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*Numerology, Palmistry, Celtic Animal Cards,
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When I say No to Thee, I say Yes to Me.....

These days there seems to be an ever increasing demand upon one's time.

Have you noticed how easily you can get caught up in responding to requests from others, without taking a few moments to reflect on how the request may impact your own time and desires?

I believe TIME is one of the most precious gifts we have each day. I also believe it is my responsibility to apportion it in ways which support myself. Whether I am at work, in conversation or in a period of reflection or rest – time is precious...

Ask the questions:

“Is this moment fulfilling my deepest desire?”

“Do I feel supported in this moment?”

“Could I set a boundary regarding this request?”

“It is OK to say NO?”

One of the pitfalls of saying No to others is the guilt one may feel initially. I know as I say NO to others without placing blame or justifying myself – the connection I share with the individual becomes richer. I am being real about my own expectations and as a result, the other person is supported by knowing my stand.

When one says Yes to a request – when the true desire is to say No – it creates an inner struggle of guilt, blame and judgement. By being honest, our relationships become stronger and the connection shared is more supportive of each other.

I encourage you to become aware of those opportunities for you to say No to those requests which may drain your energy and to say Yes to yourself and notice how good it feels.

Consciousness Rising
Connecting ~ Body ~ Mind ~ Spirit

*Healing Touch
 Reiki*

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Today I...
Say Yes to myself
 Accept it is OK to say No to others
 Release myself of all guilt
 Release the need to blame others
 And so it is...

Liz Robitaille offers workshops and individual coaching. Visit www.wisdomiswithin.com or call at 250-757-9794.