



FTLOH JANUARY 2024 NEWSLETTER

RECLAIM YOUR POWER

How are you holding back from reclaiming your whole self? Where, when, and how long have you been seeking and/or need approval outside of yourself? It is a provocative question and one you might quickly jump to answer, “Nowhere, not me!” Emotional growth is our human process. As babies we lived through our body’s sensations, made all the necessary fusses, our voices clear and strong, to express our needs. As we grew, interacting with our world, we observed behavior in adults and developed various levels of self-consciousness, comparing ourselves to others, sometimes puffing up or at other times, shrinking away. It played out in our growth perhaps as feeling a catch in our throat rather than speaking up loudly, clearly compromised by a need to fit in, and a need for approval. How young does this start? Recently we were visiting with someone talking about their 5-yr-old son and observing some aspects that felt ungrounded about him. The mom shared that while he has become more comfortable at school letting his whole self-shine; he “contains” himself in school because he hates getting in trouble so figuratively it is like walking on tippy toes. We relate. We’ve all experienced similar times we adjusted to “make us” work. It’s a normal part of our emotional growth and behavioral evolution.

So, this January we encourage your kind and gentle review. Be open to listening to yourself. Have you been walking on eggshells afraid to speak up, giving away your power to others, been triggered to react by another’s opinion, doing what others say in place of consulting your own wisdom. Right now, simply take a few deep breaths . . . feel your feet and connect with the earth. . . affirm your willingness to see what holds you back from being the shining light that you are. Give yourself the time and space for the knowingness and information to come forward. It may not happen today or in the way you expect. . .but start the reclaiming process. Close your eyes and just be in that internal quiet space. Slowly breathe in and out a few more times feeling the power in just being. . . affirm that you love and accept yourself right in this moment – no if onlys, no wish I hads, no regrets! Now move through your day in that internal quiet space easily and without conflict or stress.

Bring the theme of reclaiming your true power into the new year! Not solo ego power. It’s bigger than that for we are talking about the whole of who we are, that all-encompassing natural energetic spiritual power, balanced with our gentle ego strength. The power of self-love. As this process unfolds and develops, we encourage you to share your discoveries with us! **Happy 2024!**

Find meditation class schedule, new articles, and links to our YouTube Channel on our website, <https://www.fortheloveofhealing.com>.

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