

YOUR ENGAGEMENT WITH YOURSELF - written by Sylvia Marina

Do you ever stop to consider your relationship with your-self.

When you are having a little chat to you, how do you engage?

When you wish you had done things differently how do you behave?

If you consider for a moment how you treat yourself, you may soon realize that you don't treat your adversary as badly as you do yourself. People are their own worst critic – and they listen to their internal critic like it speaks the truth.

Are you the saboteur in your life?

Do you destroy your own dreams?

We are living in a society where it seems it's not okay to grow up. Character lines are read as wrinkles and from the common talk, multi media advertising and the many anti aging products, wrinkles are scorned.

Constant anti aging bombardment tells us it is wrong to mature. The anti aging campaigners are being unkind – I want to tell you it is okay to mature.

STOP YOUR INTERNAL PAIN AND SUFFERING

It is time for us to grow up. Is it time for a new contract with your own self – promise to love, honor, humor and cherish yourself! It is time for us to invoke harmony and embrace bliss.

Give that internal part of you that's been the critic a new perspective. Learn how to engage in yourself in a whole new light. Give yourself permission to take responsibility for your personal happiness and well-being.

LEARN HOW TO THINK AND SPEAK WITH PURPOSE

Considerate communication is the answer.

Being kind to yourself and others through the words you think and the words you speak will bring positive change to your life. Your life then becomes a mirror image of grace and kindness.

People who want to learn how to be rich study people who have done and continue to create wealth.

People who wish to change self limiting behavior patterns seek guidance from people who have gained Mastery in their own life. The key to change is in your choices.

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HELPING PEOPLE THROUGH TIMES OF CHANGE

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