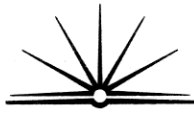


'Developing Self'

It's all about you. How you develop, grow, mature - change. Self change is one of the most personal, challenging and soul-searching experiences anyone ~~of~~ can encounter.

Many experts have advice to give on their personal journeys and how you ~~g~~ can gain the most from yours. Do you want to change your life for the better through personal change? Read on to find out how

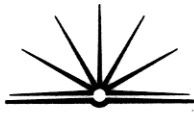
Cwren Harwood, through the traumatic ~~death~~ experience of the death of her mother, ~~exp~~ went through a personal journey of self change. She wrote a poem - Mother Who Gave Me Life expressing how this experience affected her. Through the use of apostrophe in which she addresses her deceased mother - "Forgive me the wisdom I would not learn



from you" - the audience gain an insight into Harwood's deepest thoughts and feelings for her mother, - expressing the concept that self change is extremely and intensely a personal journey.

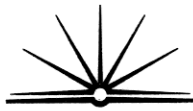
The juxtaposition ^{between} ~~of~~ the extraordinary event - "Halley's comet" and the last thing Harwood's mother did before she died - "she was folding a little towel" show the great love and respect Harwood had for her mother's choice of a domestic lifestyle, that she finds the two events both important enough to be compared.

The memories of her mother and the painful journey ~~of through~~ which Harwood travelled eventually led her to come to the self realisation that she was part of an important cycle of women and she re-evaluated and gained great contentment with her position in the world.



This text conveys that one person's choices and actions during their lifetime, no matter how small or seemingly insignificant can affect another and cause self change and self realisation.

Another writer, eighteen-year-old Hannah Robert, shares her ideas on her journey of self change through an imaginative reflection - Sky High. In this text Robert imagines the inevitable journey of maturation she will soon have to make. The use of the metaphor "a pilot light burning somewhere deep inside" ^{is used} to describe her ~~regret~~ emotions of wanting to keep her carefree childhood. She has contemplated life and realised that soon she will have to ~~let go~~ release her "secret codes" and "ultimate conquest" for the "scars and wrinkles" of her ~~new~~ ^{new} adult life and responsibilities.



Through the juxtaposition of the title Sky-high and the last line "there are too many things tying me to the ground" the audience can see the personal change that is occurring. Like ^{to} Harwood's poem Robert has come to ~~the~~ self-realisation - she is maturing and must learn to accept her position in life.

Through both texts ~~it can be seen that~~ the deeply personal nature of self change can be seen.

In his composite text 'He Was A Sailor' ~~the~~ (Everyday Angels and Devils), Michael Leunig also express a journey of self change. A sustained metaphor of the sea as the sailors emotions - "He was a sailor, but the sea was inside him³" represents changing self as journey involving both positive and negative components - "Wild storm... pushed and

pulled him" - "Calm days ... peace" show that a range of emotions and experiences are aroused during ongoing self change. The text also conveys that changing self takes time, and must not be denied. The use of visuals, make this text different to Mother and Sky-high and gives Leunig the chance to really emphasise the different emotions experienced by the sailor. The salient feature is the sailor's eyes - bulging and expressive - clearly displaying the changing emotions, and the fact the sailor was confused and did not understand his journey, but still continued on. Though Leunig's text differs to Sky-high and Mother because it is not his personal self change - the sailor can be used as a metaphor for anyone experiencing self-change - all three texts show that accepting self-



change allows people to become more comfortable with themselves and their place in the world.

In Prize-Giving, another poem by Harwood - who this time explores the self change of an old professor - the rewards for self change are made most evident. At first, the ^{tone of} Professor is arrogant and rude - "grace their humble ... lend distinction" - he believes himself to be superior and has no problem in showing it, until this authority is undermined by a magnificent musical performance by "the girl with titian hair." He no longer sits with "his hand placed like Rodin's Thinker" an appropriate allusion, but the beauty and talent of this young girl has caused him to realise he is a "sage fool." - this changing in tones represents the self-change of the professor. The



oxymoron "sage fool" show that the Professor has realised that although he is wise academically, he has no understanding of creativity and art - and has re-evaluated his priorities. This is similar to Harwood in Mother who also re-evaluated her life position and sky-high - because he now knows that things will never be the same again. It differs to Leunig's text as the Professor understands the implications of his change, unlike the sailor, who was trusting and followed his emotions.

Boaz Yatz, director of Remember The Titans (2001) uses the film to explore different concepts of changing self. Firstly, when the two teams that must combine meet there is visual separation complemented by a military drum emphasising the hostility and confrontation of the atmosphere. During the football camp bonding occurs and

Yaznick, again utilises the aural component with triumphant uplifting music and sweeping circular camera shots emphasising unity. The team members have ~~all~~ changed for the better, accepting each other and conveying the concept that ~~so~~ embracing self change leads to a rewarding life. Another concept explored by the director is the consequences of not accepting self-change. One member of the team-Ray ~~will not accept~~^{defies} the change "You want to wreck our friendship for them. Well you can keep them". A close-up camera shot in which his cold blue eyes and grim expression are the salient feature express his determination to reject self change, eventually leading to his dismissal from the team and loss of close friends. This text is similar to the Leunig text in which the sailor did not understand his change, either did the character of Ray, but because the sailor accepted it he was blessed with the rewards.



The positive aspects of accepting self change conveyed in the film, mirror the positive aspects conveyed in Mother, Sky-high and Prize-Giving in which all three protagonists were rewarded for embracing change.

There you have it - advice from the experts - accept and adapt to change and you can reap the rewards, defy and reject change - watch out for the consequences. If there's one thing readers must learn - it's that the only thing that's constant is change - learn to live with it, within and outside yourself and you will be blessed. □