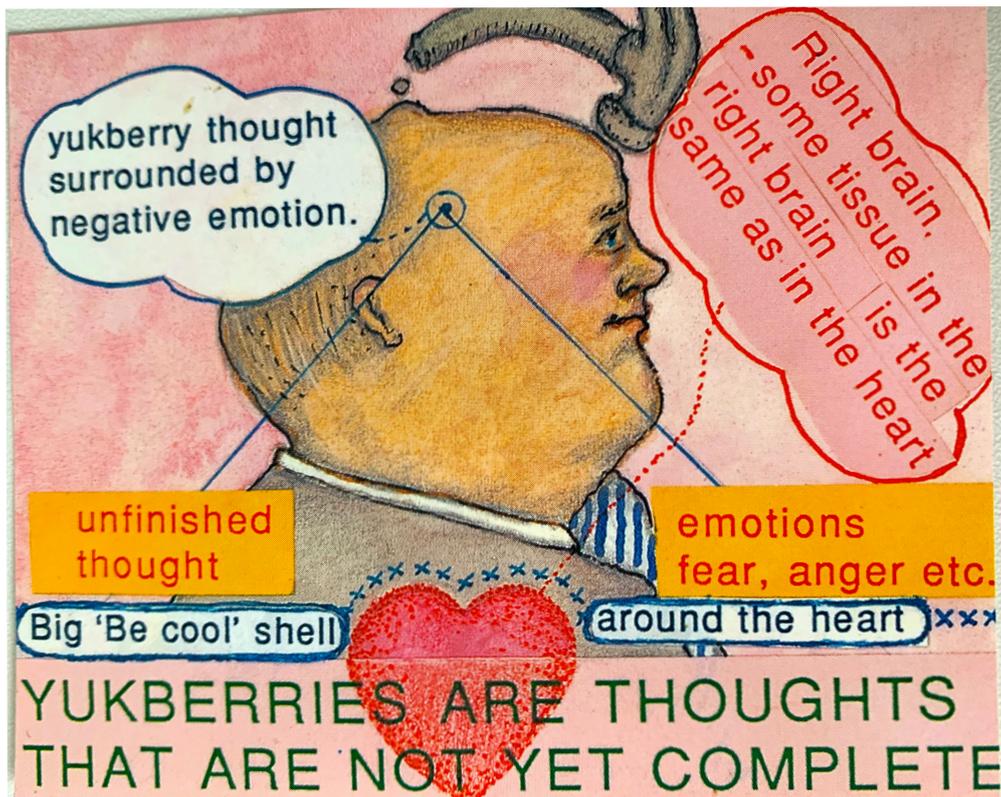


The title of this series: 'SHIFT' has become 'UNFURL True Self.'



33. Accept all your feelings.

COMPOST feelings and emotions that leak, or block energy flows.

Make them useful for soul nourishment. Integrate = Integrity. Integrate them into a natural cycle of renewal.

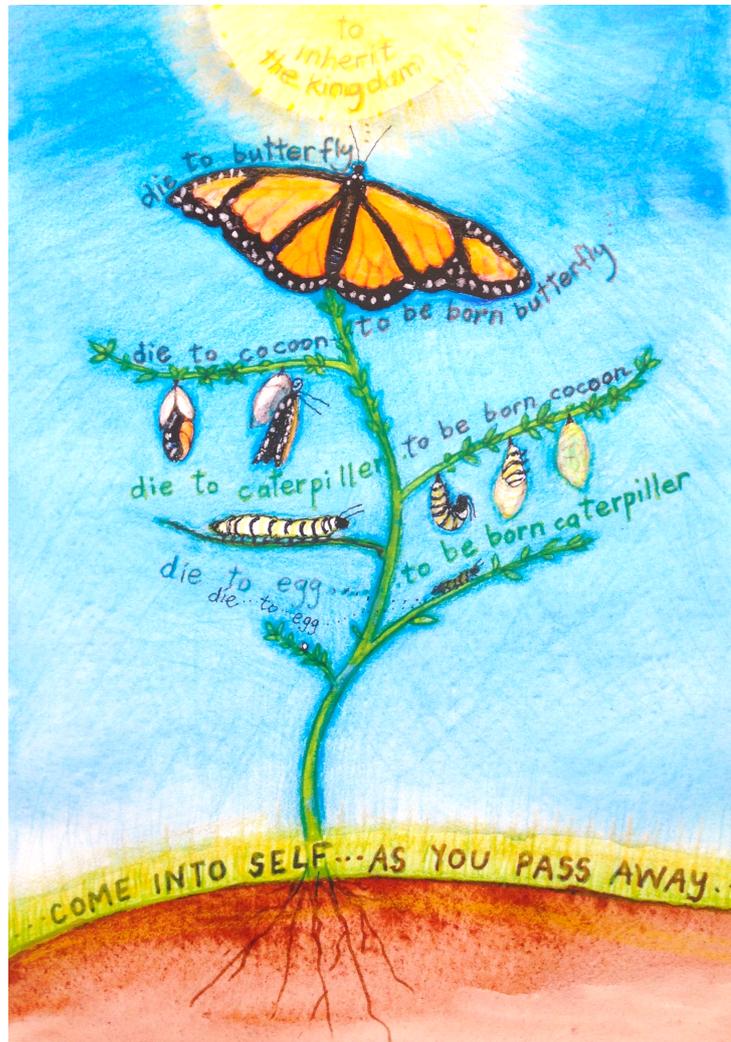
HOW? I use conscious, focussed breath, stillness and listening meditation, yoga, EFT (Emotional freedom technique,) Belief change, inspirational sacred texts, music, singing, dance, creativity, NVC, (non violent communication) sound therapy, garden and nature. I honour the healing power of the CHRIST vibration of compassionate love, and of being totally present in the moment. Environments of uplifting vibration naturally support the healing process. Like minded, like hearted companions are vital. Resonance with a radiant ascended Being is a fast track.

WHAT HAS THIS GOT TO DO WITH BUILDING TRUST?

An essential aspect of building TRUST is to accept ALL your feelings and to learn and practice ways to integrate them into a bigger picture. This will naturally **UNFURL your True Self, your authentic inner sanctuary, the seat of your soul, where you hold a place of your inviolate truth.** Then you know and TRUST who you are and uphold that inner knowing, whatever happens.

The astonishing thing is that your True soul Self is at one with the unfurling of the Universe, Creator God. No separation. THY will and MY will as one in the unique body that carries your name and lives your unique life expression. Just like the great diversity of trees, plants, insects birds, animals, bacteria in a natural forest, each authentic, unfurled person lives and acts in synergy for the good of ALL Life. Imagine that world.

And it all
each person, you
unfurling our True
accepting ALL our
composting the
ones and
the vital, uplifting
Peace, Love,
Reverence,
Collaboration,
Wholeness,



starts with
and I,
Self by
feelings,
diminishing
magnifying
ones. Joy,
Gratitude,
Beauty.
Truth.
Holiness.

The Universe, Creator God, supports you in all ways to become your INTEGRITY. May you have a blessed unfurling week. Mask free so you can breathe the breath of life. The Holy Spirit breathing you. The healthiest thing to do is to breathe. (-:

With love, compassion and a sense of humour.
Skye

To stop receiving these emails type UNSUBSCRIBE in the subject line and return to me.