

# Sabotage

By Cameron Shippee

Why do people sabotage themselves? Do you?

OK, I am only one year old but do not think that means I do not know, do not understand, and do not process. I know I am a miracle, and I know the workings of my body are miracles. You used to know that, but some of you have forgotten the miracle that is you.

Can we agree we are all miracles? You will agree, if you reflect on how your body works, the blood pumps, the organs work, and you breathe all without conscious effort. Why, with no effort your body, your container, works and keeps you alive and going. Is that not a miracle?

You probably do not remember, but at birth we know so much, and it is intuitive. It appears to me that people lose that as they get old, and their knowing is clouded and disappears with life itself. I am not sure why, but I am going to see if I can prevent that from happening to me.

I know I can do things. I know and I do them. Sure, the first is the worst. But, as I work at it, I get it. The more I work at something, the better I get at it. The reward is in the doing. I know I can do it, and I know to keep going. For us young ones, we know, we just know, to keep going, to keep trying, and to keep doing.

What concerns me is you adults. You are to be our role models and, sometimes, I wonder if it should be the other way around. Should we be your role models? We know we can. Not all adults believe that anymore, and it shows. For us, we just continue knowing we can.

It seems that many adults set themselves up for failure. Why do adults sabotage themselves? Why do they think and say they can't? Why do adults feel insecure? Why do adults worry about money and lack when they need only think abundance?

I know I can do things, and I do them. At the same time, I see adults give up. I see adults stopping short of accomplishment. I see adults telling others of lack and being unable to do things. These words and actions are all self sabotage.

If I can do it, you can also. If I can grow, learn, and accomplish, you can, and we all can. No, physically you may not be as flexible but that is only because you have let your body go. If you exercise and stretch you too can be limber.

I do not understand adults sabotaging their own efforts. Why, adults do not always prepare as needed and then fail, confirming their knowledge they would fail. Why don't they practice and learn? Why don't they make a full effort giving it their all? Without a full effort we sabotage our dreams and our success.

We all need role models. You who sabotage yourselves, why not use us kids as a role model? We accomplish so much in the first few years, you can see it and feel it. Yes, we can teach you, we can show you, and we want to share with you.

Yes, you are the teacher, and we are the student. Or, are we the teacher and you the student? Or, are we all teachers and all students?