

# Little Peaces

By Eleanor Lefever

## **Some context...**

I developed a self-harm habit as a toddler, depression as an adolescent then my father became a patched member of a motorcycle club in my early teens, so I was called Scabby, Ugly and Bikey Slut at school. I inevitably left when I was 15, by now suicidal. I traipsed from one dead end job to another until I married. Two years later, the blood tests taken when I attempted suicide revealed that I was pregnant and over the next two years I went on to have two children.

One night, after years of my lights being on but not being home, I was waiting for the time to go to bed so I could take the bowl of pills beside it when a voice said "Your children need you". I realised that if they needed me, I would need to leave them, which I did.

They were 3 ½ and 5.

As a mother who left my children in the early nineties, I was shunned by my friends and peers. My skin was a sieve, death a daily obsession and I went on to develop alcohol, drug and gambling problems and debt.

While barely existing in a caravan in a small village outside my hometown, a customer at the restaurant where I waitressed told me about a depression pilot program he and a colleague were initiating and asked if I would like to participate. After filling out all the forms and being interviewed by the colleague, he called me into his office to inform me that I was 'a bit too depressed' for the pilot program. I walked out into the carpark, too stunned to know what to think but my body reacted by laughing so hard I cried, doubling over with tears and snot of hysteria streaming from my face. It was then I realised that if I was to get better, I would have to do it myself.

It took me 10 years to become everything free but for too long I've felt irresponsible to have driven myself sane, only to keep the process to myself. My next goal is to use all these aphorisms as headings of essays that give background and meaning to them. Then use those essays as chapters of a book. Then eventually convert that book into a soap box...

For all those who were kind to me  
You probably don't remember but I'll never forget

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ISBN:

I had to ride bareback to pony club for a whole year  
before I got a saddle  
but I was just so happy  
I had a horse to do it on

I'll never know if I was never bullied  
because I never bullied myself  
or because my father was a gang member

Life is like playing pool  
Sometimes you can do no wrong  
and sometimes it just mocks you

When you really truly *get* relativity,  
judgement becomes impossible

I may not have had such a great childhood as a kid  
but I've had a brilliant one as a grown-up



No - I'd never get rid of my scars!  
They're my medals  
for a love and acceptance hard fought for  
and won

I'm the wealthiest person I know  
The only thing I don't have is money

It took Rebecca 30 seconds to tell me I was ugly  
It took me 30 years to work out she was lying

I'll always be grateful that after I left them,  
my children stuck around to watch me grow up

The other day I had a bonding moment with a stranger  
when we both came out of the closet  
admitting how much we loved ourselves

If you only take what you need  
there will always be enough

Wealth is knowledge  
and knowledge can only be obtained  
through complete acceptance  
and non-resistance.  
Non-judgement takes away the filters  
and having no filters means that  
we're instantly aware of the truth  
and everyone becomes our teacher

I suspect my childhood wasn't  
the tint of rose I often paint it to be



How much you think of yourself  
directly relates  
to how much you care  
what others think of you

Observation is when you notice it  
Judgement is when you change your behaviour because of it

I'm OK with being seen as boring just because I have nothing scandalous or negative to say

Judging by how many people were  
Indian Chiefs or Princesses in their past lives  
I'm glad I was something less tiring

I love it when you gossip  
because I learn so much  
about you

There's no book to prepare you for bliss.  
The falling in love with every person you interact with,  
the nausea of constant excitement,  
the sleepless nights waiting for the next day to start,  
the tears of joy in the most inappropriate places,  
the tingling in your veins.  
I know my Doctor was stumped.

I used to have five voices in my head  
I called them The Girls  
Now I only have two  
Is it crazy to be considering a reunion?

Have you ever tried to High Five yourself?



What if I told you you're not a dreamer  
That it's your instincts and discernment  
that's stopped you from going ahead with any of your ideas  
You're already doing what you're meant to be doing  
because, in one form or another, you've been doing it all your life  
Your ego may have told you it's not virtuous or big enough,  
that your parents or peers won't approve,  
that you won't make money from it  
or gain notoriety  
But it's assuming those things are important to you  
How you'll know you're back on the right path is  
when you find the trail of breadcrumbs your soul left for you

It was impossible to explain to my parents how well my soul chose  
I had to let Hallmark do it

Do unto *yourself*  
as you would have others  
do unto you

When you take more than you need,  
you're taking from someone else

What is it about the word *breakthrough*  
that doesn't give you a hint  
pain might be involved?

Sometimes I fantasise about having someone to spoon with  
but then I'd have to move my journals and books

It's disheartening when you don't believe in something  
and soul destroying when that something is you

I'll always listen to someone telling me  
how to overcome something  
that I actually overcame years ago  
because I know Karma's penchant  
for dishing out refresher courses



A journal is to a mind  
what defragging is to a hard drive

The only way I'll justify procrastination  
is if I'm thinking about work

Depression, for me, was an addiction to negative thinking

The only thing that stops me  
from trying to help someone who I can see going down a tricky road  
is knowing that if I interfere,  
that road will become longer

When you binge,  
you never know whose bed  
you're going to wake up in

Instead of confronting my flatmate when he used up all my milk  
or shampoo  
I always made sure there was plenty  
Because I couldn't assume he wasn't God

My mother is a saint dressed in Sally's clothing

Death, to me,  
has always felt like the next adventure  
after life



You do realise happiness is a choice, right?

Shit doesn't stick to a clean toilet

Empathy is having  
an unselective long term memory  
remembering back  
to when you were that person

When you realise everything you surround yourself with  
is programming your mind  
you become more selective  
of the content

If you want to make friends with yourself,  
start with your addictions

When people comment that it must have been hard  
to leave my children  
I've always said it wasn't  
If it had been hard,  
I would have known I was doing the wrong thing

I feel so fortunate that my crooked teeth  
line up perfectly with my crooked nose

I have a great sex life  
Sometimes I think I'd like to share it with someone  
but it would just take too long



I once wrote that my need to conform had become less of a priority  
Lately I've noticed it isn't even a consideration

To the psychologist who told me  
"I'm sorry Eleanor but you're just a bit *too* depressed for this pilot  
programme".  
You saved my life

If Hitler could do what he did,  
I have faith that someone else  
can do the opposite

People who are lonely just haven't made friends with themselves yet

The most progress I ever made  
was when I reviewed and upgraded  
my defining moments

Sixes only fantasise about tens  
but they're actually looking for a six  
If you're a six  
then be the ten of sixes

When you do what's right for you,  
you're doing what's right  
for everyone around you

Is it too much to hope for  
that someday there will be Same Person marriage?



When it's wrong,  
we feel the need to justify  
When it's right,  
it just keeps getting righter

Ego is emotionally manipulative  
It will use regret  
to drag us into our past  
It will use hope  
to lure us into our future  
Anything to keep us away from the present  
where it doesn't exist

Only when we have no expectation or concern  
as to how the present  
will be looked upon in the future  
when it is past,  
will we be free of it

Every night I go to sleep  
unable to imagine  
how life could get any better