



*When we share our feelings,
we share our light.*

Feelings The Voice of our Spirit

When we suppress our feelings we deny ourselves and the world (i.e. our world) the magnificence of who we are, and the expression of our spirit.

Our feelings are to be expressed, to be shared. Telling someone how we feel is not a bad thing, the very expression is how we share our light. Whether the other person responds positively or negatively is not important. Our sharing is not meant to elicit a response from them but merely an expression of who we are.

If at any moment we do not like how we are presenting ourselves we can change. But that choice is ours to make, no other. No one can truly know what is within us.

All responses from others to who we are does not have to be real for us, recognize it as an expression of who they believe

themselves to be. Their response is based on their own experience of life, and cannot be true for us unless we believe that they know more about us, our lives, than we do ourselves.

We are all beautiful and that beauty expresses itself as joy. Joy is our natural state of being. True joy comes accepting ourselves fully, including the parts of ourselves we judge to be bad or lacking in some manner.

We are born whole, our challenge is in remembering that, not in fleeting moments but in each and every moment of our lives. This is where our spirit can guide us, if we would allow it.



Our spirit is constantly expressing itself helping us recognize our divinity. When we feel disconnected to our spirit we try different ways of reconnecting. When we search outside of ourselves, we find that what is outside does not bring us true happiness.

We may try drugs and alcohol, but they cannot work. In fact no addiction can bring us to who we already are. It's like trying to catch the wind. We know it is there we can feel it, but the physical act of trying doesn't work. So it is with our spirit's guidance it must be felt and experienced, not controlled.

Our remembrance of our true being, begins with acceptance of who we are right now.

*Remembering our true being
begins with acceptance
of who we are right now.*