

CONNECTED WITHIN

ONE WITH EVERYTHING

NEWSLETTER

MAY 2022



Right now, we all feel so overwhelmed, it only needs the smallest chaos and we so easily lose our alignment and connection.

So, I feel let us all do things in baby-steps, one at a time.

Everything sounds like too big of a commitment. For me, even writing something profound and uplifting for this newsletter seems a huge responsibility or commitment, wanting to tell myself off for being a couple of months delayed for my quarterly newsletter etc.

But when I shift my perspective and just focus on writing from the truth of my heart and feel my intention of what I would like to give, it seems to flow without ego but from the love of my essence. Easy 😊

Why don't we all try to take things one day at a time? Not for the next year, just for right now. This approach truly works, and it's amazing what we can accomplish. With a gentle heart and mind.

Also, honouring what we have already accomplished in our lives and taking things one day at a time.

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People everywhere are coming to the realization that becoming empowered is essential for personal health and healing, successful relationships, fulfillment of creative dreams, and even honest communications in every area of life.

Virginia Woolf wrote

“In health, we maintain the illusion, both psychological and outwardly performative, of being cradled in the arms of civilization and society. Illness jolts us out of it, orphans us from belonging. But it also does something else, something beautiful and transcendent: In piercing the trance of busyness and obligation, it awakens us to the world about us, whose smallest details, neglected by our regular societal conscience, suddenly throb with aliveness and magnetic curiosity. It renders us “able, perhaps for the first time for years, to look round, to look up — to look, for example, at the sky”.

I deeply believe that your Light is your life force. It is the fuel that we direct into every choice we make.

It is what we call energy until we are conscious enough of its power, to realize that this *Light within is*, at its more evolved state, *the essence of the Divine*.

So now let me get to my intention for this newsletter – encouraging you to

be defined from within not from outside! Don't let anyone else define you but define your life from within, from your essence!

Learn from the experiences encountered by releasing resistance and radiate joy and love from within!

And whatever your mind tells you, just gently **continue on at all costs**, which means **you continue with a greater spirit of cooperation, not feeling like a victim.**

We all can get so frustrated by people's constant demands or disregard for us. But when your heart is full of the joy practices self-honour, you start to embrace what you do and step into a space of **zero resistance and begin to feel deep compassion for yourself.**

In the moment you let go of resistance, you will experience the blessing of transformation.

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That's when we transform the parts in us, that were or are judging others, believing that we were right, and the other was or is wrong.

Truly pray for guidance to show you a way to surrender to the reality of a difficult situation as well as for compassion for any issue or person who you feel resistant to.

When you look outside, for others to treat you with respect and understanding, give you validation and appreciation – you have to start with yourself. Receive it from within not expect it from outside!!

Instead choose to focus on what you're gaining out of given experiences or relationships. Be grateful for the learning and growth offered by these situations, life presents you/ us with!

From this place of gratitude for the opportunity to do what you love; you will suddenly feel no longer at anyone else's whim.

When we are fighting with someone, they have power over us, but when we accept a situation, we find a sense of liberation. So choose to liberate yourself from this!

Then the transformation that takes place inside of you will begin to manifest itself in your external world.

If someone is not showing you the level of respect you deserve or is making it hard for you to do the work you know you're meant to do, **bring that damaged part of yourself into the light and see what choices you have.**

You can take responsibility for the neglected parts of yourself that you might have failed to honor or respect. If we take full responsibility for the way people are treating us, which **we** are in some unconscious way allowing, then we will find that **we have the power to choose differently, and miraculously the people around us will change.**

If you need to leave a situation, then leave, but **know that the same thing might happen in the next job you take or in the next relationship you enter into.**

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Take courage to work out the why you're feeling disrespected within yourself, and wholeheartedly pray for the healing to happen within your own consciousness.

When you pray and feel like a vessel for your innermost essence, the world stops reflecting back to you, the shadow parts of yourself, the parts that you might have left unexamined or unresolved.

This is how you will set yourself free.

Please enjoy being you by learning to see what a privilege it is to be YOU, from your soul-level!

With love and light to all of you!

Birgitta xx