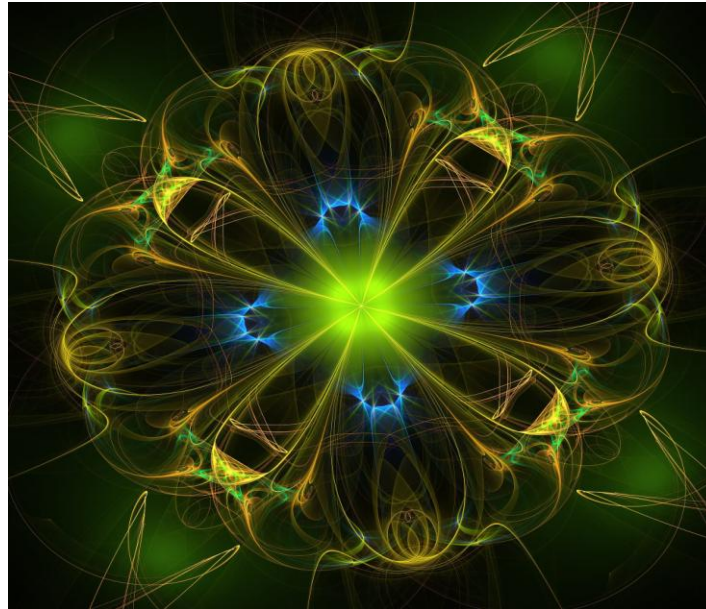




Embracing the Truth of Your Divinity

Bringing Your Self & Spirit into Alignment



By
Jackie Self

I am truly awed by the Beauty and Vibrancy of the color green in the picture above. It *blends* well with the color yellow, and is *supported* in all directions by the color blue; *allowing* the color of florescent lime to *shine* fully through.

I envision within this picture a future that is already here. If we can accept the Green frequency of Balance; the yellow frequency of Expression; the Blue frequency of Truth; and the Lime frequencies of Creativeness and Vitality... we can experience Life in Expanded Ways.

Keys to Moving into Personal Alignment with Spirit

I am being reminded as I write this article, that we are in a co-creative process. As our human self co-creates with our higher self on an individual level, our planetary self is co-creating with our cosmic self to create the grandest potentials we could possibly experience, individually and collectively.



I have listed below values that I have adopted as part of who I am. Perhaps you will find them as beneficial as I have in bringing your human self and Spirit into alignment.

Trust in Yourself



Trust in your body and *know* that it has its own healing abilities. The human body is truly an amazing, yet complex creation that has its own innate abilities to transform energy.

Trust in your mind which has access to all the answers you will ever need. Through Spirit, your mind has access to the Universal Library of all things that are known to exist, and will process any necessary information.

Trust in your Spirit. Most humans have been seduced and duped into believing that we will not unite with our spirit until after we die.

Trust in yourself enough to make a Commitment to find the Divine within.

Trust can be one of the most challenging values for people to embrace. I began to gain personal trust by using a pendulum. There are many other forms to choose from. Kinesiology is very popular. I believe the most important part of the process is to act upon your intuitive answer... even if your logical mind doubts. You will eventually learn to Trust your answers, without external forms, and take action when it feels in alignment with your Heart.

Ask yourself: On a scale of 0-100%... what percent of Trust in myself do I embrace?

Acceptance



Acceptance opens doors to the unknown. It is a key to unlocking old programs in your brain. It allows your chakras to open and receive new and higher levels of energy, while offering you a new perspective and outlook.

Self-Acceptance is primary and leads the way to accepting others as they are. This then cultivates Compassion and supports connectedness versus separation.

This was one of my most challenging areas when it came to family. Learn to become an observer; as if you are looking through your third eye. This keeps your energy inside and neutral. Your whole world begins to open up when you accept and allow others to be who they are.

In what areas of your life do you desire acceptance?

Place Yourself First

Meet your needs with all of your levels/bodies; physical, mental, emotional, and spiritual. *This is taking responsibility for your own life.* Addressing the physical level is paramount and its benefits are being grounded and connected to the Earth. Without a firm foundation and embracing who you are and desire to be, you may be influenced by someone else's thoughts, emotions, and beliefs.

Many of us have gone through lifetimes of caring for others and have challenges now with grounding ourselves and receiving energy. When there is a feeling of self-fulfillment, then you will be ready to assist others, and will have the energy to do so.

Is this your time to nurture yourself fully and reclaim your energy and vitality?

Stand Tall

Know and feel into the core of your being... and speak your truth. Each time you do, you are enhancing your energy and bringing higher potentials into your life.



This was another huge personal lesson for me and involved knowing myself and my desires more fully, and being willing to BE the Authority in my own life. Knowing I had to put myself first and acting on this principle, brought up confrontational issues. Digging deep down for the courage to speak my truth, which I call allowing my feelings to have a voice, was quite painful at first. In the past it was always easier to run and hide.

Each time that I spoke my truth it got easier. Standing Tall required me to establish boundaries and cultivate discernment which involved discipline and time, however, it was well worth the effort.

Are you willing to speak your Truth?

Understanding Energy Dynamics

Energy exists in a wide variety of different types and is here to serve us. When you really get this understanding... there is nothing that can be in your way. You understand that energy is always in flow and available; it is only your personal thoughts, feelings, and actions that stop this flow. No one can really own anything, so there is no need to fight, grasp, or hoard. If you think you own something... then it can own you, and keep you in a limited frame of mind.

Releasing old beliefs and issues of unworthiness is necessary to allow this flow of energy. Personal experience has shown that energy flow does not come until you feel worthy and know you deserve it.

My partner David and I use a program that we developed called Now~Living Potentials, that facilitates the release of unwanted energy and limiting beliefs that are hindering personal growth and blocking abundance.

Do you feel worthy and ready to receive your Divine Inheritance?

Choices



Make clear and specific choices that reflect *your* desires and *who you are*. Allow your choice to simply be a *direction or potential* without controlling the outcome. In this way, you are allowing the Highest Benefit for you and all others involved.

Conscious choices from the Heart will ensure you are following your Soul path. The greater trust you have in yourself, the easier it is to discern the choice that is best for you.

Do you consult with your Heart before making a choice?

Divine Flow

Release the old belief system that you need to struggle in order to have what you desire. This is the old paradigm that is being transformed because it does not fit in the new world. Understanding energy dynamics and BEing in the flow of energy, allows you to be an energetic attraction center to your creations and desires.

Following the previous keys will lead you to this place of Divine Flow where what you need comes to you graciously, without begging. I am beginning to experience this dynamic more and more... and I can say that it is a wonderful feeling!

In what areas of your life are you struggling?

Illusion



What you see outside of yourself is simply the reflection of the internal relationship *between you and yourself* as well as *your relationship to the outside world*. Our universe is a Unity Consciousness Universe that gives us the opportunity to be our unique self and have a relationship with the many other unique selves that are here now.

I believe we have been given the opportunity with COVID19 to really observe ourselves and our relationship with each other on a much deeper level. We have the opportunity to express Love, Honor, and Respect for one another and accept one another's point of view. In total acceptance, there is no duality, and no need to battle each other.

How has your relationship to yourself changed?

How has your relationship to others changed?

Gratitude & Appreciation

Be Thankful and Appreciative for what you have in your life *No matter what it is*. If it is a challenging situation, ask yourself what the greater lesson is. It will be made known to you.

Keeping a daily gratitude journal on a regular basis will change the way you perceive your life, and by adding appreciation for each item, will change your perceptions and your relationships more readily in your outside world.

Will you begin your journal today, or perhaps continue your current journal, with added Appreciation and Joy?



May your lives with filled with Love, Light, & Laughter!

Love & Namaste on your path of Self-Discovery...

Jackie

ONE-TLC offers....

Free Soul/Star Family Gatherings

Spiritual Union Ceremonies

Free Self-Discovery Courses

SIA Support & Assistance

Free Self-Mastery Courses

Paranormal Support

Retreat Revelations

Break-Thru Sessions



***Oneness-Now-Energy ~ Transformational-Light-Center
Experiential Awakening to the Truth of Your Divinity***



***info@thecarmineconnection.com 979-278-3360
www.thecarmineconnection.com***

The night is young... the trees are full... the birds are on high...
the tunes are ringing... the time is NOW.

FREE ~ Self-Discovery E-Course



<https://thecarmineconnection.com/free-self-discovery-course>