

HOW TO FIND YOUR LIGHT

IN YOUR DARKEST HOUR



FORWARD

Take a breath – you’ve got this, one day, one step at a time. There are rainbows coming after the rain. You don’t have to solve all your problems right now; it’s okay to pause, find your feet, and steady yourself.

The words that follow are the matches you can use to light the candle of hope that sits within your heart. As the song goes, “This little light of mine, I’m going to let it shine!”

IT'S NOT EASY BEING ME

Judgment falls upon us, heavy, like a hangman's noose. "Suck it up," "Be strong," "Just get on with it." With each step, we feel the darkness coming after us, closing in, shutting out the light of hope. Our thoughts become an answering machine to our fears: "I'm sorry, Jane isn't here at the moment. She is trying to stay sane. However, if you leave a message, she will get back to you."

"What's wrong with you?" A question thrown carelessly toward us, as if we are somehow blind to our situation and faults—another nail in the self-esteem coffin. Because if you can't cope with life and all it throws at you, of course, you **MUST** be deficient in some way. "Look at me," the perfect people exclaim, "I just get on with it." "Yes—you do," I want to say, but I don't want to drag myself through the days being unhappy, bitter, or sad—I want more.

It's hard to keep going if your heart is breaking because you've said goodbye to a loved one or a relationship. It's difficult to take another step when you lose a job or get hit with another financial blow. It's faith-destroying when a health issue comes out of nowhere and takes away your freedom—and sometimes your choices.

IT'S NOT EASY BEING ME

Sometimes it's not easy being me when my mind races ahead to all the challenges I will have to face. It's not easy to think positively, be positive, or keep the faith. The darkness descends so quickly you're left scrambling to find the light, tripping over things and sometimes hurting yourself even more in the process.

What others don't realize is – I don't stay in the darkness because I want to be here. I simply don't know how to find the light switch; I don't know where to look.

When you're struggling to take a step, or breathe, or keep the faith, everything – even the small things – becomes a mountain instead of a speed bump. When your reality changes, and the person or thing you turned to for comfort and reassurance isn't there... it's scary as hell.

If this sounds like you, then know you are not alone. All of us, at some stage, have walked through the darkest hour – and you can do it too. It's not about fixing you, because you aren't broken. It's not about magic beans or wands, because they don't exist. You must be willing to take the steps – even if you can't see where they'll take you yet. You will need to keep the faith, trust the process, and continue doing the work.

THE STRUGGLE IS REAL

“It’s all in your head.”

“It’s simply hormones.”

“You are too emotional.”

“You aren’t dying – it’s not as big as you’re making it out to be.”

“First world problem.”

These are a few of the judgments and assumptions nailed to the cross you carry as someone struggling with life. Society has conditioned us to believe you should simply suck it up and get on with it. This belief has led to an increase in suicide, antidepressant use, and drug dependency.

Spiritual movements are leaving behind those who can’t change their lives in 30 days by grabbing hold of the laws of the Universe. It’s tough to feel alienated and alone. It’s even tougher when you feel deficient in some way – as if you’re doing something wrong and nothing you do turns out right.

THE STRUGGLE IS REAL

The struggle is real – it's not all in your head. You can stop pretending everything is okay. People do not realize how alone you can be when no-one understands the darkness which surrounds you. It's like falling into a hole so deep, no light can reach you.

A hole where every time you try and get a grip to pull yourself out because of the darkness, you can't find anything to hold onto. Unless you are there in the hole, in the darkness, with the person, you can't make assumptions about what its like to be them. Even if you have had a similar journey you can't throw an "Oh I did it – it wasn't that hard" at them.

The struggle is REAL never for a moment discount what YOU are feeling and going through as unimportant or small. Never ever believe you are less of a person because right now at this moment you can't find a way out of the darkness. Don't make it about character or strength or something you are lacking, which everyone else seems to have. Beneath the surface of many lives is a story way different than you may be seeing.

THE STRUGGLE IS REAL

The woman with the perfect marriage who seems to have her shit together, may be hiding an eating disorder or could be battling a cheating spouse. The man who is on top of his career driving around in a fancy sports car who seems to not have a care in the world, may be wishing for the simple life you have.

This is not about what others think or believe nor is about comparing journeys. This is your journey and you need to acknowledge the struggle, give it a voice, not tuck it away hoping it will disappear. You can't change what you don't acknowledge! If there are monsters under your bed and they are preventing you from climbing out and enjoying life to the fullest, then what is happening to you is important!

The one thing I see all the time as a psychic is people hiding their feelings and struggles because they are ashamed of not being able to cope. They do not want to appear less than perfect to family and friends. It's a tiredness which creeps into their bones and keeps them from the life they so very much deserve. DON'T let this be you! The struggles you are going through they are real, let go of the need to be perfect, for your life to be perfect. Right now, at this moment whatever is happening to you, for you and within you its real. You aren't going to get out of the hole if you never acknowledge you have fallen into one.

WHAT WILL PEOPLE THINK

Also known as “how will I be judged?” When I let down my guard, when I am vulnerable and open about my struggle, what will people think? Often guilt, shame and embarrassment, and even self-hatred live in the darkness with us.

What if I tell them about my drinking problem and they shut me out, turn me away, or worse yet tell me I am not worthy of their love? What if all the people who look up to me figure out I am not who they thought I was? What if I come clean about being depressed or wanting to take my own life and people start avoiding me because they don't know how to deal with it all?

What will people think....

Judgment keeps many a person in the hole, in the darkness, because let's face it most of us grew up believing we needed someone to validate our worth and if they didn't then there must be something wrong with us. When you are in the darkness trying to find your feet the last thing you want to hear echoing around you are the words “what's wrong with you!”

WHAT WILL PEOPLE THINK

Being judged and deemed somehow broken is why many people stay in the darkness and don't share their story. What will people think when I tell them?

Rejection is right after judgment – “will they turn away from me?” Many a person has failed to find the light within because they are too scared of the consequences of being ‘real’. Too scared of what people will think about them. But the reality is in the last breath moment, this will seem small and insignificant against this “why did I let fear stop me creating the life I deserved?”

People give our life meaning - can't escape that fact. We all long for a sense of belonging, we need to know we fit in somewhere. Opening up and risking losing the respect of others, or their love, or their support that's a huge thing to get past. It's no wonder the words stay stuck in our throat when we muster up the courage to speak our truth.

We get the “I would rather live a lie than speak the truth and face being alone...” All valid fears by the way but living in the darkness has its own aloneness attached to it.

WHAT WILL PEOPLE THINK

Not being able to be honest to anyone about what your struggles, makes you feel alone in the world.

Having to cut and paste a smile on your face when you are crying inside – makes you feel alone in the world.

Watching everyone else laugh, enjoy life when you want to crawl back into the darkness – makes you feel alone in the world.

You can worry about what people will think when you stand in your truth and reach towards the light or you can reach for the light knowing it will set you free from the chains which bind you.



IT'S SAFER IN THE DARK

It's safer in the dark. It might be scary but it's safer. I don't have a light shining on all my failings as a human being. No-one can see what is really 'going on' within me. If I stay in the dark I don't have to acknowledge my truths, you know the hard ones, the ones which keep me up at night and haunt me during the day.

When you are abused as a child, you stay in the darkness because standing in the light would mean facing anger and maybe rejection. When you are struggling with grief and sadness, you stay in the darkness because you falsely believe stepping into the light would make your loved one's memory fade.

When you are struggling with addiction you stay in the darkness because it offers you a way out, an exit door on life. When you are dealing with pain or an illness and you can't understand, you stay in the darkness because you either don't want to burden others or you stop believing there is a world of happiness out there for you.

Why would someone stay in the darkness? I am sure all of you walking this path have heard "Oh they can make different choices they simply need to get over it." Or "suck it up I went through this and I survived."

IT'S SAFER IN THE DARK

These types of comments are why people choose the safety of the darkness over the uncertainty of the light. Have you ever been walking and lost track of time and before you knew it, the sun had disappeared, and darkness was closing in on you? We all start off in the light, we don't go searching for the darkness, we don't even know we are in it until its too late to turn back.

In the darkness, one can go about their day unnoticed. Paste a fake smile on, say "I am fine" and pretend the demons are simply minions, which aren't that hard to live with.

No-one wants to have a spotlight shone in their direction. "Oh, by the way, I am an alcoholic." We all know that statement is going to go down like a lead balloon. No-one wants to say out loud "I have O.C.D." or "I can't cope with my grief/pain I feel like killing myself."

We don't want to have to unpack our emotional suitcase and put its contents out there for everyone to see and they will when you step into the light. It's safer to stay in the darkness, because to do otherwise would be to risk feeling even more pain, rejection, hurt or unworthiness and so forth.

IT'S SAFER IN THE DARK

It's easy to judge someone who stays in the darkness, easy to label them as weak or emotionally unstable or not strong-willed enough or possessing some character trait which damns them for eternity.

Easy when you are standing in the sunshine to poke fun at those standing in the shade.

I have stayed in the darkness because it was safer.

I have hidden my pain because to reveal it would bring a whole heap of things my way, which I didn't have the tools to deal with. I have turned off my light so no-one could see me, no-one could hurt me anymore. I have stayed in the darkness because I felt ashamed of who I was, felt unlovable, unworthy as if I didn't belong in the light.

The darkness may at times feel like the safest place to be but the light – the light will break the chains and set you free.

I CAN'T I SIMPLY CAN'T

As a Psychic/Medium I have witnessed so many people step out of the darkness into the light. All of them started off with the same mindset "It's too hard, I can't do it, it won't work." I am not peddling magic beans or quick fixes here - the Angels will show you the work to be done but they won't do it for you. I am not saying it's going to be easy or that you won't want to go back into the darkness and hide every now and then.

BUT, at some stage you need to shift your thinking from 'I CAN'T' to 'HOW CAN I?' How can I create the life I deserve? The longer you have been in the darkness the harder it is to climb out of the hole.

The more ingrained your habits are, whether they be spiritual, physical or emotional, the harder it is to climb out of the hole - lets not sugar coat it.

However, here are a few more facts. Somewhere out there, someone has gone through the darkest hour and walked a journey like yours and they have found their light.

They weren't special in any way, they weren't different from you in any way, they were simply willing to take the next step, not brave – willing.

I CAN'T I SIMPLY CAN'T

Have you been at school football matches and witnessed the parents telling their kids to suck it up and keep going? This isn't like that.

Right now, out loud we acknowledge the reality of your pain and suffering. We acknowledge your feelings and emotions, we do not discount them in any way, shape or form. We do not trivialize anything you are going through or dismiss how much it impacts your life.

You are however master of your own destiny. In order to walk in any direction, you need to be willing to take a step, then another one and another one. No one changes their life by standing still.

You can do this – I know you can. I don't say this as a magic wand moment but because I have seen people just like you, create meaningful, lasting change in their lives.

I CAN'T I SIMPLY CAN'T

The recovering drug addict who now tops the Deans List at the University. The woman whose life was in shambles dating a married man but who now has a healthy relationship and floats down the Amazon every year.

They aren't special, they had the same issues, struggles, fears, doubts as you have now. But at some stage, the light came on and they found their way out of the darkness and you can too.

Don't tell me "I can't" – ask me "how can I?" How can I find the light in my darkest hour?"



LET'S GET REAL FIRST

You can't change it if you don't acknowledge it exists. If you drink too much – you drink too much. If you are angry at your mother because she favored your sisters over, you – that's a reality. If you have debts, owe money, do not know how to manage money – these are truths which need to be pulled out. This is not about beating ourselves up, as this will achieve nothing. However, standing in our truth, the good, the bad or the ugly, allows us to be authentic, allows us to own our shit, take responsibility for it and ultimately change it for the better.

Guilt and shame have no place in this first step. As they say - "It is what it is." What you should have is a sense of relief because nothing is hidden anymore. And a little bit of 'good for me' for being willing to acknowledge the darkness and give it a name.

It is not easy to stand in your truth, own it and take responsibility for it. It is not easy to stand in your truth when it is a wound which has left a scar so deep, you feel broken inside. It is not easy to accept a reality such as a loss of a loved one, when the only way to numb the pain is to cover it with darkness. It is not easy to say, "I am an alcoholic or I was sexually abused as a child or I don't want to live anymore since my husband died."

LET'S GET REAL FIRST

You can continue to push emotions down, continue to live a life based on a lie, shove things under the carpet, brush things aside but eventually, the load will become too heavy and you will collapse under the weight of it.

Giving things a voice, saying them out loud, makes them real very quickly. Here it is the elephant in the room the thing we never talk about or I never talk about. You need to be willing to acknowledge it before you can fix it, resolve it, heal it or lay it to rest.

You can do this – I believe in you.

The truth will set you free. Again, we do not use it to beat ourselves up, we do not attach emotion to it, it is neither good nor bad it simply is. When we identify our anchors, the things which keep us in the dark, we can figure out how to cut them loose.

I know it is not easy to admit to having problems, but the truth is hiding them is way harder than owning them. It is not easy to say, "I don't know how to move forward." It is not easy to say, "I need help." Why because often we associate those things with being broken in some way. "Well there must be something wrong with me if I am still grieving after 10yrs" or "I must be damaged because I can't function as normal people do."

LET'S GET REAL FIRST

There is nothing 'wrong' with you, you are not broken – you are lost in the darkness and have forgotten how to turn the light on. By acknowledging the realities of your life, you are saying “I am ready to take my power back and ready to face my authentic self in the mirror.” Step one – this is my life and I am ready to own it.”



BABY STEPS

You can charge ahead loaded with good intentions, timelines and a pocketful of goals to achieve, however, I doubt you will last more than a month. We want to be taking pressure off ourselves not putting it on ourselves. Two words - baby steps. No one ever runs in the darkness when they can't see what is in front of them or where to put their feet.

You need to take a breath right now and say out loud "it will take as long as it takes – and that's okay." This is not a competition and because no two situations or people are the same you can't be comparing yourself to others. I know it has been a tough road and you have probably been walking it a very long time, so you are in a hurry to get to the end - but we need to take it slowly.

We want to build a foundation which will withstand the next storm and there will be one because life isn't always a bed of roses. We want you to be able to keep your feet if the light goes out again.

So, we are going to take this one step at a time, little baby steps to allow you to gain your strength, a little at a time. The process is simply a step, then a pat on the back with a "well done me", because just as you need to acknowledge the realities of your life you also need to acknowledge the successes – the wins.

BABY STEPS

Again, you have got this – you can do it...why because you are f**king awesome!

So, trust the process take it slowly and allow yourself the time you need to do what needs to be done. Will there be days where you will take a few steps back instead of forward? Absolutely? No-one said it was going to be easy. Baby steps....

Think of it like this; if I told you to lose 100lbs in a week, your ego mind would go into freak out mode and scare you to death. BUT if I said this week we will eat one less donut and maybe add an apple to our diet, your ego mind would go “hell yeah I have got this.” You need time to digest each step, time to reflect upon it, time to understand why you needed to take it.

With the world as it is right now, the expectation is to fit everything in, to complete it within ‘this’ amount of time but spiritual work doesn’t work like that. God/Creator isn’t up there going “okay get this done by noon on the 5th or else.” The more you pile expectations on the journey the less likely you are to complete it.

BABY STEPS

Baby steps, because you are wanting to create a solid foundation, one which won't crumble under pressure. Baby steps because going slowly means you will absorb the lessons along the way. If you do not understand the process, then you will never be able to find the light again if you fall into another hole. It's not rocket science but common sense.

Sit with the words which come next, think about them and what they mean to you. You might have an 'aha' I get it moment - you might not. It's okay there is no judgment attached. Take your time, take a breath, it is okay you have got this...

WORDS AND WHY THEY ARE IMPORTANT

Words are often the switch which turns off the light.

"You are worthless."

"No-one will ever love you."

"Don't try you will only fail."

"I don't deserve to be happy."

"There is no hope I might as well accept it won't get any better."

When you are walking with a wounded child you tend to internalize words. Then you take those words and use them to define who you are. I call these the I Am's.

I am unlovable

I am ugly

I am stupid

I am not capable

The list goes on....

The words draw us away from the light and into the darkness.

WORDS AND WHY THEY ARE IMPORTANT

I am stupid I can't do anything right, therefore, my life will never amount to anything. Therefore, I will stay in a job I hate because at least its a job.

I am ugly, so I will accept a relationship which is unhealthy for me because no-one else would want me.

I am grieving, everyone tells me how sad I should be and when I do feel happy I feel so guilty.

Let's not get all Mary Poppins about this, if shitty things are happening to you and around you then you have a right to be mad, angry, sad, and you have a right to give a voice to those emotions.

BUT what you need to stop doing is taking those words and creating a story which is unhelpful and untrue.

For example, I was told I was unlovable by my father. The story I made up around those words – was no-one will ever love me. Then as the years went by I added another chapter to the story. "I am so lucky to have him." NOT he is so lucky to have me, notice the difference. So "I am unlovable, I can't leave this relationship because no one would want me, I don't deserve to be happy." Wow, that's a story with an unhappy ending if ever I saw one.

WORDS AND WHY THEY ARE IMPORTANT

We need to learn how to define ourselves by our own words...

I am lovable

I am f**king awesome

I am beautiful

Then we need to rewrite the story we are telling ourselves. I deserve to be loved and respected, and I will not settle for second best.

I deserve to be happy, it is what my wife who passed away would have wanted and I am going to honor her memory by living the best life I can.

I am going to go after the new job, I can do this and if it doesn't work out it is not because I am stupid, but it is because it wasn't the right job for me.

Right now, at this moment, what words surround you, inhabit your head and come out of your mouth? What stories are you telling yourself, putting out into the Universe, because you are what you believe yourself to be?

WORDS AND WHY THEY ARE IMPORTANT

Let's face it "you have got this you can do it" will lift you up, whereas "You are stupid, what are you even trying for" will drag you down further into the hole.

How can you rewrite the story? What negative, unhealthy, self-sabotaging words need to be erased and replaced. What is the world you are trying to create for yourself?

Yes, you might need to own a reality and say, "My name is Robin and I am an alcoholic." BUT this doesn't mean you can't start the next sentence with and I am f**king awesome. It does not mean you can't tell yourself a story which goes along the lines of "How brave am I to face my truth, I can't wait to build a life of happiness and joy."

It does not matter what happened to shut the light out, what words were said, what reality slapped you across the face. You always have the ability to choose what you tell yourself in any given moment. So why not give back the words which were not yours, to begin with. In this moment right now define yourself on your own terms and with your own words.

WORDS AND WHY THEY ARE IMPORTANT

In this moment right now, tell yourself a story which shines the light on what you are grateful for, and yes there is always something to be grateful for. Decorate the pages of your life with words which light the way - not words which pull you further into the darkest hour.

Make a point of waking to an affirmation every morning. I am a divine child of a loving God deserving of abundance in all forms.

And when you tell your story to others, don't make yourself the victim of a grim tale which is going to end badly. Make yourself the captain of the ship weathering the storm and sailing into calmer waters. Words are like seeds you reap what you sow, so be careful what you are planting in your life every day.

LOVE

TO CREATE YOU MUST FIRST BELIEVE

It is not enough to say the words, you must also believe them! Sometimes we say the words others want to hear but don't believe them in our soul.

Outside voice – I am fine I know it will be okay

Inside voice – I don't know if I can do this

Outside Voice – Thank you for saying I am beautiful

Inside Voice – They are just saying this to be polite

It is not enough to write down affirmations, go to church, turn up at an AA meeting, spend a weekend at a retreat or read 100 self-help books. You have to believe in what you are hearing, doing and saying.

This is probably the hardest thing you will ever do. Its hard to believe that you are lovable if someone who was meant to love you tells you that you aren't. It's hard to believe in a God who takes away a loved one early. Its hard to believe it will get better when all you have ever known is hardship and pain.

TO CREATE YOU MUST FIRST BELIEVE

Darkness brings with it a fear which encloses our heart and takes away our faith in ourselves and others. Deep down we really want to believe things like, we will see our loved ones again, overcome our addictions, find happiness or create the life we want. We want to believe but don't want to allow ourselves to just in case....

Just in case we can't lose the weight...

Just in case we chase our dreams and it doesn't work out...

Just in case we fail and prove everybody right...

Just in case there isn't another life after this one....

We want to believe but the little seed of doubt has become so deep-rooted in our lives, we won't give ourselves permission to believe.

To create we must first believe....

TO CREATE YOU MUST FIRST BELIEVE

Believe in our ability to change, adapt and grow into the people we were born to be.

Believe there is something/someone bigger than ourselves out there who has our back....

Believe we deserve to have abundance in all areas of our lives. Right now. out loud say the words "I believe...." Then listen to your heart, body, and soul. Are they saying "I want to but..."

I want you to take a risk and allow yourself to believe in the words which follow. I want you to believe in your ability to find that inner light in moments of darkness. When you hear the Soul Voice whisper "you have got this – you can do it" I want you to give yourself permission to believe in those words. When someone says "You are beautiful" I want you to give yourself permission to believe they are telling the truth. When you think of a loved one passed, and a feather drops at your feet, I want you to give yourself permission to believe there is life after death. When you make a mistake, when things go wrong, when life throws you a curve ball, I want you to give yourself permission to believe "this too shall pass better things are coming."

DON'T LOOK BACKWARDS

What was will never be again. You can't change the past, but you can make it an anchor which keeps you from moving forward. You can't bring back someone who has died or take back the words which were spoken. You can't undo what was done. You can't rewrite a chapter you can only turn the page and start again.

The darkness always drags us back into the past, makes us relive mistakes, throws our worst moments in our face. There is always the pull backward to what we did wrong or what went wrong.

One way to prevent this from happening is to give yourself things to look forward to. We all need things to look forward to. A coffee with a good friend, the book we have been wanting to read forever, a dinner date, a road trip or a walk just to talk to God whoever we believe this to be. You don't need to make them extravagant or expensive or even time-consuming.

You can join a community group which meets once a month, you can volunteer twice a week, you can organize a potluck with family once a month.

It is not about what you do – it's about having something to walk towards and look forward to. Everyone needs such things.

DON'T LOOK BACKWARDS

As a child, you marked off the days on the calendar until Christmas came. As a teenager, you looked forward to school holidays and the fun it would bring. Your mind filled up with what you would do and what it would feel like. Maybe as an Adult, you have forgotten, what it feels like to have something to look forward to. We need to change that.

You may have been avoiding thinking about tomorrow and what it may bring. You may not want to face another day because of the stories you have told yourself. Your belief that a better day is dawning may have gone out the window. This is not uncommon when hope disappears, and we cannot see past our own pain.

When we give ourselves things to look forward to, we also give ourselves permission to believe better things are coming.

"I can get through today knowing tomorrow I am getting out of the house."

"I can do what I need to do today because I know next week I will have a friendly face to talk to."

DON'T LOOK BACKWARDS

Don't know where to begin - here are some ideas:

Start a new hobby.

Look up local community groups in your area.

Make time for relaxation, meditation or connecting with God whoever you believe this to be.

Plan a trip however small.

Reconnect with friends and family.

Go to the library once a week and get out a new book or a movie.

It may be difficult to motivate yourself, in the beginning, to think of things. It may be difficult to push yourself out the door at first. But after a while, you will notice a shift from "is this worth it" to "I am so looking forward to this."

UNDERSTAND YOUR HABITS

When you get up in the morning do you brush your teeth? Is it something you do automatically without much thought? Did you start brushing them as a child because you were told it was a healthy thing to do? Brushing your teeth is a habit, something you do every day because you know it will contribute to your well-being. Unhealthy habits may also have formed during your lifetime.

Do you constantly put yourself down when you make a mistake? Do you reach for food when you are overwhelmed with emotion? We need an awareness of our habits, in order to create healthier ones which, promote wellbeing not take away from it.

A habit is formed by repetition and usually occurs subconsciously, like putting on a seatbelt. Awareness is the key here. It is helpful to carry a notebook and journal to record what you say, think and do during a day.

How do you start your morning? Do you wake up thinking how do I drag myself through this day or do you wake up thinking I am going to enjoy this day no matter what happens? Do you affirm your awesomeness with an affirmation or do you start the day putting yourself down God I am stupid I should have remembered to do this yesterday?

UNDERSTAND YOUR HABITS

Saying a positive affirmation in the morning is a great way to start the day. Remembering it takes at least 27 days for something to become a habit, so you really do need to commit to making it a daily practice. I personally like to start with an 'I am':

I AM WORTHY OF LOVE

I AM VALUABLE

This is the ultimate I am statement. "I am a divine child of a loving Creator. I am in possession of all I need to create a life of abundance."

Making time for self-care is another good habit to develop. Maybe you can carve out 20 mins a day to relax, meditate, read a book or have a bath. If it can't be 20 make it 5 mins, it's all about committing to making it a thing you do every day. Listen to your body when it says okay, I need a bit of a break now stop and smell the roses.

When you make time for self-care you are affirming your needs are important.

UNDERSTAND YOUR HABITS

On the flip side, maybe you have gotten into the habit of working through your breaks at your job. Maybe you don't stop to eat when you should or do not eat things which are healthy for you. So, these are habits you would look at replacing. For example, you might get into the habit of going for a short walk on your breaks or you might start bringing your lunch to work instead of buying it.

It doesn't matter what your struggle habits are important – what you say, do, think, will determine what your future will look like.

Maybe you have lost your job and have gotten into the habit of sleeping in every day until noon. Maybe someone has been critical of you and now you have gotten into the habit of second-guessing yourself. Maybe you have lost a loved one and have gotten into the habit of replaying all the things you didn't get to say in your head. Maybe life has overwhelmed you and you have gotten into the habit of drowning your emotions with alcohol.

Everyone has habits which have developed over the course of their lifetime. But we want to make sure yours are healthy and enhancing your life not taking away from it.

UNDERSTAND YOUR HABITS

Start carrying a notebook and jot down the things you find yourself doing over and over again, then at the end of the day read them out loud and ask:

“Will this bring more of what I want into my life?”

Replace an unhealthy habit with a new healthier habit. Maybe instead of sleeping in you get up and go for a walk. Maybe instead of reaching for a bottle you reach for a journal and start writing down your feelings. Maybe instead of mourning a loss and isolating from the world you get out and celebrate the breath you still have.

Some people start their day with affirmations and morning prayers, others go for a walk to ground and find gratitude by being with nature. Some people get into the habit of giving themselves things to look forward to.

You might choose to make healthy eating a habit to get into to.

Align your habits with who and where you want to be. Awareness and acknowledging your habits are the first steps towards changing them.

WHAT'S ON YOUR PLATE

Commonsense tells us the more we put on our plate the less room there will be for what is truly important to us. Filling our lives with things to keep us busy so we don't have to think is a tactic we have all used. Need to move house? I can help you! Want me to be on the school committee – not worries!

We need to develop healthier habits, but we also need to be careful not to bring things into our lives simply to fill it up. The objective is to have a fulfilled life, not one filled up with things not aligned with who we want to be and where we want to be.

We have limited energy and the older you get the more you realize how important it is to use it wisely. The thing is it is better to have a few things on your plate you can give a lot of energy too and do well. You can multitask all you want but chances are good nothing will get done properly because you simply don't have the time or energy to fit it all in.

What is on your plate? What fulfills you and adds meaning to your journey? What are you using to avoid dealing with your realities or fill a hole because someone or something is missing in your life?

WHAT'S ON YOUR PLATE

It is important to look at what is in your life and ask a few key questions:

Is this junk food which satisfies me for a while but leaves me feeling hungry for more?

Does it make me feel like I don't need anything more? Does it fulfill me?

It is easy to get overwhelmed when you are trying to keep your shit together and your plate is overflowing. But it is just as easy to slip into the habit of saying yes to things and people when in fact you really need to be saying 'no'. We need to understand why we have the things we do in our lives and what those things are contributing to our well-being.

I might be going to the gym 7 days a week however I might have put this on my plate to avoid having the hard "it isn't working conversation," with my partner.

I might be making myself a shoulder for everyone to cry on to avoid dealing with my own emotional issues.

I might have thrown myself into my work, so I didn't have to go home to an empty house.

WHAT'S ON YOUR PLATE

What's on your plate? What's in your life and why did you put it there? I will give you an example: I married my first husband because I felt abandoned by my family and I needed a home. I put a marriage on my plate to fill my life up, so I wouldn't have to be alone.

I stayed extra hours worked overtime and pushed my body beyond its limits at work because I needed to have validation of my worth.

Sometimes you have to ask does this really need to be in my life? Is it here because it fulfills me adds something and is taking me towards the life I want?

Another piece of this puzzle – energy. We have limited energy unless you are pretending to be superwoman/man. It is a resource we need to use wisely on things which are important to us.

I would rather give all of my energy to a few things and do them very well than give a little bit of energy to a lot of things. I would rather spend a lot of time making memories or creating something awesome, than running around juggling people and commitments.

WHAT'S ON YOUR PLATE

Have you made your life an all you can eat buffet? Or are you simply going back filling up your plate as much as you can when it gets empty? Are the things on your plate put there haphazardly without thought? Have you got a little Chinese, some Mexican and maybe a steak thrown in? Did you really think about the decisions you were making or was it a matter of let's just pile as much on as we can? Now you are being asked to step away from the buffet and sit down to a fine dining experience. Not much on the plate but what is on it make sense, compliments each other, and leaves you feeling not only fulfilled but as if you have been taken on a journey.

Maybe you will join the gym, but it is because you are looking to create a healthy body and maybe instead of seven days a week, you will alternate days because there are other things on your plate which need as much attention.

Maybe instead of working long hours to avoid going home, you will invite friends around for a meal. Are you changing your eating (life) habits, making sure what's on your plate is going to leave you with a taste which is so divine it lingers and leaves you wanted more?

LET'S TAKE A BREATH

You don't have to solve all your problems in a day. I know what a revelation that is!

You can be human and take a break from the adulting. You need moments in which there is no need to search for answers, moments which are there to feed your soul. Maybe you need to get up and go for a walk along the beach, or grab a friend for a coffee, or play with the puppy or binge watch a little Netflix. You need to exhale the adult at times and grow some fairy wings.

This chapter has no purpose to it other than to get you to stop and take a breath. There are no wise words contained here, no life-changing aha moments. There is nothing here to figure out or think about. Can you do this....

Can you simply be for a moment?

Breathe in for four, hold for seven, out for eight. It's going to be okay – you have got this.

One Zen student said, "My teacher is the best. He can go days without eating."

The second said, "My teacher has so much self-control, he can go days without sleep."

The third said, "My teacher is so wise that he eats when he's hungry and sleeps when he's tired."

MAGIC BEANS AND QUICK FIXES

Do not set yourself up for failure by looking for magic beans and quick fixes – there isn't any. Do not slap unrealistic timelines onto whatever you are hoping to achieve.

Feeling overwhelmed is probably what dragged you into the darkness to begin with, so you do not want to be adding even more pressure on yourself.

For healthier habits to be formed, for beliefs to change, for shifts to occur, you need to be patient and give it time. No beating yourself up because it hasn't happened as quickly as you imaged it would. No giving up because you feel like it isn't working because you are 3 months in and you still have down days.

There are going to be moments where you take 2 steps forward and 3 steps back. It takes a lot of faith to stay the distance and keep believing change will come. And it isn't about being brave – its all about being willing to keep going regardless.

At the beginning, I said there are no magic beans but perhaps the magic bean is having faith and believing in your ability to create the life you deserve.

MAGIC BEANS AND QUICK FIXES

.You might be sitting there saying “But I have been doing this for seven years and I don’t think I can do it for another seven!” This is a fair enough statement and I want to answer it honestly.

Mindset is 99% of the battle. If you are already admitting defeat, there is probably no point putting on your warpaint. A lot of trust and faith involved here.

You are not only putting your trust in the Universe to have your back, but you are also telling your ‘SELF’ – “We have got this!”

Intention implies a general desire or plan to accomplish something. Set yourself up for success by being mindful of what your intent is in each waking moment.

MAGIC BEANS AND QUICK FIXES

I like to give people this exercise:

Write down your intent - what you want to accomplish the next day...the night before. A simple statement such as I am going to clean one room and complete it.

Leave the note on the table and then when you wake up, make the note the one piece of a bigger picture you are going to focus on. Don't try and solve the whole puzzle – pick one manageable piece. Then you when you have done what you said you would do – pat yourself on the back. You need to be your own cheer squad with a “well done me I am f**king awesome!”

I wouldn't say you could do this if I hadn't seen it happen time and time again. As a Psychic/Medium I have seen the power which arises when someone switches the light on and recognizes the greatness which resides within them. I have seen lives change and futures created.

Let me be very clear though there are no quick fixes, no matter who you are, how much money you have or how old you are. The darkness can creep into anyone's life and we all have the same journey back to the find the light again.

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MAGIC BEANS AND QUICK FIXES

I need you to stay the journey, keep the faith, trust in your own ability to create change in your life. I need you to let go and leave the outcome to the Higher Power whoever you believe this to be. We are solely focused on being present in our lives and the moment we are in.

Don't look for magic beans - plant seeds of hope instead. Don't look for quick fixes, look for ways to build your house in such a manner that no matter what the storm it will bend but not break.

You never fail until you stop trying – Albert Einstein.

Believe

WHAT OTHERS SAY

Let's face it perhaps the greatest hurdle you will encounter is other people. Not everyone wants you to come out of the dark because then you will force them to look at their own darkness. Not everyone will 'approve' of what you are now doing and saying. Not everyone will have your back, be in your corner or cheer you on and you know what that's okay. There will be those who will have an opinion on your life and what they think it should look like.

If you have lost a loved one you might encounter the "Don't you think it is a bit early to be out and about?" If you have an addiction you might hear "I don't think you are ready to take on anything else." If you have been isolating from the world these may be the words thrown at you "Oh honey, why stress yourself out stay home."

If Facebook has taught us anything it is that everyone is going to have an opinion on how you should live your life. There will always be the negative energies which want to bring you back into being a victim. There will always be the people too afraid you will show them up or worse yet force them to look at their own lives. This is a reality and it may even come from people who you love and respect.

WHAT OTHERS SAY

Go back to worth for a minute and how it is determined. If your worth is tied up in what everyone else thinks of you then every little negative comment will make the light grow dimmer.

I guarantee you when the last breath is taken what others thought about your life won't matter.

Moving forward you are going to need some super-duper healthy boundaries. This is behavior I will accept, and this is behavior I won't accept.

You are going to have to have a whole heap of positive self-talk tucked in your pocket. It is going to be your superpower to stop thoughts of self-doubt creeping in. You are going to have to hold onto your own truth like there is no tomorrow. Because there will be people out there waiting to throw theirs at you.

You are going to have to figure out your inner circle and surround yourself with people who are happy for your successes.

WHAT OTHERS SAY

When we doubt ourselves as people in the dark often do its hard not to listen to others and internalize what they are saying.

I urge you to take time to connect to your Soul Voice each day either through meditation or journaling or simply a walk-in nature to have a talk to God moment (whoever you believe this to be).

Your inside Soul Voice needs to be louder than the outside voices. You must trust in your truth – the one which says, “I have got this I can do this, and I will do it my way in my own time.”

ALONENESS VS LONELINESS

Loneliness is a pain, a depression, a feeling something is missing. Aloneness is when you are comfortable being by yourself, it's a feeling of being enough, no-one else is needed. One wraps you in darkness the other covers you in the light of the divine.

When no-one else is around, when the lights go out and the silence falls heavy upon our shoulders, it is then all the things we have run away from catch up with us. It is why people work longer than they should, say yes when they really want to say no and fill their plates with life junk.

It is vitally important you learn to be okay with your own company. The Creator doesn't yell to be heard above the outside noise if you want to hear your Soul Voice you must make time for moments of aloneness.

Learn to use feelings of loneliness as a tool rather than a stick to beat yourself with.

You are alone no-one else is around and the tears start to fall, you could beat yourself up for being so emotional. Or you could ask why?

ALONENESS VS LONELINESS

You are alone, and the doubts start to pile up, you start to beat yourself up for not being perfect enough. Or you could ask what you need to do to boost your self-esteem.

I understand the darkest hour more than most. I know what it is like to cry tears no-one else will see and I know what it is like to feel abandoned with no hope in sight. I get it... I have felt a loneliness so invasive it almost pushed me into taking my own life. Learning to be okay in my own company and alone with my thoughts has been a tough ask. But it what I am asking of you right now.

The truth is always shown when we are alone. As hard as it is to face - the truth will always set us free from our demons.

You may have to sit with a wounded inner child and tell her/him "its okay I have your back we have got this."

You may have to sit with a loved one passed and tell her/him "I know you are listening I want you to know I love you."

ALONENESS VS LONELINESS

You may have to sit with your higher power and tell her/him "I know you have a plan for me I can't see yet, I let go and walk ahead in faith."

You may have to sit with a memory of abuse and send up a prayer, "I forgive not the action but the person I forgive so I can let go."

You may have to sit with mistakes made, with the pain you may have caused others. You may have to forgive yourself and ask, "what is the next step towards healing."

Don't run away from the loneliness there are lessons contained within it. There will come a day when you will move from loneliness into a comfortable aloneness.

It is coming...you will know when it has arrived when the silence slips around you like an old friend wrapping you up in a hug which never ends.

PRIDE WHY YOU DON'T NEED IT

If I see you wear the same clothes for a week, I am not going to place a judgment on you and say, "Why don't you have more pride in your appearance". I am going to sit beside you and ask "Is there anything I can do for you and if you need to talk I am always available"

If I see a man having to look after the children because has lost his job or one who chooses to stay home and look after the children while his wife works, I will simply go "Wow how enlightened are you" not "Geeze you can't have much pride left".

What exactly does pride get you? Seriously all it seems to be is a guilt trip word people use to make you step out of your greatness. Look at it another way we sit here and moan about what we don't have, yet we use pride as a reason not to accept, ask for or search for the resources which will enable us to live an abundant and authentic life.

It's like saying to the Creator "Give me the tools to build the life I desire" then when he/she does put them in your path you go "Oh no I cannot possibly use those I can do it on my own I have pride you know".

PRIDE WHY YOU DON'T NEED IT

Pride is ego's way of creating an illusion that we are in possession of some wonderful human quality. Pride is fleeting it comes and goes with the tides of time. Ask yourself when you are taking your last breath do you really want to be telling the Creator. "I may not have created the life I wanted but at least I have my pride."

I don't know about you, but I would rather have a life of joy abundance and happiness. I would rather live a complete life than sit alone with my pride.

I am not proud. I have no pride at all I am virtually shameless. If people offer their help, if I need it, I will take it without blinking an eye. I will also ask for help, I will access any resource available to me.

I don't much care for pride. I have enough obstacles to overcome without adding one more.

People who pull out the pride card saying you should have more pride in yourself, are making a judgment, there is no compassion or empathy in such a statement. It's a guilt trip trying to make you feel smaller' so they can have the illusion of being bigger. It is a "You should" statement which implies I know what is best for you.

PRIDE WHY YOU DON'T NEED IT

Pride broken down is

P=pass me by I don't need your help

R=really I am okay

I=I insist I can do it on my own

D=damn I wish I had asked for help

E=ego wins again

You only get one life. You cannot go back so please do not let pride stop you from creating an abundant life for yourself right now at this moment.

You do not need pride in yourself you have no need to cloak yourself in ego words. When you are living the life you were born to, the happiness far outweighs any fleeting moments of pride and it lasts a lifetime.

Throw your pride out the window replace it with the greatness within. You are a walking divine miracle of creation. Honor your greatness, use the resources Creator has placed in your path to build the life you deserve.

THIS LITTLE LIGHT OF MINE I AM GOING TO LET IT SHINE

The song this little light of mine is based on this Bible verse: Matthew 5:14-16, Ye are the light of the world. I am not church religious but even Buddha on his deathbed said: "You are the light."

Maybe we have been looking for the light at the end of the tunnel when we should have been looking for the light within. The divine resides in each of us, we were created to manifest a life of abundance, not just some of us all of us. Sitting in the silence of their meetings, Quakers seek to "greet the light within". It is important to learn to have moments of silence where you allow the divine to rise within you.

I know right now you might be afraid of the quiet and the fear monsters which lurk in the darkness. I know it is hard for you to keep the faith when the world seems out to get you. Don't despair it is going to be okay.

THIS LITTLE LIGHT OF MINE I AM GOING TO LET IT SHINE

Take a breath – you have got this, one day one step at a time. There are rainbows coming after the rain. You don't have to solve all your problems right now, its okay to take a breath, find your feet and steady yourself.

Those who know the light within don't question whether they deserve a life of happiness and joy. They believe all they need is within them waiting to be accessed. Again, let me repeat - the divine resides in all of us not just the chosen few.

What are the matches you need to get the light within burning?

Affirmations: Self-affirming statements

I am deserving of abundance in all forms, in all areas of my life. Not because of who I am, but simply because I am Faith: In Yourself and in something/someone bigger than yourself.

This is where the "I have got this" mindset comes into play. No matter what happens I have got this. Throwing in the Creator doesn't hurt either trusting the Universe has your back.

THIS LITTLE LIGHT OF MINE I AM GOING TO LET IT SHINE

Language: How you talk to yourself and how you describe your world.

This is where you become your own BFF and cheerleader. It's about looking for the blessings instead of the dark clouds. Stop saying I can't start asking yourself how can I? Anchors: Cutting them loose.

You don't want to be dragging the past into your future. If there were mistakes forgive yourself, if there was grief its time to walk towards healing if there were people who you thought treated you badly - forgive the person not the action and let it go.

Love: Let it in

Reach out ask for help. Allow others the honor of being there for you. It is a gift to be able to be a human angel for others.

Hope: Give yourself things to look forward too.

We all need things to be walking towards it stops us looking backwards. Small things which bring us joy its time to find out what truly makes you happy.

But most of all - I want you—each of you, wherever you are —to know that you are loved. Beyond measure and you are not alone.

APPENDIX 1: HOW TO HAVE A SPIRITUAL SPRING CLEAN

Before you begin any spiritual journey the very first thing you should do is have a spiritual spring clean. This helps make room for new ideas, people and new beginnings. We walk through life gathering stuff, beliefs, people, dreams, goals, hobbies, commitments, and responsibilities but rarely do we stop and look at what surrounds us.

Ask yourself:

What surrounds you – what do you walk through each day?
What do you think about?

What people walk through your life and touch it?

What activities take up your time?

Let's start with the physical environment, go through each room and focus on that area - what feelings arise.

When you walk into a room do you feel?

Overwhelmed, Depressed, Neutral or its just a room?

APPENDIX 1: HOW TO HAVE A SPIRITUAL SPRING CLEAN

Often, we keep a lot of things which have little meaning for us rather than a few things which have a great deal of meaning to us.

What are the physical items are you holding onto?

Are there clothes which you don't fit into?

Are there boxes of stuff you will get to one day?

Are you a hoarder of sentimental items?

Let's move onto your mind, a

re there thoughts and beliefs which no longer serve you?

Do you have unhealthy ways of thinking about the world?

Are your I am's boosting you up or beating you down?

Do you gossip?

Is your mind so full up of the past and the future you are never in the present?

What do you hold onto in your heart what weighs you down and closes of the light of the divine?

APPENDIX 1: HOW TO HAVE A SPIRITUAL SPRING CLEAN

Do you have built up resentment?

Do you have bitterness and anger?

Have you healing to do?

Are you still dragging anchors from the past into your future?

We should all begin each year with a spiritual spring clean – why, because it gives room for the new to enter, for the Divine to work its magic and it allows us to focus on our true purpose in life.

Are you ready to start your spiritual Spring clean?

Are you willing to let go of things which no longer align with who you want to be and where you want to be?

APPENDIX 2: HOW TO HAVE A PHYSICAL CLEAN

Letting go becomes easier when you see, not what you are about to lose but all that you will gain, in creating space for something new to enter

Questions which need to be asked:

Do I use it or have I used it in the last three years?

Am I only keeping in because someone gave it to me?

Can it be easily stored?

For projects ask yourself - am I really going to finish it?

For clothes—am I ever going to fit into this again?

Do I need this many or could I donate some?

Is it current technology or is it outdated and can it be recycled?

Does it need repairing and/or is it safe?

Has it gone past its use by date?

Does it have a lot of sentimental value or a little?

APPENDIX 2: HOW TO HAVE A PHYSICAL CLEAN

Small steps for rainy days

The medicine cabinet throw out things that are out of date

Makeup throw out old/empty containers

Cleaning Supplies pair down to the essentials, what you need for each room. Throw out empty bottles and out of date supplies

Purge your medicine cabinet take old or out of date medicine to your local pharmacy to be thrown out.

Clean out your purse

Go through your kitchen throw out anything which doesn't have a lid or is cracked.

These are only a few suggestions I am sure you can come up with lots more!

APPENDIX 2: HOW TO HAVE A PHYSICAL CLEAN

Good Feng Shui

Declutter the areas which greet you as you walk through the door.

Get rid of anything from past relationships or experiences which ended badly

Make sure your bedroom is free from technology

Clean out anything which is broken or damaged

Open the windows let fresh air in and have living plants

Share your books with a friend/donate to charity

Make sure to shred unwanted mail /bills /documents

The Konmari method

Choosing what to keep as opposed to what to get rid of

Declutter the areas which greet you as you walk through the door.

APPENDIX 2: HOW TO HAVE A PHYSICAL CLEAN

Going through items, touching, feeling them, then asking
does this bring me joy?

Decluttering what doesn't feel like it belongs with you

More methods of decluttering

Every week fill one garbage bag to be thrown out

Once a week donate an item

Set a timer and do 15 mins of decluttering a day

Pick a random number for example 8 then donate 8
things/throw out 8 things and put away in storage 8 things
Gather all the things which have sentimental value, decide
which ones you can take a photo of, put in a photo album
and then let go of. Remember to keep a few things which
mean a lot rather than a lot of things which mean very
little.

APPENDIX 3: MIND CLUTTER

Why is it important to declutter our minds? Firstly, a lot of anxiety issues arise from having unhealthy belief systems. It is where we tell ourselves a story based on an unhealthy belief and it leads us to panic, feel overwhelmed or makes us frustrated and angry.

Unhealthy beliefs start in childhood with 'I am not good enough' 'I don't belong' 'No-one understands me' 'Everyone else is better than me' 'I am the problem'.

Common core beliefs will fit one of these four categories:

Unworthiness/Defectiveness (I am unlovable/bad)

Shame/Guilt (I did something bad therefore I am a bad person)

Control: (I am powerless, I can't handle this.)

Safety/Vulnerability: (I am unsafe, the world is unsafe.)

What are the beliefs we should let go of? Start with beliefs which are false/limiting and outdated. Any belief which does not support, encourage and inspire us.

APPENDIX 3: MIND CLUTTER

Here are a few examples:

I am ugly/unattractive

Having problems is a sign I don't have it all together.

I won't succeed so bother trying.

I don't deserve to be happy.

The good news is you can change your beliefs and the things you choose to store in your head. It won't be easy, but it is possible with a little help and some hard work. We need to let go of what we are holding onto before we can move forward. Old beliefs, attitudes, ways of looking at things, behaviors, these are all anchors which keep us where we are.

These possibilities came not only searching for something new but also from unlearning or forgetting what had come before. In that moment of emptiness, the mind is open to a new possibility. Michael Jones.

We grow and as we grow the usefulness of our beliefs needs to be re-examined. What served us at 20 probably won't be relevant to us at 40.

APPENDIX 3: MIND CLUTTER

You need to have a spring clean of the mind and soul because things change, you change, and some beliefs are not going to be useful or healthy anymore.

When was the last time you had a spring clean of your belief system? If the answer is never this is the first step.

Write down your beliefs big and small and ask these questions.

Why do I have this belief? Does it belong to me or someone else?

Has it ever been the truth? Is this belief true for every situation?

What evidence do I have it is still a valid belief?

Does this still serve my highest good or do I need to let it go?

The hardest part for any hoarder is letting go. It is hard to admit what we thought about ourselves and our world doesn't hold true now. It is difficult to throw out old outdated beliefs because they give us a sense of comfort and security. 'Better the devil you know' as the saying goes.

APPENDIX 3: MIND CLUTTER

How to stop being a mind hoarder

Let it go – don't hold onto grudges, regrets or words
Deal with it as it happens – don't wait a week to resolve issues.

Write it down – journal feelings and emotions.

Get to know your family history, patterns are easier to dismantle if you have the original blueprint. If you went to the end of the book and read the last chapter you would have a limited idea of what the story was. The same applies to your parents, they have a history. Knowledge of this history helps us understand what behaviors and beliefs were handed down from one generation to another. Emotional baggage what do you have in your suitcase?

Unpack your bags and see what exactly is in there. What is yours to own what isn't? This is a very important question because often we end up carrying the emotional baggage of our parents. This doesn't mean we don't have to deal with it – it simply means it is easier to deal with when we know the source.

APPENDIX 3: MIND CLUTTER

Tune into your Soul Voice. Your Soul Voice is the one which says, “You have got this – you can do it.” Your Soul Voice has your back, is in your corner and cheers you on! Your Soul Voice is the whisper of the Angels, so you must find a quiet space to hear it.

Learn to speak to yourself with kind, loving words. Speak with words which inspire, lift-up and encourage.

Grab a rock – it is your new spiritual fidget spinner. Stick it in your pocket and rotate it with your fingers. As silly as it sounds it is the most effective way to stop yourself having conversations with your ego mind.

If you want to continue this journey



[Join me on facebook](#)

Our Prayer for you is that you may find peace in your heart and the happiness you deserve.

Much Love Robin

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