



Cello Lessons

Allannah is a
free-lance
Cellist.

Available for weddings,
gatherings & recordings.

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Letting Your Light Shine

I believe each of us is born with a special light which shines brightly within us. As tiny babies, we are surrounded with love and the promise of a life yet to unfold. Our eyes meet the world with amazement and wonderment; we are ready for all possibilities.

The divine light within is ignited and powered by unconditional love and acceptance. During the process of living this human experience, many challenges emerge, which can pull us away from our inner power.

Periods of self doubt or criticism can undermine our confidence and leave us feeling unloved. Sometimes memories of the past can surface which will diminish our inner light.

When a negative experience or thought surfaces which drains my energy and dims my inner light, I ask myself: "Is what I am feeling or thinking true?" or "Does what I am hearing have anything to do with me?" I can then look at the situation, examine my thoughts and realize what is false and what is true. I then support myself in releasing old beliefs or experiences which are no longer true for me.

By accepting the truth of my divine right to be loved and accepted, I can make choices which will empower me, allowing words of encouragement and support to increase my energy and light up my life.

I encourage you to begin the journey of self acceptance. Acknowledge all the wonderful things you do in each moment with light and love. Acknowledge your gifts and let your light shine.

Today, I

Open to all possibilities...
Acknowledge my divine right
to be loved and accepted...
Let my light shine...

And so it is.

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



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