

Week 2 for recording

Week 2

Welcome to Week Two of your Unfoldment.

I'm so curious how you feel.

Do you notice anything?

Did you feel any space open that was closed to you before?

Do you feel lighter?

Or did you go some other direction?

If you did....sweet love...keep breathing. The antidote to surrender, to forgiveness, to the joy of awakening is in the breath. You will understand this if you just stick with it. Some people feel the effects of conscious breathing right away, and for some it takes a little time. (I was one of those....so don't think you are doing something wrong because you aren't feeling magical shifts immediately. We are complex beings full of complex realities and sometimes it takes a few minutes to catch up...then slow down.)

And so let me bring us to the final element of our journey, right at the beginning. First comes breath and then we learn to love ourselves. There is a HUGE gap between those two so I'm going to do you a favor and start you on a true course North. To home. To yourself.

First, just a suggestion, but if you haven't bought the book ["You Can Heal Your Life"](#) by the goddess Louise Hay....I fully recommend it.

This is an exercise from her book. It's an exercise I'd like to give a personal story with if I may.

There was a time in my life where I was lost fully amongst my raging shadows. My heart was broken. I had lost my direction. And I most certainly did not remember that I was loved, not by anyone else, and certainly not by me.

I stumbled across the book "You can heal your life" and started reading it.

There is an exercise where you look in the mirror, into your eyes and say simply, "I love you."

I could not.

For the first few months I couldn't even get the words out because I felt like a fool, like a fraud, like a liar.

The next few months I got the words out but I noticed as I was about to say "love" my pupils dashed to the side. I couldn't look myself in the eyes and say it.

Then, about 8 months after I started I was in the shower and a song came on, and I just started crying. I remember the [song](#) even---I had heard this song many times before yet this time it cracked me open and really spoke to me. The lyrics guided me to place of profound opening.

I got out of the shower, wrapped the towel around me, used my hand to wipe away the steam from the mirror...looked into my eyes and said, "I love you."

I stayed. I couldn't believe it. I truly said it to myself.



I climbed up on the counter and had both hands on the mirror and I kept saying it to myself. I was crying this intense loneliness away and was replacing it with something so much stronger. So much fiercer.

I stayed there curled up on the counter for a long time. Repeating the phrase. Looking deep into the woman I knew was in there somewhere, so happy to see her again.

That day everything changed for me. From that day forward I was always first in my corner. I was still tearing myself down from time to time, but I also put myself back together. The journey continues. I, like

all humans, struggle with shadows that ebb and flow through life...and I have ideas why that happens but that is for another time.

Suffice it to say that nature is bred in spirals and so are we. Our job is to make sure that with each rotation we are climbing ever higher to our hearts center.

So your invitation for unfoldment this week is just a beginning....when you look at yourself in the mirror and say the words "I love you," what happens?

Can you look yourself squarely in the eyes?

What do you feel?

What do you notice?

Where do you feel it?

Do you look away?

Why?

Are you embarrassed?

Are you fearful?

Do you feel like a fraud?

I challenge you every day to look in the mirror and say this to yourself.

I challenge you to be with what you see.

I come back to this exercise all the time.

It's a reminder.

It's a tonic of love.

It's my truth.

Keep Breathing.

Keep Breathing.

