



Embracing the Truth of Your Divinity

Keeping an Open Mind & Heart

Allowing & Accepting



By Jackie Self

*“What we create in the world, we must first create within ourselves.
For there to be magic in your life, you must first believe in magic.”*

~Lynn Andrews~

As I just pondered on the above quote, I reflected on how my life has changed through the last twenty years or so. As the year 1999 started to close, I developed a sense of urgency, an anxiousness that did not subside for many, many years. It never occurred to me to take any type of medication, perhaps stemming from my parents' wisdom in saving visits to the doctor for absolute emergencies. I now know that I had made an unconscious decision to experience these feelings that were stirring inside of me as a guide into discovering more about myself.

I *Allowed* myself to feel these uncomfortable feelings while they caused me to question myself and my life situations. Why did I have these feelings and what is their purpose? Of course, in the beginning, I didn't know that I was the creator of these intense, gut gripping feelings which prodded me into looking deeper into life patterns of denial. This was the true beginning of my Transformation process.

*I began to Open my Mind through curiosity and Open my Heart
through the desire to know more.*



Before beginning my Transformation process, I was living out old beliefs, and patterns of behavior that weren't really mine or who I was anymore. It felt like I was trapped in my own mind and feelings; confused, and unsure of who I was and what decisions to make.

The elements of Allowing and Accepting are Keys to Opening the Mind and Heart.

Sometimes our inner creations are not 'pretty' and 'friendly'. When we recognize and acknowledge what we have created and are curious enough to discover the 'why' and 'how' of our creations... synchronicity and magic happen. We begin to understand that we can transform anything that we have created into something more Beautiful and Harmonious.



Allowing ourselves to Experience the Truth of our Divinity as a 'felt' sense will expose our thoughts and feelings. At times we must feel the heavier uncomfortable feelings before we begin to feel the subtle feelings of Light. The more we practice, the more space we create, allowing the finer and more subtle feelings to emerge. Heavy feelings are denser energetic patterns of our creations. Subtle feelings are experienced as waves of frequency. The more subtle the feelings, the more pleasurable they will be.

Allowing, in this context, is something we do for ourselves. It has nothing to do with anyone else, it is simply a way to be still and integrate all Aspects of Who We Are, however they may present themselves to us.

How do you begin?

- Simply take the time to sit and experience whatever comes up. In this way, you are acknowledging your thoughts and allowing the energy that was created with/from them to emerge and have expression. Then simply let them go. At times you may need to use your imagination to create a visual of them leaving. This will take practice, especially if your mind has many thoughts that haven't been heard. Do not attempt to analyze these these thoughts. Just BE.
- Do this everyday for as long as you desire. This allows deep clearing and healing to occur. Remember to breathe 😊

Accepting all Aspects and Attributes of ourselves as we practice Allowing teaches us to Love ourselves. Accepting all Aspects and Attributes of another teaches us to Love others despite any perceived differences. We may not always see the Attributes of another as Beneficial or Beautiful at first, yet we will come to Respect them for who they are while developing Unconditional Love and Compassion.

Acceptance, in this context, does not mean that we have to like or be a part of what others do or believe. It simply means that we are giving them the freedom to have their own perspectives, ideas, and experiences without our energetic imprint of judgement.

How do you begin?

- Make a commitment to yourself to be 'non-judgemental' regarding yourself and others. This includes becoming aware of any non-verbal communication as well. When you view others from a place of non-judgment, you are accepting them for Who they are, regardless of their circumstances, situations, relationships, or experiences.
- Do this... you and they will begin to feel Lighter and Happier!

The more We ALL practice and incorporate these Spiritual elements of Allowing and Accepting into our everyday existence, the more our Open Minds and Hearts attune to elevated forms of conscious thought and subtle frequencies. Our ability to create in this manner, from within, will naturally reflect in our outer manifestations.

How does it get any better than that?

Love and Namaste on your Inner path of Self-Discovery & Mastery

~ Jackie ~

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