



SELF LOVE

Emerging From Pain to Purpose to Freedom!

"If you feel incomplete, you alone must fill yourself with love in all your empty, shattered spaces." Oprah Winfrey

Your Ageless Legacy

Who doesn't long for a dear and trusted friend? There is an untainted spirit within us that waits for us to recognize it, to love it and it is our perfect pattern. It has never been too fat or too thin and never indulged in anything that would hurt us. It renews and revitalizes our entire being and has the power to bring healing to every part of us - to give us a whole new purpose. If we do not tap into this inward friend, we are only operating on partial power. It is the life of life, our saving grace and our reason for living. This forever friend is our True Self.

As children many of us were taught that our value lies in what we do rather than who we are, so we substituted our feminine power for the masculine role of constantly doing, so that we might feel worthy. When we over schedule ourselves we are actually acting out against our True Self and filling ourselves up so we don't have to feel what's going on. What are we avoiding? What scares us? Why are we afraid to stop, to breathe and come into the moment? What is causing us pain?

Our goal-oriented society reminds us to continue the addiction to our busyness as a means of looking productive, appearing successful and maintaining the illusion of control. There appears to be no value placed on inner peace and caring and without it we discover we have no room to rest. This constant doing leaves women and men feeling spiritually homeless.

When we learn to go from the outside in, to our hearts instead of our minds for comfort and balance, we are rewarded. Try taking a few moments in your day to check in with your heart. Here are some simple practices that will bring SELF LOVE and freedom:

- Take some deep centering breaths. In through the nose and out through the mouth with the healing sound of Haaaa. Breathe into your heart deeply several times. Be still and observe without judgment. Breathe in peace and breathe out gratitude for you and all that is in your life.
- Feel gratitude well within your heart for all of your blessings.
- Tell your heart that you are listening and ask it to receive the love all around you.
- Prepare yourself to see the beauty in all things.
- Radiate your love confidently from your heart to other beings in your world. Imagine the circulation of your love taking place as a cycle of breath from your head to your toes and back again and then out to your world and to the Universe that holds and supports you.
- Know that this day you will be unafraid, that you will enjoy all that is in your world and see beauty in everything you see. Know that as you give to the world, so the world will give to you. Share your joy!

This simple SELF LOVE connection will bring self-confidence as the need for outside assurance wanes. Confidence may come from what someone else tells us, but it is maintained by what we tell ourselves. We boost it every time we say or do what we once thought impossible and every time we appreciate ourselves for our gifts and talents and our individuality. We are here to fulfill our unique purpose and with self-love we can actualize that purpose and share our legacy with the world, no matter what our age.

Appreciation contains life energy to transform our bodies and our world. We thrive with appreciation when we acknowledge all that we are, our limitations as well as our strengths. Every word we speak, everything we believe builds our consciousness and makes us who we are. We are as unlimited as we say we are.

Tell yourself the truth...that you are unlimited! Place your hand on your heart, and say it now, "I am unlimited!" Repeat this until your heart opens and you feel your inestimable, incomparable value. You are good enough now! You are Free.

Thank you for sharing these moments with me. I share with you what I need to learn. I so appreciate you for being on this Ageless Living journey with me.

Blessings to you always...

Sedena

Sedena@Agenation.com
www.AgelessLivingSeries.com
www.AgeNation.com