6 Tips For Finding Your Soulmate

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THE POWER OF

No

No is a power word. Its power of it is so strong that we are often scared to use it.

That being said, if you don't put yourself first no one else will. Whilst this can be difficult for empaths and sensitive people because we feel deeply, which leads to considering other people's feelings before our own. Those closest to us often are the hardest to say NO to. Want to feel empowered and free?
Enforce your boundaries with family & friends. It is essential for your energy management.

What you tolerate sets the standard for how people should treat you. Start saying no without justification - stand in your power.....Use my favourite sentence when saying no - **"I have to disappoint you, I will not be....."**

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VALUE

Yourself

To maintain your energy be prepared to evaluate your interactions. This includes whom you spend time with and whom you communicate with.

Yes, even your social media friend list. If you wouldn't want to share a meal with these people why are you permitting them to connect to your world - your energy through your posts and photos? Beware that people can send you what's known as a psychic attack when jealous or through judgment. Protect your energy by limiting exposure to you.

Whom you mix with impacts how you feel. If they're not your vibe - they're not your tribe!

Leave or shut down conversations that make you uncomfortable.

I LOVE

Me

Today is the day you stop beating yourself up.

When you hear the little voice in your head telling you can't do something because....., you don't deserve to be happy because....., no one will love you because you look a certain way, you are not smart enough for that job or anything else PAUSE. It's time to reset erroneous beliefs. These beliefs didn't start with you. At some point, someone else or a situation outside your control placed them in your subconscious.

Working with affirmations is not only the simplest but also the quickest way to reset deep-set programming.

Every time you don't feel good enough repeat 5 times in front of a mirror **" I am enough & I'm worthy of ....."** complete the sentence.

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TAKE

Control

When acknowledgment of **"Life does not happen to you. It happens for you."** occurs there is an opportunity to seek growth in all that life offers. You control your thoughts, words, actions & choices. These form your future.

To shift how you see your world focus attention on what you have, not what you want. Now, I'm not saying don't have goals, they're important to move forward. Ensure there is also awareness around all that is positive in your life.

Tonight before going to sleep list **6 things you're grateful for today**. Repeat every day from this point onwards. Push yourself to find new situations, moments, events, and relationships each day. Initially, you may start with material things and positive relationships. Go deep, and look for gratitude in challenges. Soul growth hides here.

CONNECT BACK TO

Self

When busy or pulled in all directions by family, friends, and work, it can be difficult to stay connected to who we are, often feeling lost because we have too many demands or fill many roles.

To offset this dedicate **30-60 mins to be alone every day.** During this time take a walk, enjoy a luxurious bath, listen to music, or read a book. Use this time to do whatever makes you happy. Occupy the time by doing whatever relaxes you and does not involve anyone else. Connect back to you during the pause.

Energetic space allows for inspiration and inner wisdom to bubble to the surface.

SOUL

Connection

Some days we need a little guidance. Our higher self is always available, it's just ignored the majority of the time because our lower self is louder.

Connect with your soul daily.

Each morning connect to your soul before starting your day. Place your non-dominant hand on your heart.

Take 5-10 slow deep breaths in and then out. Once you feel centered set the intention to connect to your inner wisdom. You may wish to invite your spirit guide to come close. Then silently ask "**What do I need to know today?**"

The first thought or response noticed is your higher self wisdom - **TRUST IT!**

BRONWYN JANE

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If Nothing Changes - Then Nothing Will Change!

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