**Making contact with your inner self**



This implies paying more attention to self-care. Through meditation, self-reflection or contemplation, and the experience of quiet at least a few minutes every day, you make contact with your inner world. You learn to appreciate and enjoy it.

1. How many minutes a day do you spend alone?
2. Do you reflect at the end of the day?
3. What was your biggest achievement so far in your life?

**Honestly facing your inner obstacles and resistance**



Most people don't like to face their weaknesses and flaws because they judge against them. But you are only human, and you will find that your sense of insecurity and anxiety represents feelings from the past that can be healed. In fact, they want to be released if you will give them a chance. The first step in healing is to look inside and let the process of releasing begin. Healing can proceed along many avenues, from therapy and support groups to energy work, massage, mind-body programs and various Eastern medical approaches.

1. What is your biggest obstacle in life?
2. What do you do if you feel anxious or nervous when encountering something new?
3. What is your biggest fear?

**Dealing with old wounds**



One could also call this advanced healing. As old residues of negative emotions are released, you find that you are stuck with resentments, hurts and scars that must be dealt with. Beneath the scar, such wounds feel very fresh. It takes help from someone else who understands the situation to go into these dark places -- it could be a close friend, mentor, confidant, priest or therapist. No one can do this work alone, I feel, but I'm not underlining any sense of danger or fear. The work can be done safely, without anxiety, and once you start, there's a tremendous sense of exhilaration, even triumph in the process. Just find someone who has walked the path successfully and sympathizes with you fully.

1. What is your largest mistake in life?
2. How have you changed to ensure you don’t make similar mistakes in the future?
3. How do you cope when something occurs, which is out of your control?

**Forgiving your past**



You shouldn't jump too quickly into forgiveness. It's all too easy to pretend to yourself that you forgive old hurts and abusive treatment, when, in fact, what you are eager for is to escape the pain. The absence of pain, achieved through healing, gives you the right foundation for deep, lasting forgiveness. Self-acceptance is required first, and the realization that you -- and everyone around you -- have been doing the best you can from your own level of awareness. This can be quite a challenge when someone has hurt you deeply, but you can't fully separate from wrongdoing until you accept that others are trapped inside a reality they can't escape.

1. How do you approach a situation where forgiveness is hard to give?
2. How do you forgive yourself for decisions of your past?
3. Imagine if (or remember) that someone has hurt you deeply in the past, what steps would you take to ensure this doesn’t happen again.

**Accepting where you are right now**



This, too, is a stage you shouldn't jump into too quickly. The present moment isn't free of the burdens, memories and wounds of the past. They must be attended to before you can look around, breathe easily and love the moment you are in right now. A good beginning is to catch yourself when you have a bad memory and say, "I am not that person anymore." For the truth is that you aren't.

1. Imagine when you were 10 years old, what are similarities and differences of the person then and the person you are now?
2. What burdens do you still hold on to, currently, from your past?
3. What burdens have you left in the past, to ensure you are free to move forward?

**Forming relationships where you feel loved and appreciated**



The path to unconditional love isn't meant to be lonely. You should walk it with people who reflect the love you see in yourself. You are likely to look around at some point and realize that not everyone among your family and friends is in sync with your aspirations. Without rejecting them, you have the right to find people who understand the path you're walking and sympathize with it. They are more likely to appreciate you for who you are now, and who you want to become.

1. Who is your number 1 “go to” person when you feel you need to talk?
2. How do you deal if this person disagrees with your actions or suggests an alternate path to take in life?
3. How often do you let the thoughts and words of others change the person you are?

**Practicing the kind of love you aspire to receive**

Long ago, there was a book The Path to Love, about many people, most of them women, who were constantly waiting for "the one" to show up and sweep them off their feet. But the only way to realistically find "the one" is to be "the one" yourself. Like attracts like, and the more you live your own ideal of love, the more your light will draw another light to you. This single point, I am told, has helped the most people find their love.

If you spend time every day with one or two of these ideas, you will find a practical road that takes you to more love than you have in your life today. The steps unfold naturally once you begin to devote attention to them. You were born to be perfectly loved and you are completely lovable. The loss of that status is what's unnatural, not wanting to return to it, and the return means reconnecting with your true self. The path has been walked successfully for centuries, so I hope you take heart and join the fortunate ones who aspire this high. There is no better time to begin than now.

1. How do you ensure you live a life which exhibits a “bright light” for others?
2. How do you ensure that you keep your individuality as well as close friends?

**Making contact with your inner self**

1.
2.
3.

**Honestly facing your inner obstacles and resistance**

1.
2.
3.

**Dealing with old wounds**

1.
2.
3.

**Forgiving your past**

1.
2.
3.

**Accepting where you are right now**

1.
2.
3.

**Forming relationships where you feel loved and appreciated**

1.
2.
3.

**Practicing the kind of love you aspire to receive**

1.
2.