

Favor over Fear:
A guide to self-love



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Preface

When you find your light, it's your responsibility to share it with the world. This book is the light that I have to offer. You might be wondering what the deal is with the jellyfish on the cover. How random can that be? When I saw it, I thought the same thing until I looked up the spiritual meaning of a jellyfish.

Jellyfish symbolizes energetic flow, entanglement, and Reiki. Jellyfish don't need to force anything. Water currents take them exactly where they need to be. They live a life of complete trust and surrender... Jellyfish use their bioluminescent gifts to illuminate the unknown and protect themselves through the illusion.

(Tanyacasteel.com)

I am asking you to do the same throughout this entire book. I want you to trust and go with the flow. Let the words take your mind where it needs to go.

There will be many challenges that might trigger a reaction, and that's awesome because it opens the lines of communication. I'm asking you to keep an open mind to what you're about to read.

The book started as a guide to the program I designed to help others on their journey to self-love, but it began to take on a life of its own.

Let life and light seep in your darkest places; where there are cracks, there are ample opportunities for light to shine.

Introduction

First, let me introduce myself. My name is Tamirra, and I am a self-love and empowerment coach. I also dive into the spiritual side of life because our natural spirit is made of love. We've been bogged down with trauma and feeling less than deserving, and it's time to change the narrative.

Speaking of narrative, some of this may sound familiar depending on if you have been following my youtube channel or blog. This book is piecing it all together for you to get the bigger picture, so please bear with me.

If you're joining me from my business website, then you'll have already read this, but it is such an important statement that I needed to add it here to get the ball rolling.

Now that we got that out of the way. Let's get started.

Chapter 1: Self-love and Healing

I love the idea of self-love and growth. I also like the idea of people telling you to love yourself and to speak positivity of yourself. While that all sounds good, it's not the way.

How could we begin to love ourselves when we look in the mirror and hate what we see?

How could we suddenly change our minds to the fact?

We have to agree to look in the mirror and face the ugliest parts of ourselves because only then can we become whole. We can no longer put bandages on our bleeding hearts. It is time to show our cuts, bruises, and scars because in doing that, the real healing begins.

It's time to show yourself and the world who you are.

I don't think you realize how special you are, the number of things that you've endured, and yet here you are still trying to figure out how to get past everything. Do you understand how amazing that is and how proud of yourself you should be? I am very proud of you for making it this far! One thing I can relate to is feeling the pressure of unprocessed emotions. The energy that is stuck in places we forgot existed. The only time it moves is when you're triggered, and it reminds us that there is still a problem. The real question is, *have we become so accustomed to masking how we feel that we end up doing more damage to ourselves by finding a way to suppress our emotions?*

My suppression came in the form of sex. I felt I had no control over anything in my life except my body, so I used it to my advantage.

How is giving myself freely to my advantage?

What are some ways you have found yourself masking the pain? What type of effects has it had on you so far?

In masking the problem, do you find it easier to go about your everyday life?

The funny thing about me feeling like I had control was when I realized I had no power at all. It turns out while I thought I was in control of my body, my body had me. There were times where **I found myself in situations I didn't want to be in, but my body told me to relax; it's okay. We have it under control.**

How can that be self-love?

Two years ago, I started my journey to self-love, and I said that's it. I'm going to love myself and not do things that harm me. Okay, I stopped doing things, and the goal was still self-love, but I wasn't feeling the love.

Here is where the healing begins:

- **You have to define what self-love is to you .**

(Without definition, you'll search and never find)

- **Working on the smallest detail and expanding from there**
- **Set intentions (goals) to heal those details**

I started with my shyness; I had to pinpoint how it began, where it came from, how I felt about it, and why I continued to allow myself to hide in the shadows. Once that work was done, I set intentions.

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- **Do something that takes you out of your comfort zone daily** (didn't have to be big, but I'm shy, so even going to the store alone was big)
- **I wanted to reconnect with my inner child, so I started to think of what I loved back then.** (The more I connected, the more action I was following through on)
- **I had to reassure my inner child that everything is okay and will be okay, that she'll be able to be free. Free of judging herself or other people. She'll realize that she is the center of her universe, and that's all that matters.**

What are three goals you can make today that would bring you closer to healing an aspect of yourself?

Honestly, I'm not a fan of the word goals. I feel like it's robotic and very matter of fact and rigid. Don't get me wrong, that energy works for some, but it doesn't work for me. I replaced the word goals with intentions. I make it a point to write my intentions for the day and cross them off as I go.

The words we choose have so much power. Choose the ones that work for you.

How many of us cling to the words broken, damaged, or toxic, even the word savage. That has to be my least favorite word. **Why would we want to speak savagery over ourselves?**

Savage: (animal) true to its wild, ferocious nature, (person) cruel or brutal, (place) untamed, uninhabitable, and unwelcoming. (Vocabulary.com)

Come on seriously, **how is anything in that definition loving?** Yet this is a word that is in some of our vocabularies.

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As for the words broken and damaged, when we are speaking these words over ourselves it leaves no room for improvement. The universe and your energy field hears this and agrees with you. **Anything that you put out into the universe is always going to be a yes.**

Guess what? I was broken and damaged, but anytime I would say it, I would laugh it off. One day, someone very dear to my heart told me to stop saying that to myself. She looked me dead in the eyes and told me I was neither. She said, *"If you're going through something, then say that, but never speak demise over me."*

As soon as I changed the language and said, "I am going through something," the universe said, "Yes, but how can I help you get through?"

My energy started moving again, and I began to get all of these realizations about myself and where I was wrong, and where I had to take accountability.

I would say I hated that word, accountability. No one has ever held me accountable for my actions; I was always able to slide by. Now here we are in the healing process, and I also have to keep myself accountable.

Accountability is a level of self-awareness that many of us lack, but how can we have self-love without self-awareness?

The moment, I dived into this journey, I gave it everything that I had, and nothing around me seemed to matter. I am the mother of a nine-year-old girl. She's my angel, but **even God is forgotten at times when I became engulfed in myself.** She would have to pull me out and remind me that she was here and needed me. I had to find a balance.

- **I had to apologize to her for seemingly neglecting her.**
- **I had to find a balance and tell her when I decided to meditate and write that it was my time.**

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- **I make it a point to do anything that she wants.** (Watch tv, games, and talking)

We talk a lot more when we first wake up and spend extra time at night before bed—sprinkling in some time in the afternoon.

As parents, we carry the world's weight on our shoulders, and who has the time for everything in our everyday life?

You have time; you have to decide where you can add the time.

I would have to wake up at 5 am, where I lived, and didn't leave the house until after 6:30 am. After getting myself ready, I took time to write and meditate. I also took time out with her.

Is waking up early ideal? Of course not, and I'm not saying it works for everyone, but what I am saying is everyone has 24 hours in each day. **Make it count for yourself.**

If you can't make time for yourself, then who will?

The best parent is one who is healthy who could give their child a healthy version of themselves.

How would you define a healthy parent?

Are you raising your child the way you hoped you were presented?

If you don't have a child, are you treating yourself the way you want to be treated?

There are two parts to those questions:

First, if you are a parent, are you able to see your child as a teacher?

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What I realized is Peyton wants my attention when I've been all work and no play. She wants to sit with me when she sees I haven't taken time out for myself. She reminds me I need to acknowledge and connect to the child in me, the one that I promised I would keep safe, just as I promised to keep Peyton safe.

What are three things you do for yourself that fall into the self-care category?

I love to paint. I can write for hours, meditate, and I like to take long showers to allow the water to move my energy.

In what ways do you take care of your child without seeming like that's what you're supposed to do?

We are creatures of habit, but routine can get the best of us, and when it feels like a chore, I know I tend to check out.

Where have you checked out of your life?

We are going back to what it would have been like if you'd had no children, although this applies across the board. When looking for a partner, we are looking for them to fill a void that we feel we can't fill for ourselves.

Let me see if you can relate.

Do you know the moment where you want to ask someone why they don't love you?

• Is your next thought, why don't you love yourself?

Do you know when you want to ask someone why don't you want to be with me?

• Is your next thought, why don't you want to be with you?

You know the moment where all you want to do is cry over someone?

• **Is your next thought, when will you cry for yourself?**

I can ask someone all day, but there has to come to a point where I ask myself the same.

Do you see the power in being self-aware of your feelings?

So many times, we want others to give us what we can't give ourselves.

That is what I would categorize as toxic.

We are putting expectations on people to love us a certain way. People are supposed to compliment you, not add or subtract.

I say not add because if you're already starting at a deficit, it will only be an illusion of adding. When people love each other wholeheartedly, and in a healthy space, they add to themselves with the illusion of adding to the other.

Example:

Partner A and Partner B start equally because they both know that they are responsible for their own growth and happiness. We're going to add money into the mix.

Partner A grows at a faster rate and starts making more money (because, as we all know, when we do something we love, money comes to us). The money upgrades the lifestyle for both partners, but here's where the illusion comes in. It appears that Partner B has an upgraded life and has been added to, but if partner A decides to leave, Partner B starts back where they were, neither added nor subtracted.

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The point I am making is no one can add or subtract to your life except you, and you should never want to give that much power away.

What are ways starting today you can begin your healing process?

At the end of your journey to self-love, who do you want to be as a person?

Self-love is the embodiment of all emotions.

Let's find out what makes your heart sing.

Chapter 2: Happiness, Fears, and Healing

This chapter is a trip because our happiness and fears are intertwined. It becomes hard to separate the two, but we will because it's the only way.

Are your fears the thing that keeps you from being happy?

Can you find your happy place without it being contingent on money or people?

Happiness is something that we all wish for at this point. We might even settle for being content.

We're not settling, though, because we've done that for too long.

Do you know what makes your heart sing?

Do you know where your freedom lives?

My freedom lies in my creativity. As long as I can create, I am free. That is where my ultimate happiness lives and what makes my heart sing.

Painting is my new found love; it takes me to another world, but the world is inside me. I'm not chasing after it; I'm not unhappy if it doesn't love me back. I get to create whatever my heart desires at that moment, and she speaks in such vivid colors.

Writing will always be my first love and passion. It will always lead me back to my heart.

While battling depression, I could hear this fight inside of me that was ripping me apart. It was my heart and mind(ego). My ego was leading because I've always been in survival mode, but my heart was done. I was tired of living behind a wall, cut off from the world.

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My heart was loud. It would keep me up at night and whisper secrets to me while my mind was asleep. I would write them down for later use. The more I wrote, the more I set my heart free because my mind(ego) heard the words in my voice. It seemed safe the battle became more comfortable to handle.

Have you ever felt the battle between your heart and mind(ego), but your mind always wins because you haven't found the way to unlock your heart until now?

Do you ever feel like that? **You're alive only to survive.**

I lived in survival mode for so long that I didn't know life.

How can we go back to a time when things seemed simple when not everyone had the same childhood of rainbows and sunshine.

We're going to do it, even if it involves using your imagination to envision what you wanted your childhood to be because, at one point, we all had some dream.

What hobbies did you have or wish to have as a child?

Think back on a single time that you had a glimpse of freedom and happiness.

What were you doing?

How could you get back there?

Surviving is a thing of the past. It has to be, or else we'll get nowhere. The minute I was at work and kept saying, **"This can't be the life,"** I knew I was done with the mundane routine.

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The only thing I knew I wanted to do with my life was writing. My grammar is horrible, so how many opportunities are out there? I didn't care somehow; **I was writing for the rest of my life.**

I wrote until I wrote a book. I wrote until I started a blog; I wrote until I verbally wanted to speak and got on YouTube. I wrote until I created this program; I wrote until I made this book.

See how that happened? I found my passion, and it branched off into other sectors. I have a story to tell like everyone; the only difference is I'm not afraid to tell mine.

I speak my truth because it's mine to tell. No one can hurt my feelings because most people can talk about me, I've already told them about myself.

Words have power over you if you allow them to; everything doesn't deserve an emotional response.

Once you can master that, everything else is fair game. The minute you take your power back is the minute everything starts to fall into place.

The first thing I had to do was leave my relationship. It was about ten years of the same routine of unhappiness. It was constant arguing all of the time. Whenever he said he was leaving me, it was a sigh of relief, but he never left. ***I had to take my power back and leave him.***

I had to know I was the one in control of my life.

We stay in relationships for so long because we think it's the right thing to do. **How could we leave?** The family loves them, all of your friends know each other, bills are intertwined. It becomes easier to stay.

At what cost is it easier to stay?

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Are you losing yourself this time? Because I know I did. **I was losing my essence, the very thing that made me who I was.** It hurt so much that I got to the point of wishing for physical death. *That's not his fault*, and I'm not saying it to make anyone look bad. I operated from a place of lack; the energy I was feeding to my family was depleting me because I had nothing to make me happy, to fill my cup.

Never let people smother your fire or suffocate your dreams.

People have a fear of failure. **I had a fear of being great.** My greatness scared me.

How can I be afraid to fail if I wake up every morning doing what I am expected to do?

That isn't me failing. That is me surviving. **Being able to say to me, you're afraid of your greatest potential equates to you being afraid to live and feel alive.**

That's scary, because what does that mean, to feel alive? I have breath in my lungs. How have I not been alive? I move around. I speak to people I see. I am alive.

How do you allow the breath in your lungs to move?

Does it move freely or with panic?

How do you speak to the people you come in contact with?

Is it with love or with some judgment?

That's how you know the difference in which life you're living or not living.

What things in your life have you been afraid of letting go?

What and who is keeping you from your happiness?

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When it came time to leave my job, I was afraid because I was leaving behind people that became my family, and I had nothing lined up. I had to have faith in knowing it was time and to listen to my intuition. I had already killed one part of myself in leaving my relationship. What's one more thing?

Did you know you receive more when you do something that you love?

Did you know that you didn't have to be stuck?

Did you know that you're not a tree, and you're not planted anywhere?

Even trees are moved and repurposed when their time is up!

Where have you allowed yourself to be tied down by emotions that no longer serve you?

Meet me in my favorite place of forgiveness because when you get here, it's a different ball game.

Chapter 3: Forgiveness and Healing

This chapter is fun because a lot of the time, we don't realize we need to forgive ourselves and others. We walk around as if we're okay, and in reality, we aren't.

If we were, we wouldn't walk around with hatred in our hearts. We wouldn't walk around with should of, could of, would of. We wouldn't be facing the past and not looking at our future. We can't even live in the present moment because we're fixated on who did what and why, but **the problem with that fixation is that we aren't trying to fix anything.**

I knew I had to fix myself, but I didn't know in which areas. I started with the smallest problem and worked my way out again. I realized, just like at the beginning of the book, I had to forgive myself for being promiscuous.

I realized I was upset at myself because I knew better. I was taught better, but none of what I was taught mattered because I had to be in control of something.

What do you have to forgive yourself for?

Where is it that you lost control?

There is no way possible to get over something, not when it comes to healing. You have to heal your way through it.

When you think of things you've done in your past, how does it make you feel?

Are you angry?

Are you disappointed?

What emotions come up?

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Whatever emotions come up is what you've been holding onto the entire time—holding onto energy that makes you sick. ***Do you suffer from stomach pains, headaches, back pains?*** Most of the time that is energy stored in your body unable to move. We'll talk about that in the next chapter.

Think of three decisions you've made for the life that affected you the most; what energy comes up?

How could you work through the energy instead of pushing it back down?

I had to acknowledge what I was feeling and see how my decisions affected my entire life. **Once I looked at it as a whole, I could say, okay, my bad; maybe I shouldn't have done that. I did, and there's nothing I can do except move on. Once you make the conscious decision to move on, you allow the energy to move, and you become free.**

The more things you move on from, the more freedom you'll have within yourself.

Does that sound weird to you? It's an honest question because not everyone has the same beliefs, but we live in a world where everyone is talking about keeping that same energy or toxic energy. I'm sure that means we have some idea of how energy works.

That energy you're holding onto is toxic. It's stopping you from loving yourself in the whole way that you deserve.

Forgive yourself to love yourself, forgive yourself to forgive others.

Once you start forgiving yourself and realizing why you acted out in such a way, you'll be able to look at others and see the pain they hold, and their actions won't affect you like they used to.

The moment I started working on my inner child, I was shaking some energy up and throwing tantrums out loud that I had to ask forgiveness for. The more I forgave myself and realized many of my problems were due to a wounded inner child; I started seeing everyone in the same light.

How can I hold people to a higher standard of understanding if I was only starting to understand for myself?

It started with my mom. We stopped seeing each other a long time ago, and it hurt my feelings. The more I worked on me, the more I had to figure out what was upsetting me the most about her actions and the actions of others in my life.

Here's the fun part.

You make a list of people that you feel did you wrong the most.

Once having that list, I had to write what I felt they did to me and if they were still in my life, and why. I had to acknowledge the feeling that was associated with each name.

I was mad at people and I didn't know. True story:

I was writing one day, and I wrote I was mad at my sister. I looked around, confused because I didn't think to put two and two together. Who knew I was angry at her? I was mad at her because my entire life; I wanted to be seen by her, and she never saw me, so in time I stopped seeing her, too. Well, I felt like she never saw me. Who knows, right? It is all about your perspective and making things a reality because that's what I believed.

When I wrote it, I felt this ease, and I texted her and apologized for never seeing her. We both had trauma in our childhood, but she was older so she could escape.

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Things that simple seemed small, but it weighed me down, and I didn't realize how much until I acknowledged it and let it go.

I've forgiven people because of the lessons they brought me at the time.

I blocked out an entire childhood because of sexual abuse, and it may not have been as severe as other cases, but who cares. Trauma is trauma, no matter how deep. I had to forgive my abuser because I realized he gave me the mental fortitude to block things out and live in survival mode. The only thing that saved my life later on when my cousin passed away and Peyton was finished with chemo.

That moment at nine years old saved my life at 30 years old.

Don't get me wrong; I had many other issues to work out because of it, but my big takeaway was, you suck for doing that to a child, but it turned out that it helped me in the long run.

You know how some people are hypersensitive, and others like myself disassociate. Some remember everything, and some remember nothing.

They both have essential roles in life. ***Once the hypersensitive person can get their emotions under control, they could differentiate between what they feel and what someone else feels. In doing that, they'll be able to help someone else get out of their hell because they know how they feel.***

A person like myself who dissociates can pull you out of your hell of emotions because we don't drown in ours, so we can't drown in yours.

There has to come a time in your life where you are tired of drowning.

It may not be today or even next week, but one day you're going to wake up and say, I no longer want to drown, and I want to live.

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The moment you wake up, I'll be right here waiting for you, ready to pull you out.

In the meantime, I would love to leave you with healthier coping mechanisms.

I am not an expert or pretend to be. I can only tell you what has worked for me.

Chapter 4: Healthier Coping Mechanisms

There was a time where I spent hours in front of the TV and my phone, checked out. I didn't want to think; I just wanted to be; be anywhere other than where I was at that moment. I watched TV, and I gained weight. I wasn't even sexually active at this point.

I asked my therapist if my vagina was broken, poor lady, but I needed to know. She told me no, that I was depressed.

When my cousin passed away, I stopped eating. I ate only to survive. It wasn't until I left my relationship that the weight fell off. I realized **I let go of the energy my body was holding.**

My weight fluctuates, but I've never gotten back to my heaviest. When I realize I'm snacking, I check my emotions. There is usually some void that I'm trying to fill.

I'm not saying you're depressed because you watch tv or that you're escaping.

What I am asking is, why do you spend so much time binge-watching shows?

Are there things that you can do within your day differently? Of course, if you don't watch TV as much, this isn't for you, but as much I see people binge-watching a show, I have to make it a point to address it.

I want to make a point because we all say we don't have time for ourselves, and while watching TV might be suitable for a moment of downtime, **how much time are you giving it?**

As I stated before, writing became my coping mechanism. As I wrote, I healed.

I notice there are a lot of people who feel like they can't write and don't know what to say.

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Nothing has to be perfect. No one is asking for a poem. I am asking you to write about how you feel. Be honest with yourself. *If you can't be honest with yourself, then you can't be entirely honest with anyone else.*

How can there be healing if you can't even face yourself on paper? You're not speaking to anyone but yourself.

Writing was seemingly the easiest and most effective way to my healing.

All it took was for me to ask myself

How are you feeling?

That question always leads to more if you allow it.

My morning journal starts with gratitude and ends with intentions for the day.

Gratitude in the morning and at night is important because it allows you to see through gray skies.

There is always a bright side and, if not, still a silver lining.

One day I was on my way to work and asked myself why I was born into such a pessimistic family?

I heard, how else would you know how to find the bright side in everything?

The point of healing is to clear your energy. If you could hear yourself in this way (intuition), you could guide your path of purpose.

We all have a path, and we all have a purpose. It's just hidden and muddled under our society's conditions and trauma.

Let's talk about the seven energy systems in your body and what they control. Again I am not an expert; I would like to take what I know, give it to you, and expand your knowledge.

Chakra means "wheel." and refers to the energy points in your body. They are thought to be spinning disks of energy that should stay "open" and aligned as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

Root Chakra

Location: base of the spine in the tailbone area

Color: red

Meaning: physical identity, stability, and grounding

A block root chakra can manifest as physical issues like arthritis, constipation, bladder or colon problems, or emotionally through feeling insecure about finances or our basic needs and well-being. When it's in alignment and open, we will feel grounded and secure both physically and emotionally.

Sacral Chakra

Location: just below the belly button, just above the pelvic bone

Color: orange

Meaning: sexuality, pleasure, creativity

Issues with this chakra can be seen via problems with the associated organs, like urinary tract infections, lower back pain, and impotence. Emotionally, this chakra is connected to our feelings of self-worth, and even more specifically, our self-worth around pleasure, sexuality, and creativity.

Solar Plexus Chakra

Location: the upper abdomen, in the stomach area

Color: yellow

Meaning: self-esteem, confidence

Blockages in the third chakra are often experienced through digestive issues like ulcers, heartburn, eating disorders, and indigestion. It's the chakra of our personal power. This means it's related to our self-esteem and self-confidence.

Heart Chakra

Location: the center of the chest, just above the heart (the area called the "heart center" in some yoga classes)

Color: green

Meaning: love and compassion

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Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues, but blocks are often seen more clearly through people's actions. People with heart chakra blocks often put others first, to their detriment. It's the middle of the seven chakras, which bridges the gap between our upper and lower chakras. It also represents our ability to love and connect to others when out of alignment; it can make us feel lonely, insecure, and isolated.

Throat Chakra

Location: the throat

Color: blue

Meanings: communication

As one would expect, this chakra is connected to our ability to communicate verbally. Voice and throat problems with everything surrounding that area, such as the teeth, gums, and mouth, can indicate a blockage. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble expressing your mind. When in alignment, you will talk and listen with compassion and feel confident when you speak because you know you are true to yourself with your words.

Third eye chakra:

Location: between the eyes, on the forehead, which is why it's also known as the "brow chakra."

Color: indigo

Meaning: intuition, imagination

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Since the chakra is physically located on the head, blockages can manifest as headaches, issues with sight or concentration, and hearing problems. People who have trouble listening to reality (who seem to know it all) or who are not in touch with their intuition may also have a block when open and in alignment; it's thought that people will follow their intuition and see the bigger picture.

Crown Chakra:

Location: the very top of the head

Color: violet or white

Meaning: awareness, intelligence

The crown chakra is linked to every other chakra (and therefore, every organ in this system), and so it affects not just all of those organs but also our brain and nervous system. It's considered the chakra of enlightenment and represents our connection to our life's purpose and spirituality. Those with a blocked crown chakra may seem narrow-minded, skeptical, or stubborn. When this chakra is open, it is thought to help keep all the other chakras open and bring the person bliss and enlightenment.

<https://www.healthline.com/>

I wanted to share an overview of the information instead of telling you to search for it yourself.

What did you feel about the information?

What do you think you resonated most with on the list?

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All of my chakras were messed up in some way or another. My friend introduced me to meditation. At first, I was afraid of it because growing up, I was taught that you weren't supposed to do it. This type of thing was of the devil, or not of God. **How can you pray for something and not listen out for your answers?**

I was led to Youtube, and the first one I did was balancing the chakras for about 2 hours just laying there with headphones. I felt good.

I looked around, and **the gates of hell didn't open up**, and I started to dive in deeper. Now it is a practice that I stuck with. I do it every day. I pray before I ask for guidance for what I need at that moment, and I usually know it when I see it.

*I did **NOT** play with my third eye or crown until I raised my vibrations. I would suggest the same for you if you decided to take this route.*

I would also suggest you do your research and find what's comfortable for you.

I'll share a list of YouTube channels I subscribed to, but again do what feels right to you.

- Jason Stephenson- Sleep meditation music.
- Power Thoughts meditation club
- Reiki Rachel
- Taos Winds Spirit Music
- Lovemotives Meditation Music

These two channels came to me once I had a deeper understanding of my soul. I don't know if it's for beginners, but you could look around and see if anything resonates.

But I love these two channels. **They are intense!**

- Divine light meditation
- Steve Nobel

Or, if you find it easier to type in meditations for beginners, that also works. I wanted to give you options.

Meditation allowed me to know myself on a deeper level and lose focus on the outside world.

Once I tapped into myself, I was able to move through the world like never before.

I pushed past my comfort zone any time it was time for a change.

The things we truly love are on the other side of our comfort zone. The more we can push past our limits, the more strength we acquire. The hard things no longer look so hard.

What are the things on the other side of your comfort zone?

Why won't you get to them?

I am always going to ask questions to get your wheels spinning.

I am only asking you what you've been avoiding asking yourself. You know, once you ask, the answers will come, and you will no longer be able to stay where you are. **That's the funny thing about comfort zones; they aren't even comfortable.**

What is your language for answering these questions?

Would it be easier to journal?

Favor over Fear

Would it be easier to speak it?

Would it be easier to flow in constant communication via text or email?

Would you consider yourself someone who has a healthy support system?

That's very important on this journey. I was fortunate to have a healthy and strong support system. If I needed to cry, I could. Even if they couldn't understand my tears, they would let me cry until it made sense.

Everyone needs someone, even if that someone is me. If I had to be your only support, then sign me up because this is not a journey to endure on your own. **As beautiful as the results are, it's not an easy road to travel.**

How do you cope when your back is against the wall?

I used to sleep a lot. Why show up to my life when I could sleep it away? I was tired all the time, but was I tired, or was I avoiding life?

I don't know your day-to-day, so there's no judgment. I'm just giving you insight into my life.

I wanted to give you an idea of how my depression manifested. **Everyone thinks depression looks a certain way. You honestly can't put it in a box because it looks different for everyone.**

There comes a time where you have to take control of your life.

What healthy ways have you found to help move your energy?

What type of spiritual beliefs do you have to help you through your hard times?

To get through hard times, it's easier to do when we have a foundation of some sort.

Favor over Fear

My foundation was The Bible until I started venturing out because I felt like I needed more.

Do you feel like you need more?

Do you feel like you want some type of truth?

Do you need a steady foundation to get you started?

I want to share with you what I've found on this journey.

The vision:

I saw myself digging a hole, and next to me were gold bars.

People started to crowd around me and asked what I was doing.

I told them, burying the gold. They said, but it's daytime, and people can see you.

I said people are supposed to see me. It's not for me to keep for myself, but people will have to dig for it themselves.

Favor over Fear

And now we begin with **the gold**.

There is a Hindu legend about a time when humans were gods, but they abused their divinity. Brahma, the chief god, decided to take it away from them and hide it where they would never find it.

Brahma called a council of gods to help him decide where to hide the divinity. "Let's bury it deep in the earth." But Brahma said, "No, that will not do; one day, they will dig deep down into the earth and find it."

Then the gods said, "Let's sink it in the deepest ocean." Again Brahma replied, "No, not there, for they will learn to dive into the deepest waters and search the ocean bed and find it."

They said, "Let's take it to the top of the highest mountain and hide it there." But again, Brahma replied, "No, for eventually humans will climb every high mountain on earth; someday they will find it again."

The gods gave up and said, "We do not know where to hide it, for it seems there is no place on earth or in the sea that humans will not eventually reach."

Brahma thought for a long time and said, "Here is what we will do with humanity's divinity. We will hide it deep down inside humans themselves. The humans will search the whole world but won't look for it inside their true selves."

Since then, the legend concludes, humans have been going to and fro throughout the earth, climbing, digging, diving, exploring, and searching for something that is **already within themselves**.

(Hinduhumanrights.info)

Chapter 5: The Gold

The moment we can't go beyond our beliefs is when we can't grow, and we become limited.
You've made it this far. Let's keep going.

James 1: 13-15 (The Bible)

13 When tempted, no one should say,

"God is tempting me." For **God cannot be tempted by evil, nor does he tempt anyone;**

14 *But each person is tempted when they are dragged away by their own evil desire and enticed.*

15 *Then, after desire has conceived. It gives birth to sin; and sin, when it's full-grown, gives birth to death.*

• Proverbs 23:7

For as **he thinks in his heart**, so he is: Eat and drink, said he to you; but his heart is not with you.

There is no outside force controlling our feelings, only our mind (our ego).

• Dragged away by **their own** evil desire as he **thinketh**.

" The **outer conditions** of a person's life will always be found to be harmoniously **related to his inner state**. Men do not attract that which they want, but which they are."

- James Allen, As a Man Thinketh

Favor over Fear

What you think **you become**

What you feel **you attract**

What you imagine **you create.**

- Buddha

The Law of Attraction says that like attracts like, and **when you think and feel what you want to attract on the inside**; the law will use people, circumstances, and events to magnetize what you want.

- Rhonda Byrne

Do you see a pattern? Do you see that they all say the same thing in different languages?

When we feel not with our heart but with our mind, we tend to project onto the world how we think about ourselves. If you operate from your heart's center, then you are automatically acting from love.

What types of relationships are you attracting?

What type of thoughts are you having when it comes to your life?

Is your life mirroring your thinking?

Have you ever noticed that you keep seeing the same numbers? Perhaps you repeatedly encounter the number 7? Or maybe you've spotted a sequence of numbers that continually show up. If so, don't dismiss its meaning! Number sequences can convey important messages. Often called angel numbers, these commonly repeating patterns have a documented meaning. **Once you understand how to interpret angel numbers, you can unlock vital information about your goals, your needs, and your overriding life purpose.**

(TheLawofAttraction.com)

I needed to give you that information for what I am about to share with you next.

As I stated, I started with God and The Bible, but I started venturing out. I picked information up from Islam, Buddhist, Hinduism, The Universe. Whatever resonated, I took with me.

The Universe became my supplier; I was no longer a girl that spoke of God; it became the Universe. After a while, the two names became interchangeable; God/Universe, same thing, different names. I started noticing numbers and started looking them up, and they were angel numbers. I became intrigued and began studying a little. I began to feel guided by angels. Then I thought to myself, well, angels are related to God, and I pray for comfort to God and not the Universe. In what I believe, it's the same thing, the same energy I choose to call God.

Jeremiah 23:16-18

16 This is what the LORD of Heaven's Armies says to his people. "Do not listen to these prophets when they prophesy to you, filling you with futile hopes. They are making up everything they say. They do not speak for the LORD!

17 They keep saying to those who despise my word, 'Don't worry! The LORD says you will have peace!' And to those who stubbornly follow their own desires, they say 'no harm will come your way!'

Favor over Fear

18 Have any of these prophets been in the LORD's presence to hear what he was really saying? Has even one of them cared enough to listen?

• James 3:1-2

1 Dear brothers and sisters, not many of you should become teachers in the church, for we who teach will be judged more strictly.

2 Indeed, we all make many mistakes. **For we could control our tongues, we would be perfect and could also control ourselves in every other way.**

James 3: 9-10

9 With the same tongue, we praise our LORD and father, and with it, we curse human beings, who have been made in God's likeness.

10 out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

Angel number 3910

Life is too short for us to be involved in squabbles with fellow human beings. **Angel number 3910 teaches you how to make the world a better place as you interact with fellow human beings and nature in general. Show love and kindness to all living creatures.** (Sunsigns.org)

Do you see how well that lined up? Whether one came from the other doesn't matter. If you follow numbers, it will always lead you back to a source. **We speak different languages but say the same thing.**

Favor over Fear

James 3: 13-15, 17

13 If you were wise and understand God's way, prove it by living an honorable life, doing good works with humility that comes from wisdom

14 But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying.

15 For jealousy and selfishness are not God's kind of wisdom; such things are earthly, unspiritual, and demonic.

17 **But the wisdom from above is first of all pure.** It is also peace loving, gentle at all times, and willing to yield others. It is full of mercy and the fruit of good deeds. **It shows no favoritism and is always sincere.**

Prophets never sought personal benefits such as wealth, high status, or power- rather, they only sought the approval of God.

While Prophets are chosen by Allah Almighty, they are in no way divine and should not be worshipped. Prophet Muhammad (peace be upon him) was commanded to say, **"I am only a man like you. It has been revealed to me that your God is One God."** Quran 18:110 It is clear even from the Bible, both the Old and New Testaments, that the Prophets were not divine and would worship and prostrate to the One True God. **"And he [Jesus] went a little farther, and fell on his face, and prayed..."** Matthew 26:39, **"And they [Moses and Aaron] fell upon their faces..."** Numbers 16:22 **"And Abram [i.e., Abraham] fell on his face: and God talked with him..."** Genesis 17:3

The message of the Prophets

Since all Prophets were sent by the One True God, they all conveyed the same message and had the same mission - to remind and educate their people of the purpose of life.

Their message was to:

Clarify the true concept of God and reject false beliefs

Teach the true purpose of life

Demonstrate how Allah should be worshipped

Convey Allah's definition of righteous and sinful conduct, and advise people accordingly

Describe the rewards for obedience (Heaven) and warn of the punishment for disobedience (Hell)

Explain commonly misunderstood issues such as the soul, angels and spirits, the afterlife, and fate

In my beliefs, I don't think Heaven and Hell are places; I believe it's a state of being. People live in turmoil because of what they believe and what they think they deserve.

Take being in a relationship. I'll speak for myself; I was in a relationship that wasn't for me. **I got everything that I deserved, even if it were hell. I got it because I thought that's what I deserved.** I received it because I stayed too long. We stay in places too long because that's what we think we deserve.

Whether it be because we weren't taught any better or because we were taught anything goes. For as long as we believe we deserve less, that's what we'll always get. **We will never get more until we know in our hearts we deserve more.**

Favor over Fear

Many of us were taught we get rewarded in the afterlife we have to suffer on earth.

We don't have to suffer on earth. We could start seeing everything as a lesson and controlling our feelings. Our feelings are what has us suffering. *Emotions are fleeting.* I had cried so many times to the point where when I was done and the moment passed, I had to acknowledge that I needed the cleansing of the crying, but the reason was stupid because I knew better. **I decided not to do better and hurt my own feelings.**

I know for every lesson that I have learned, great rewards are coming to me on earth.

I ask God to rebirth me all of the time, and although it's not in the way that I meant, **I am always rebirthed in my level of consciousness.** I am still coming up with a new idea to get me one step ahead.

People are afraid of being enlightened because they're afraid of death. This comes with the end of your old self, of everything that made you who you are.

Jesus didn't ask you to die for him physically. He asked you to kill your old self, to come back to your true selves, your spirit self, your soul self that operates strictly from your heart.

The path to God is singular, straight, simple, and embracing. The Buddha proclaimed: "There's one sole Truth to know which bars men's strife" and said of the priests, "such a motley crowd of 'truths' have evolved." These motley and often arcane truths divide people. The Buddha once said of true brahmins (religious scholars/priests):

No 'Brahmin true' attains the goal by mere research; no partisan is he, nor brothersectary; all vulgar theories which others toil to learn he knows but heeds them not. – ibid, p. 39.

Favor over Fear

When injustice becomes ascendant and morality declines, a new teacher appears whose fruits (teachings) are good. A true prophet is like a tree that bears good fruit (Matthew 7:17). The tree of a false prophet yields no lasting or good fruit. But what is the fruit? It is a teaching that embraces the ancient, pure, simple path of morality, justice, and communion with God's eternal spirit. It brings people together and does not divide or shun others. All Founders of religion teach this salvation: (Bahaiteachings.org)

Same things being spoken in different languages and different messengers.

We have to be very careful about where we get our information. That goes to this information that I'm giving you. I am telling you what worked for me and what I believe could work for you. It's up to you to check it out for yourself.

Never follow someone blindly. *You have all of your answers.* When you get a piece of information, carry it with you until you could research it yourself.

Everything that glitters is not gold.

We have been following others that seem like they have it all together, but in reality, they are a mess on the inside.

It's time to stop doing that; stop thinking someone has your answers. I don't have your answers. All I could do is ask you the right questions to help you find them.

Take therapy, for instance. I think people go in expecting the therapist to fix them. The therapist is there to help guide your thoughts in a safe space, lay all of your burdens on the table, and connect the dots. **When someone says therapy didn't work, I hear; I went in thinking they could fix me.**

Don't get me wrong, not everyone is a good fit, but that doesn't mean you stop trying.

Favor over Fear

I had to get that out there because therapy saved my life. That's how important I think treatment is.

We hold onto so much. Where will we ever feel safe to let it all out? The words we don't speak turn into the energy that makes us sick on the inside.

Words consist of vibration and sound. It is these vibrations that create the very reality that surrounds us. *Words are the creator, the creator of our universe, our lives, our reality.* Without words, thought can never become a reality. This is something that we have been taught throughout history, as far back as the Bible, which writes of 'God'- whatever that word may mean to you - saying, 'let there be light' and, as a result, creating light.

So what can we learn from this?

If our words and thoughts are the very tools with which we create our reality, then surely they are our most powerful tool yet? Surely we should pick the very best words in order to create our best reality?

Choose your words wisely- when you say something out loud enough times, your words become the truth, not only your truth, but in the minds of everyone around you.

I Am

Speak from the heart - always speak from a place of love for yourself, for your life, and others. Your words equal your world, so use them wisely. (The lawofattraction.com)

We can venture into the I Am territory of positive affirmations we already know, **but unless we feel it in our hearts, then we are speaking empty words.**

James 3:9

9 sometimes it praises our Lord and Father, and sometimes it curses those who have been made in God's image.

Psalms 82:6

6 I say, 'You are gods; you are all children of the Most High.'

John 10: 34-38

34 Jesus answered them, " Is it not written in your law, 'I have said you are "gods"?"

35 if he called them 'gods,' to whom the word of God came, and scripture cannot be set aside.

36 what about the one whom the Father set apart as his very own and sent unto the world? Why then do you accuse me of blasphemy because I said, 'I am God's Son'?

37 do not believe me unless I do the works of my father.

38 But if I do them, even though you do not believe me, believe the works, that you may know and understand that the father is in me, and I in the Father.

The word children in Psalms 82: We must understand that God is family. There is one God (the God family) comprising of more than one God being.

The God family from the beginning comprised of two divine beings.

God and the word of God:

The word became flesh (manifestation)

Genesis 1:26

26 God said, " let us make man in our image, according to our likeness." -showing that man was created according to the "God kind."

Genesis 5:3

3 Say that the first man was Adam, later "Begot a son in his own likeness, after his image, and named himself."

Whether you believe Adam was the first man or not isn't the point. The point is God was essentially reproducing himself through humanity.

Acts 17:28

28 The Apostle Paul told the men of Athens, "...as also some of your poets have said, ' for we are also his offspring."

God is an eternal spirit. Humans are flesh, but with faith, nothing is impossible.

Genesis 12:1-3

1 the Lord has said, to Abram, "Go from your country, your people and your father's household to the land I will show you."

2 " I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing."

3 I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you."

Favor over Fear

Hebrew 11:33 (1+1+3+3=8)

33 Who through faith, conquered kingdoms, administered justice, gained what was promised; who shut the mouths of lions.

Hebrews 11: 6 (1+1+6=8)

6 and without faith, it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Romans 11:33 (8)

33 oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!

Luke 11:33 (8)

33 No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead they put it on its stand, so that those who come in may see the light.

Angel number 1133

Angel number 1133 asks you to believe in the higher powers to bring you towards all of the fantastic results you have worked hard to create and nurture.

Angel number 116

Angel number 116 will allow you to fulfill all of your material needs when the time is right.

Angel number 1213

Angel number 1213 explores your inner wisdom and supports your decision to achieve greatness

Angel number 7

Angel number 7 represents a time of spiritual and enlightenment. It is a number for contemplation.

Angel number 8

Angel number 8 it is a sign of inner wisdom and strength. It is also a sign of karma and financial awards.

Let's circle back around to love because let's face it, that's why we're here in the first place. I wanted to take you around the back so that you could see new scenery, but **let's get back on course.**

I didn't understand what it meant to confess that Jesus was my Lord and Savior. I had in my mind; he's cool and all, but I didn't know him.

I didn't understand until I came full circle with my journey. I realized I could do nothing else for myself, and I needed help the day I confessed. I kept getting signs that it was the only way.

Favor over Fear

I confessed and surrendered, and at that moment realized it was never the man, it was **his consciousness**.

Christ Consciousness and identity allow us to experience and engage the world through and in Christ. So by doing, we see and recognize ourselves to be much more than the separate individual we normally take ourselves to be. We know ourselves to be one with Christ and one with all that is. And this allows us to engage with God in God's transformation work, in the world making all things new in Christ. This work must start with us but should never end there. The whole point of work is God's love for the world - a love that should now be ours as we have taken on not just the mind, but also the heart of Christ. (Holycrosslafayette.com)

The highest vibration of the universe is love.

All religions lead back to God, who we know to be love. **Love is the only thing connecting all of these stories. The people who are teaching only words and not from a clean heart are bringing death, not bearing good fruit.**

The ones who teach for money and nickel and dime people are not doing it from a place of love because this is all information people should have access to. Beliefs shouldn't divide us, and things shouldn't be hidden in different books to keep seats filled.

The bottom line is love, and it starts with self.

1 Corinthians 13:1-5, 7-13

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.

Chapter 6: The Collective and Power

While I was writing the last chapter, I knew for sure that was how it ended. Instead, as I was coming towards the end, I felt a pull to address specific issues.

We are all naturally a part of the collective whole—one with God, one with the Universe. We're here to help each other move forward in life, some way, somehow.

Right now we're bogged down with hate and fear of the unknown because we haven't mastered controlling our lives. We're waiting for someone to save us when, in reality, we have the power to save ourselves.

Have you ever wondered why some people seem to have a knowing while others don't?

Their lives seem to be led by something greater than them.

What could that something greater be?

While reading the Bible, the veil always stuck out to me. I'll share scripture to give you an idea of what I'm speaking about if you're not aware.

2 Corinthians 3:16-18

But whenever anyone turns to the **Lord**, the veil is removed. Now the **Lord** is the **Spirit**, and where the **Spirit** of the **Lord** is, there is **freedom**. And we all, who with unveiled faces contemplate the **Lord's** glory, are being transformed into his image with ever-increasing glory, which comes from the **Lord**, who is the **Spirit**.

I know some of you might be rolling your eyes right now. I know once upon a time, I would also have. Let's say it like this; in the last chapter we saw everything being connected. **God and the Universe are the same. The Spirit is only energy.**

Favor over Fear

Let's see if we can rephrase it:

When one turns to **love**, the veil is removed. Now **love** is the **energy**, and where the **energy** of **love** is, there is **freedom**. And we all, with unveiled faces, beholding the glory of **love**, are being transformed into the same image from one degree of glory to another. For this comes from **love**, which is the **energy**.

I hope that helps. **Love is the light**. It's the way to connect to God/the Universe. **The veil is what separates Heaven from Earth**.

People believe that God only speaks to particular people. The Spirit moves through everyone. Some are just more spiritually inclined than others.

No one is more special than the next person.

The veil the Bible is speaking about is Knowledge. *How can talking to angels be crazy if they're in all religious books as messengers?*

Don't get me wrong; there is black magic, but that's depending upon your **vibrational stance** and where you are in life.

You know, being psychic is tapping into your intuition, your inner knowing. We have been taught that psychics are evil, but we're all sensitive. We all have the capability because Spirit moves through all of us.

Who benefits from telling people that only certain people can hear from God (Spirit) and others can't?

Think about it for a minute. If I tell you things are impossible, or I tap into your fears, I have the capability of locking you in a box.

Favor over Fear

We've been locked in a box too long. It's time to expand our minds because nothing is impossible.

Take away the power from people and you have them thinking things are evil. *They're stripped of the connection to God and left powerless.*

It all starts with self. Loving yourself, fully forgiving yourself for things you may have done—releasing negative energy that has been holding you down.

We read and translated 2 Corinthians 3:16-18 together. You could see **love transforms all.**

Just like Lauryn Hill said, "How you gonna win when you ain't right within?"

Song: Doo Wop (that thing).

Let's go back to the expansion. Someone told me numerology was of the devil.

I had a look of confusion because the universe is made up of numbers, so how are they the devil? That's what I mean about stepping out of the box. **There's a starting point when it comes to getting out of that box.**

"If you want to awaken all of humanity, then awaken all of yourself, if you want to eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation."

- Lao Tzu

Favor over Fear

There is a light in this world, a healing spirit more powerful than any darkness we may encounter. We sometimes lose sight of this force when there is suffering, too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.

-Mother Teresa

I felt those quotes were necessary for a great reminder of nothing being new under the sun. **This has all been knowledge from the beginning of time and throughout history.**

Throughout history and today, we've been shown divide and conquer. We've been divided within our own races and between different races.

Everyone lacks a more in-depth understanding, going off emotions and what we were taught. Again, what was taught might very well not be the entire truth and story.

Somewhere deep down inside we know that because, at our core, we are made up of the energy of love. **The problem that we're facing is that love and fear can't live in the same place.** I say fear because hate is a mask for fear, as anger is a mask for pain.

It's easier to say you're mad at someone than it is to say they made you sad. To say someone made you sad takes full transparency and vulnerability, which many aren't fond of or accustomed to because we were taught it's a sign of weakness.

Anger is power, but anger is draining too. Anger depletes all of your energy, and once it's put into the universe, it is contagious and catches like wildfire.

Think about it when someone gets you upset because they're having a bad day. If you don't have control over your emotions that anger will take over, and you'll pass it on to the next person, becoming an ongoing cycle.

Favor over Fear

Same thing with social media, right? You share a post that upset you after you watched it, someone else watches and shares it, and suddenly we have over a million views on one video that made one person angry. Unfortunately, now you have over a million people affected by the same energy.

This is why we have to be mindful of what we take in and what we put out. If I know it's going to upset me, why would I sit there and watch it? You are in full control of what type of energy you allow to come into your space.

I have to tell you I am a very gray thinker when it comes to having black and white thoughts or absolutes. It's hard because I like to play devil's advocate and oppose ideas even when I agree.

When in conversation, the only time I have final thoughts and ideas is when I can see someone is stuck in their beliefs without having facts to back up those beliefs.

Other than that, **my thoughts are very fluid.**

As I am writing this, I can tell I am getting to a place I didn't want to come to, and I'm getting uncomfortable. **But being uncomfortable means I'm on the right path, and the only way to ease the emotion is to get through it and I am going to get through this.**

At this moment, I can't be afraid of what people might think. This is time to get wheels spinning, and if you made it this far, then I have your attention.

We need to have this conversation with each other to understand each other, and **if we don't want to understand each other, at least have the decency not to stand in the way of others who wish to progress.** *Sometimes helping is staying quiet and not spewing your fearful and hateful views onto each other.*

Favor over Fear

Remember that energy I was speaking about and how fast it spreads? Yeah, energy can't move if you don't move it; words can't be heard if you don't speak them. I won't know that you hate me if you don't tell me. With being so eager to tell me you hate, you should hold it a little longer and ask yourself what it is about me that you hate, and then ask yourself what's in you or not in you that you hate about yourself.

We learned it all starts with self. *Where does hate come from?* I'm not pointing fingers at anyone because even the ones who won't speak are wrong.

Someone asked what I needed to help heal myself. I said, I don't need anything except the space to do it. **I need the freedom to feel.** If someone wants to be a shoulder while I go through the process, then I'll happily accept it, but what I won't accept is my feelings being belittled.

We forget we're all human, and we're allowed to feel emotions without people telling us how to handle them. This is not a race thing; this is a people thing. This is anyone who tells you how to feel. **My loves, you have every right to feel your feelings.**

We carry so many opinions of what others should do or not do, but everyone needs to worry about themselves and keep their eyes on their plate. I am sorry if that sounds harsh but goodness gracious. Everyone has an opinion, and the funny thing is no one ever asks for them. If views can't be helpful and plant the right seed, then it shouldn't come out of your mouth.

Do you remember, energy can't be moved unless you move it?

Everyone screams about the importance of mental health only to turn around and make jokes or not understand that people fight demons bigger than they could ever imagine.

Yeah, people make their bed and have to lie in it, but I'm sure we have all had to do the same.

If you can't meet someone with compassion and understanding, maybe you shouldn't meet them at all.

I said I was a gray thinker; I could pull myself out of emotions and pose questions. That's all I've been doing this entire book, and I'm going to continue to do so until we can go inside ourselves and find the answers.

Let me ask you these questions:

1. You have a group of 5 "friends" that show each other disrespect. As people walk by, they see the disrespect, and they think they could join.

Why? Because that's what they're being shown.

2. I say something disrespectful about my sister to you, and you turn around and say something about her.

Can I get mad? No, because I've already set the standard for how to treat her. The narrative of, well, that's my sister so I can say what I want, is out the window.

3. If I am defeated in my own space, and I have a lack of care for my belongings.

Can I get mad at people for coming in and not respecting my space? You could only hope that people wouldn't follow my lead, but it's been proven time and time again that people will treat the room how you treat it.

I'm just going to leave all of that right there with you.

It's time to take accountability for ourselves on an individual level and, for once, look at the energy you put out.

I want you to ponder on those questions for yourself like I had to because once I did, I started to understand things a little better. I was able to paint my picture and understand situations and different points of view.

Favor over Fear

One thing about points of view is everyone has a different reality. We can witness the same accident and recall various details from the same event.

What we need to do is focus on moving forward from individual narratives and realize we're all humans living a human experience.

As I stated before, no one is coming to save you. It's time to save ourselves because, at this point, we're all wrong, and we're all missing the mark.

We are in the time of ultimate darkness, and it's time to be the light. I don't know about you, but **I choose to be the light.**

We're all ultimately responsible for each other. I can't know a subject and not share it but get mad because someone is ignorant of the facts.

How can I sit next to you and not try to elevate you?

We are all carrying pain from experiences; we're all carrying burdens that we were given along the way. It's time to unlearn all of it and start over.

When I started to share my poetry and experiences, I thought I was speaking to a specific demographic. I was proved wrong and was shown that as a collective whole, we all share the same feelings and fears.

We aren't different from each other. I promise, once you are willing to unbecome everything you were or thought you were, you become exactly who you're meant to be.

And you're meant to **BE LOVE** and **BE HAPPY**, and you are not here to suffer. I don't care how lousy life seems to be.

Life isn't rainbows and sunshine.

But it doesn't have to be

Death and destruction either.

Today is always a day to try again.

Endnotes

I want to thank each and everyone who has made it this far. I tend to lose people along the way. If I didn't lose you, that means you're ready.

You're ready for a change; you're prepared for the next big thing in life because you know the life that you're living now just won't cut it anymore. The life of sadness being content is not good enough anymore.

Here's the chance to do what you need to do for you. I will always be on the other side waiting for you, waiting to hold your hand and help pull you up.

This is not the end, but only the beginning of the journey.

I leave you with all of those questions throughout the book and challenge you to answer the questions for yourself. I challenge you to ask your friends to do the same. You never know what you may unlock.

You can follow me on different platforms.

<https://www.youtube.com/playlist?list=PLLfRn27CdvDCPyUd5jXspVXZjzeWhLlyi>

<http://healingsoulspurpose.blog>

https://www.instagram.com/the_essence8087/

You can reach me personally at my email.

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Favor over Fear

My Life Coaching services are available through.

<https://coachingjustintime.com/>

And if you loved this book, you'll love my complete life story of everything that I've gone through and overcame in

9/28 a soul's purpose: a journey to self-love coming soon

Favor over Fear:
A guide to self-love