

Greet Your Inner Critic
Increase Your Confidence and Creativity

The most Important Relationship in our lives is with ourselves!

Do you want to be more successful in your business?
Are you looking for ways of increasing your business?

Do you want your personal and business relationships to improve?

If you embrace this concept, I guarantee they will!

So how do we do that?

Begin with discovering and acknowledging who you are today.

- Place your hand on your heart.
- Do you love yourself?
- Do you love some parts of you but not other parts.
- If I was to ask you to describe yourself, how would you respond?
- Where does your mind take you?
- To the positive? or the Negative aspects of you?
- Are you being real (yourself) or are you pretending to be somebody because that's what you think it takes to be accepted?

When you embrace, accept and acknowledge all parts of yourself, you have achieved self love.

When you own and acknowledge all parts of you, even those you consider bad and wrong, they cannot sabotage your life because you have accepted them as a part of you.

You are then in charge of all parts of you. You then call them forth when necessary for a specific situation.

- When you ignore them and tell them to go away they get louder and louder and they present themselves in the most inappropriate ways.
- We think we are in charge by stuffing them down or telling them to go away. But we truly are not.
- It takes compassion to own and embrace a part of yourself that you've denied or hated. **The results might surprise you.**
- Don't you just love a person who owns their insecurities. Don't you feel you can love that person and accept them for who they are because they have done so for themselves.

Our shadows hold the essence of who we are. Imagine the parts that we reject are our most treasured gifts.

- By facing these aspects of ourselves we become free to experience our glorious totality. The good/bad. The dark/light.
- When you open your heart to yourself, you will find you have compassion for everything and everyone.
- When you don't embrace your full potential, you don't allow the universe to give you your divine gifts. Your soul yearns to realize your full potential and only you can allow it to step forth.
- You can choose to open your heart and embrace all of yourself, or you can choose to live with the illusion of who you are today. It's your choice.
- If we step outside of ourselves as a witness and see ourselves with the innocence of a child, there is no judgement just

unconditional love.

- Peace comes when we stop pretending to be something other than our true selves. Many of us don't even realize we are pretending to be less than we are capable of.
- We are perfect as we are and we all have a purpose and our qualities are exactly what we need to live our purpose. This means if you are manipulative then you can use this to make a difference in the world in a positive way.

You are what you are. The moment you own those traits they turn into a positive. It can begin to change.

- If you are inspired by someone's courage, you have it within you.
- If you think someone is selfish you can be sure that you are capable of the same amount of selfishness.
- The difference is if you own it you are not acting on it. If we don't own it, we project it onto others.
- If you get an emotional charge about someone else's issue, then you haven't owned it within yourself. So you see those people around us are our teachers.

So back to the initial comment of drawing more business and being successful and how does that relate.

- When we own and love all parts of ourselves, the inner critic becomes silent. People feel your shift and love your positive energy and love to be around you. They feel good about who

you are and what you have to offer.

- This is the key to success. It's really that simple.

When we allow ourselves to be human and embrace universality, (our connection with others), we can easily become whatever it is we desire.

- Think of yourself as a castle with many rooms and each room is unique and special. These rooms represent all parts of you. If you only embrace some of the rooms, the house will feel somewhat empty and neglected and it cannot live up to its full potential.
- If you embrace and love each one, the castle is divine in every moment and you are in charge of your castle and you allow those traits that in the past you rejected to work in your divine favour for the good of yourself and for the good of society.
- What can be better than that. Caring for the society is what brings people to want to do business with you because it's about all of us winning and being successful.

For more information on this subject refer to the book
"The Dark Side of the Light Chasers" Debbie Ford

In love and light

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