



Embracing the Truth of Your Divinity

Contemplation & Inner Reflection

*“As water reflects the face,
so one’s life reflects the heart.”*

Proverbs 27:19



How often have you looked into a mirror and discovered something about yourself that you don't like... and then do everything you can to try and fix it?

Soon enough you may realize that this just doesn't work in the long term! Attempting to change your reflection is like trying to change the mirror and expecting a different outcome.

Lasting change and transformation begins as a desire or deep passion for something new or different. This passion comes from the depths of the heart, usually in response to an experience of hurt, pain, and/or suffering.

True change on the outside requires passionate desire on the inside.

A wise teacher once told me that the first 28 years of one's life, are a reflection of what our soul has come to resolve within this current lifetime. I have kept this in mind and reflected upon my first 28 years of life often. Each time I have discovered something different, and experienced a new way of *seeing* things.

I since have come to realize, that those on the Ascension path and dedicated to their journey, may find these years to be a representation/culmination of all of their earthly experiences (lifetimes), and recognize them as patterns in their ancestral/bloodline. Acknowledging, understanding, and transcending these patterns will promote a sovereign free will state of existence.

Following is an exercise that will assist you in reflecting on your early life experiences:

To begin:

Have a notebook or journal ready to record events, thoughts, and emotions. You will be recording the facts, details, circumstances, etc. objectively, leaving out judgments that may arise.

Give yourself permission to remember those events that are significant, from your time in the womb before birth, and forward until around age 28.

Find a quiet space...

Take several deep relaxing breaths...

Center your attention in your heart area...

Allow your awareness to drift to the earliest childhood memory or event you remember...

Record your answers to the following questions:

- *How old were you?*
- *What were you doing?*
- *What were your thoughts?*
- *What were you feeling?*
- *Who was with you?*
- *How do you feel about the people around you?*

Continue the above process for as many events as you can recall. If you have an unwanted emotion arise, acknowledge it and then let it know that you will revisit and resolve this experience at another time; while ensuring to follow through with this intention. .

When you feel complete with this part of the process, you will be able to see similarities between your experiences. These are your patterns. These patterns tend to repeat until a change in thought, feeling, and action is made.

You have now taken the first step in acknowledging these patterns, and have most likely gained greater understandings that point to the changes in thoughts, feelings, and actions that will be necessary to transcend them.

You have now gone deeper into *who you are, where you have been, how you have been, and where your energy is leading you.*

Love & Namaste on your continued journey of Self-Discovery... *Jackie*





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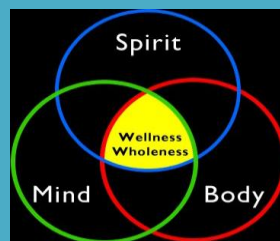
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*"The night is young... the trees are full...
the birds are on high... the tunes are ringing...
The Time is NOW..."*

~ Zientah ~