

Soul Sense

When we come together into any relationship, we expect the other person to love us. This can be a beautiful union, when we too love the other person, and we truly value the other person. This is a successful love, one filled with respect and kindness – without the egos need for validation.

When we don't love and respect ourselves, then this becomes a huge responsibility that we put upon the other, making them the caregiver to make us feel worthy.

Our ego can roar with fear and anger or switch off and sulk denying the other person of any loving energy when our needs are not met. This is because we don't feel important or good enough.

But, when we decide to stop this struggle and become enlightened by connecting to our true self, our true essence, when we connect to our spirit, when we connect to the universal love and all its glory, only then do we feel our self worth and integrate that into our being, only then we become love and find our true self worth.

From there, we can enjoy and invite a relationship with another, based on respect, value and kindness, only then can we experience a successful valuable loving relationship.

When we don't validate our self worth we turn to addictions to hide the painful feeling of being unlovable. We question, we feel afraid, we act out our pain to gain power, to feel a sense of self, we scream inwardly, respect me I am worth it!

Have courage, meditate, release the pain, do whatever it takes to be the best person you can be, ask for help, have faith in your self and your spiritual journey, surrender, so you can heal and take action to create harmony and prosperity in your life.

Blessed Be
Love and Light
Maryanne