

## **Our Core Self**

Always hold in mind your Intention to Heal, to grow, and be. It is not in getting there, but allowing that we find our core being. In using our intention to affirm this presence within us, we connect with this inner strength that guides us, and gives an expanded meaning to our experiences, so our perception is enhanced, because we are connected with our expansive self, which is unlimited.

## **The Simple Art of Being**

Is affirming - I Am already enough , it is honouring your Divine presence. Your Core Self, in this moment you are awakened to your own power which is truly Divine. This affirmation starts to awaken your true ability and purpose, you start to feel a sense of this and connect with it.

Allowing ourselves to be who we truly are, it is safe to do this - we are standing in a position of power as we recognize our Divine connection, we are not separate from the whole of life, but an integral part of all life, valued for that which we bring to be expressed, so that we can add to the expression of life. Therefore we honour who we are, in this moment, allowing ourselves to express this whole heartedly.

Find your expression, you are here to bring this into Being.

## **Peace Within**

As you recognize your personal purpose, and express this, you are moving into the flow of all life, as in nature, simplicity brings a release of stress, the obstacles fall away, and we can breathe in peace, which Heals all dis-stress. It is in releasing the obstructions which created a screen, that we realize, the truth is very simple, and this brings relief to our whole being, and a new sense of Healing and connection with all life.

## **I am already enough**

Where we come together, is in our connection from our real self to another person's real self. We recognize they are not separate, so we honour that same Divine expression in them. Many times we mask our truth through fear of rejection, but we don't need to take the rejection personally. Understand that it is not a true rejection of us, if a person was acting from true perception, their expansive self would reveal their connection to all life, so do not take personally the rejection of others. Their view is based simply on their experiences to this point, therefore they are not rejecting you, They are acting from their standpoint, their experiences, not their expansive self, and their experiences are intrinsically different from yours, therefore, this only mirrors, the different experiences that have played a part for each person, which may have shaped their reasoning conscious mind, but are not a true reflection of reality. We often internalize remarks and mask our truth through fear of rejection.

So need to accept the feeling and be receptive to the message, is there something un-healed in us that has triggered the feeling, otherwise we could not have re-acted to this emotionally. What are they telling us. What do we need to Heal in ourselves. Listen and affirm. I honour you, I love you, even the darkest parts because this is our beauty masked by fear and conditioning, underneath is our deepest longing and our dreams that have not been acted upon through fear of failing.