives become ensnared with constraints similar to manacles and further subtle restraints, equivalent to those experienced by a caged bird or animal. All of which repeatedly elicit a succession of social, mental and physical ills. The difference is that these invisible boundaries are not tangibly limiting yet are still capable of revealing parallel and sometimes unpleasant results. Figuratively speaking, our dreams often lack fruition due to the dread of escaping mediocrity and ridding ourselves of those shackles retaining us in other people’s administrative parameters. They also remain buried and confined owing to the fear that a multitude of consequences (ironically all largely insignificant if they even transpire at all) will befall and impact us should we fail or resist conformity. Furthermore, we need to bear in mind that until we revise our beliefs and place affirmative instead of



self-defeating sentiments into our subliminal mind (through for instance appreciation, acceptance or an objective and hope), we may well be sabotaging our health, happiness and ambitions.

An emerging butterfly or moth is often thought of as a symbol of transformation. It is likewise identical in respect to life too, where this alteration enlarges into the realms of communication, progress (personal/vocational development) and also that which our souls or essence might journey through when passing from this state into the next. It additionally expresses that it's never too late to begin afresh and escape a previously undesirable setting or find one's life purpose through self awareness, innovation and dispelling external encumbering influences. Not only is the world dynamic (stressing its unpredictability) but in order for expansion in both private and business, sensible change (regularly uncomfortable) in one form or another is necessary.

These descriptive borders stretch throughout all avenues of life and underlines how we view right and wrong, erratic and atypical behaviour over and above a selection of preferences. More often than not our decisions are subconsciously influenced by cultural margins and we end up in situations we perhaps wouldn't have chosen in another dissimilar setting. Our interpretation of an assortment of terms including those of achievement, phobias, beliefs and death may be severely clouded and erroneous due to the barrage of socially accepted rules to which we are inundated. The same applies to anger and how we choose often to immediately react to provocation without giving thought to the consequences and origin of someone's uncharacteristic conduct. Disentangling and metamorphosing into one's true aptitude necessitates an overwhelming longing to change, though remember comparable to a child or a larva leaving the comfort of the womb or a protective encasing, our environment can be a hostile and inhospitable place and it's up to us to make the best of a sometimes unfriendly setting.

We ought however, to recognize that accomplishments don't always apparent themselves when we desire them to flourish. As with a developing insect surfacing from a cocoon, a germinating seed, an investment, preparing for a sporting event or learning a skill, there is an obligatory waiting period for the natural laws (where we grow into these milestones) together with understanding and mastering certain principles to occur. Moreover, as I symbolically refer to our life being akin to a yo-yo or equivalent to the swaying of a clock's pendulum, we must take into account ones current position can adjust at any time from a safe haven to one of relative discomfort and vice versa. Everybody is unconditionally diverse in their goals, opinions and how others are misguidedly perceived. It's this unadulterated free will which is intermittently abolished by the requirement to embrace societies' portrayal of success. All metaphorically speaking, incarcerating us by causing us to linger in unevenness, perhaps as a result of our faulty selection, lapses in concentration or perchance the approach in which we have treated people.



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Excerpt- *Choices, consequences and controversy*

Not long before completing this publication I was collecting sand from an old disused excavation close to where I reside. As I made my way down I happened to view a body positioned just off the road. On closer inspection it was evident this woman had been murdered as there was a stab wound to her face, she was covered in blood and her throat had been severed. Her humble tortured remains were lying under the sweltering sun in a crumpled heap and although fully clothed, she was barefoot. There might have been considerable resistance as her bracelets had visibly cut into her skin, though sadly this was a struggle she had lost. Instinctively I reached out to touch her arm so as to ascertain the temperature which accordingly under normal circumstances could have indicated the time of death and was shocked at the radiation emanating from her scorching hot vestiges. I had overlooked that with no circulation, the continuous distribution of heat would likewise have ceased. This was somebody's daughter, wife or mother who will never interact with any of her relatives or friends again. Whether this could have been prevented by being more attentive to her choices, undertakings and affiliations will in no way be known. I did nonetheless; take a photo which was kept on my phone as a tribute to somebody who had been exceptionally brutalized. I guess in a certain inexplicable fashion I was hoping that even in death and perchance the after affects of her ordeal it may have conferred some obscure and enigmatic comfort, together with an understanding she wasn't alone. Even so, the indication of revenge and unwavering hate was certainly in attendance, as would have been the fear and hopelessness she experienced as her life slowly abandoned her neglected and abused corpse.



Most of us are capable of recalling sentiments of dislike, annoyance and antagonism accompanied by a certain degree of frustration pertaining to events in our past or present. Virtually on a daily basis we are exposed to an assortment of confrontations and altercations from rudeness, persons failing to be on time or inadequately completing a job. Anger on account of sickness, death or finding oneself destitute/marginalized or terminally ill are furthermore able to yield immense stress on relationships, attitudes and engagements. Personal incensement and culpability is equally damaging as often found in individuals who were molested, mistreated, traumatised or perhaps followed a path they now regret such as a pregnancy termination, career choice or cheating and alienating someone that since has passed away. Time and again they accredit accountability in relation to themselves as well as internalizing guilt which has far reaching consequences persistently eating away at their confidence generating lifelong bitterness. The same applies to previously happy periods that for reasons may no longer be accessible or even that concerning the level of accomplishment we expect from ourselves. Each capable of equivalently contaminated responses which if we aren't vigilant will dislocate our contentment and focus.

This by and large is understandable, even so there has to be a point where one moves on, not necessarily disregarding the grievance but accepting what happened and realizing it's unhealthy to intern yourself within recurrent accusations. All resulting in allocating valuable moments harbouring fury over an entity, as with the wind and weather that cannot be changed. A lot of people are still concealing malice decades later (comparable to hoarders and their compulsion to stockpile and accumulate items they have convinced themselves have significance) and which has consumed a vast quantity of their productive years rendering them angry, cynical and unsociable. Clutching something eventually becomes an encumbrance, in the same way that holding a cup of coffee in an outstretched hand is initially relatively effortless, however after a minute or two is experienced as awkward. Acrimony is no different. In due course ramifications evolve, all impressing destructively on our health and concentration. You don't on the other hand have to forget, forgive or interact with those you dislike unless it makes you feel better and provides some cognitive and physical benefit.

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