



## ~You Are the Medicine Within~

We are now in March, and isn't it amazing how fast time is flying? I was just at the Conscious Life Expo in Los Angeles with several wonderful speakers, healers, vendors and authors. I feel what is most important today is realizing our light, our power within, has the magnificence of truly transforming our lives. At the conference, we had a panel of people who died and came back to tell us why they did! Every one of them came back knowing our light heals the world. They all agreed there is no hell, and that the more we recognize our abilities, the more we learn the nature of the power within.

So with that said, my love in what I do for a living has increased 100 fold to help people recognize that personal light. No matter what has happened to us from the past, we are no longer the story. We took from those lessons the truths we know today as wisdom. Therefore, we can now surrender to that old paradigm as we move forward into this power within. When we feel weak, or disassociated to life, we are actually moving forward. When we don't go through these recognitions, we can't know for sure what's waiting for us around the corner. Moving forward comes in many forms. That is what ascension is. It's not a spiritual practice, but a knowing within that takes us into a connection to our soul. Here, we don't have doubt; we get feelings that provide answers. Each person is on their journey to reconnection. And no matter how much we think medicine fixes us, the truth is no matter what you take, it cannot save you. It works because you allow it, or it won't do anything. Inside, you are the working machine naturally meant to inspire homeostasis. Loving yourself is the recipe for healing... no matter what we've been through. So here's to acceptance and allowance of that gorgeous light waiting to be discovered inside: your natural medicine cabinet!