

# WHAT DO YOU DESERVE?

As human beings, we have fears – we often run away from situations that reminds us of something painful. This is **NEGATIVE ASSOCIATION**. We know that we must protect ourselves.

The barriers of protection used are sometimes extreme or left in place too long, and become inappropriate screens that prevent us from really enjoying life.

When we become courageous enough to face our problems and downturns in life with strength, this gives those around us a role model for their own life, as well as solving our own problems.

One way of growing spiritually, enabling us to solve our problems, is to act out in a positive way, enhancing things we have learned or read. When we do not apply knowledge for a better life, things do not improve – to receive the pay we must do the work. The rewards are great, as spirituality brings clarity.

With this clarity, we can climb out of the swamp of blaming others and not taking responsibility for our own lives. The fog leaves our eyes and the world can now be viewed with the beauty it deserves.

A clear view of the world encourages humans to want to enjoy the few short years we have on this beautiful planet. Time wasted in unhappy jobs, bad relationships or with various health problems, also by not realising our potential, lacking confidence to really live, is squandering our non-refundable time. **DIVE IN AND SWIM IN THE OCEAN OF LIFE.**

I have 25 years experience as a Counsellor / Astrologer, and General Practitioners often send patients to me for counselling, as some doctors are starting to realise that physical illness is a result of psychological problems not resolved. True Pagans will understand this point of view exactly, as they follow natural healing and don't take chemical medications. **MEDITATION, NOT MEDICATION.**

We all suffer pain in different areas of life. We need to look at our wounds – **TO AIR THEM – TO HEAL THEM.** It is through understanding our wounds that we grow and become healed.

It has been proven by medical studies of the brain that the way we think influences our levels of happiness ... these levels of happiness and positive thoughts influence our **HEALTH**. If we do not get our thoughts right, *we can go to all the healers on earth and the benefits we receive will only be temporary* – until we are prepared to be **BRAVE ENOUGH TO LOOK AT WHAT WE MUST WORK ON AND CHANGE – THIS TAKES COURAGE – THIS SHOWS GROWTH** – and the reward will be inner pride. We have the ability to regain our life – the key to this is in your head. **FOCUS ON WHAT YOU WANT.**

Depression ... Negative thoughts have proven to lead to illness. Today's body is a result of yesterday's thinking, and *the way we appear is the way we think we deserve to be seen.*

*Some people may need to reassess their deservability!*

Nothing in life will change unless we change things. **WHAT DO YOU THINK YOU DESERVE?**

When we accept full responsibility for our own choices and thoughts, then we take true charge of our destiny. It is when a person does not take responsibility for their own life that they see themselves as victims.

A great step towards personal growth is to really understand **'I AM RESPONSIBLE FOR MY OWN LIFE'**.

A crossroad is reached when we want to be in control of our own life. We take responsibility which is power, resulting in clear thinking, which brings a better quality of life and improved health. Take pride in yourself. Therefore, don't exclude yourself from precious experiences because of the limitations you place on yourself as a result of your body condition. **LIVE, DO NOT JUST EXIST.**

Stop living on the surface – look deep to see what your real problems are. How much strength you have to do something about improving your life is up to you. Be adult enough not to complain about your life if you have not even really tried to make improvements. **LIFE IS PRECIOUS – LIVE IT.**

Instigate change with excitement and a concept of adventure, as each ending brings a new beginning – perhaps a **NEW CHAPTER IN YOUR LIFE**. Have dignity to reach for what you think you deserve.

Do not live a half-life existing in the shadows, held back by all those fears. Have the courage to step out into the sunshine and **ENJOY THE SHORT TIME WE HAVE HERE.**

**THE MIRROR OF LIFE MAY NOW RETURN A DIFFERENT REFLECTION OF YOURSELF TO WHAT YOU HAD PREVIOUSLY IMAGINED.**

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