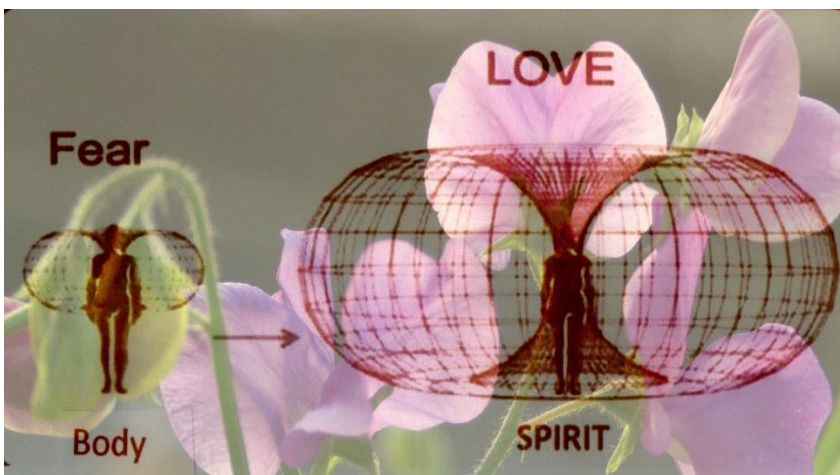


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NEWSLETTER

APRIL 2021



"Manifesting is not about attracting what you want. Manifesting is an awareness and an understanding that you attract what you are!"

- Wayne W. Dyer

This quote inspired me to write this newsletter to you all!

Here in the UK we're slowly coming out of lockdown – and yet **what will help us to come out of a very long hibernation, support us on our journey, to restore our emotional resilience, our inspiration and zest for life, to reconnect with our essence, our truth and faith even?!**

How can we be **filling up with trust again**, when this past year was and ongoing is, so demanding and challenging; in terms of **re-evaluating** our mere purpose, daring to live by **our newfound values, our different outlook** about our lives?!

When I feel filled with Gratitude I connect with source and my very own truth and essence. This makes it easier to step away from my mental concepts, towards simply feeling the privilege of, who or as Wayne Dyer wrote, what I am, what we individually and consequently collectively are!

Let's start individually, with defining **our own truth**, and act upon our **truthful responses to these ongoing challenges!**

How we respond to challenges that cause feelings of uncertainty in us, is a **constant new choice**, of how we want to feel! Not believing in the power of what unsettles us, but believing, blindly trusting that within our soul and our connection to Spirit, we have not only all solutions, but we will be reawakened and beckoned by **inspired intentions of what to do next.**

Over these past 14 months there was a deep change within our relationships, our outlook and even our dreams, so right now, let's clearly **sense this appreciation; this sense of joy and inspiration**, to express our potential, the spiritual, innermost essence, - that is fuelled by the **power of "Gratitude"**, longing to be consciously expressed.

I feel it is the perfect time to start weighing up which new habits or realizations we want to keep and which ones we decide to leave behind, **a perfect time to reshape our priorities**. Allow time for this process and when you feel impatient or even uninspired, connect with your **expression of Gratitude**.

Dare to contact your essence - **you are made of much stronger fiber than you think!! It's an intricate fiber, woven of wisdom of love!**

For this, living from a place of self-respect is important, speaking up for our own right, our values and our truth, is important!

Also practicing to set clear intentions of what we want to do, to bring to others or situations we find ourselves in, of what we want to feel like and then manifesting these intentions, and living from this place of inner connectedness and self-respect! We deserve to be heard, especially by ourselves☺)

Commit to knowing that there is **an ever-present energy of love within you and around you**. You will feel it, as you attune your energy to the presence of your very own truth. Especially as you are **willing and committed to change the way that you think and consequently how you live, who or what you are!**

What we radiate, we will receive back! What we intend, the universe answers to! **That's how we manifest what and who we are. Because you listen to the voice of your inner wisdom** and you allow the love of the universe to lead you.

So, always **welcome the power of appreciation and gratitude!** Because **whatever we are grateful for and appreciate, we create more of!**

With all my Love to you all,

Birgitta