

Title: Conversations

Subtitle: If you are spiritual say hi

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SPIRITUAL!

Moment to moment seeking within self first!

Looking for friends in all the right places...
We are Family!

"Awareness of a greater truth adds time pressure to your psyche and spirit. I know, the faster you need to respond to the truth, I call this spiritual acceleration. In her book, Sacred Contracts pg. 126

Another of my favorite quotes by Carolyn Myss:

Your highest potential then, is that part of you that is not limited in its expression to the physical world and the business of living.

It is what you actualize when you are willing to confront your shadow, open to the presence of its presence within you, and then take steps to deal with it. (ACTION)

To rely on your own inner resources and to follow your inner guidance before you reach your highest potential at all times.

It shows who you would be if you could live constantly within the knowledge that the self exists inside the self and never outside of it. pg. 127

Are you spiritual? In what way do you manifest it?

love and Gratitude,
suzyq