



*Adara
Affirms :*

A COLLECTION OF JOURNAL ENTRIES



A D A R A C O X

A Letter to Readers

To my readers:

May these journal entries provide you with what you are looking for whatever stage you are on in your healing journey. My journal entries are my rawest and most vulnerable thoughts, exemplifying my transition from one habit of mind, to a much more healthier and mindful version of consciousness.

Take what resonates and make it your own. I share to inspire, in hopes that the cycle will continue through you. You are more powerful than you know. Lean into yourself. Trust the process. Be gentle with yourself. You will find your way.



Starving the Ego, Feeding the spirit: My Writing and I, We are Accountability Partners

My writing and I, we are accountability partners. If I feel an impulse creeping up, then my journal begins to call on me. She says, "Girl come on ova here and let's talk." My writing has supported me, in that, I say no to the ego, and yes to creativity.

Starving the ego, feeding the spirit, what a difficult process. My ego's voice be so loud at times, she makes it hard for me to ignore her.

My spirit, so soft and so sweet, gently reminds me of the consequences in feeding my ego. Her gentle reminders help me to remember, that if I am going to overcome these toxic behaviors, then I must quiet my ego by telling her that I control my actions. My intuition, a soft and gentle whisper, is a vessel of strength; and compared to the ego, she has the power to overcome unhealthy desires by following what Wisdom provides.

Starving the Ego, Feeding the spirit: My Writing and I, We are Accountability Partners

Starving my ego, I realized that she has attachment issues. These attachment issues, they stem from parental absence. My ego likes to feed off having company, to distract me from facing my self-conflict. Distraction is so much easier than sitting with my shadow and confronting her within the lion's den.

My ego tells me to dive into what's new. Let's see who can fill my avoidance, so that I won't have to face my shadow self. I can have any man that I want. What do they call that nowadays? Pretty girl privilege aka ego?

With my ego, loud and proud, she tries to convince me to give into my desires to avoid myself. She has persuaded me on numerous occasions; with each time, the filler gets worse.

Being the empath that I am, I always see the best in others, even if they show me their truest forms. My ego had me wrapped around her finger for a very long time. Knowing that I ignore all the red flags, she knows just how to persuade me into filling the avoidance.

The fillers feed my ego, but they starve my spirit. Each filler aligns with the wants of my ego, but denies my spirit the meal that she deserves. A battle between each other, what a dangerous game. My dilemma, am I going to choose temporary fulfillment, or am I going to starve my ego and feed my spirit to grow?



Starving the Ego, Feeding the
spirit:

My Writing and I, We are
Accountability Partners

Affirmation: "I choose to commit to my
growth; and whatever hinders my
growth, I let go."

The Filth that Washes itself Clean

Learning to stand in my singleness, that shit is fucking difficult. I am learning that it is okay to desire a partner, but it is not okay to desire someone as a distraction to avoid the self.

Don't get me wrong, I really enjoy my me time, but the shit gets tough when you realize that you only desire a partner to avoid your self-conflict.

A part of me says, "hey, you are young, just explore." Then the other says, "girl do you really desire a partner, or are you just looking for a distraction to avoid the self?"

I realize that this habit in getting lost in a relationship has been an occurring thing for me since I was in high school. It was a way for me to distract myself from my inner conflict.

Not many people can say, or even admit, that they are embodying coping behaviors that stem from their trauma; yet here I am, calling myself out on my toxic shit.

The Filth that Washes itself Clean

I still hurt; and through that hurt, I am provided with the clarity from Wisdom, that I have to learn how to dwell in this place of uncomfotability with my self-conflict, to truly gain the wisdom: that I must face myself to be ready for a relationship. I have to ground myself, with Wisdom, to progress and truly be content in my singleness.

My new practice is, that when I feel the urge to do something impulsive, like using dating apps, is to write out my feelings. However I may need to express my feelings, whether through prose, journal entries, or affirmations, I allow the feelings to flow and let them go.

This is such a precious time for me. Being able to sit and write about my unhealthy behaviors and having the chance to reflect upon them; it is a beautiful thing. Because I am able to share this journey with those who need it: the filth of shadow work, that eventually washes itself clean through the process of reflection and correction.



The Filth that Washes itself Clean

Affirmation: “Through the emotional fatigue, I listen to what my body needs; it is telling me in this very moment, to let things go and just be.”



Gentleness:

What Does that Actually Mean for Me?

I realized that I am not as gentle with myself as I am with others. I have been told many times by peers, friends, and even family, that “you need to stop being so hard on yourself.”

That constant reminder never actually stuck with me. It was the epitome of going in one ear and coming out the other. I would hear the reminder, but I never truly listened, or tried to reflect on what that looked like for me.

It honestly was not until recently that I truly started being intentional in acts of gentleness toward myself. And I want to reiterate, I am still learning what that actually means for me. The last 9 years of my life were far from gentle. I lived on edge and that became all I knew.

I learned how to mask myself so well, that many, to this day, could not tell I was a wreck because I mastered how to hide in plain sight.

Gentleness:

What Does that Actually Mean for Me?

I masked my lack of gentleness for myself with indulging in my studies or helping others. While my acts of gentleness were nothing but pure love for those that I was helping, I was so busy extending that gentleness to them, that I neglected my own gentleness toward the self.

Even though I am able to recognize that I was far from gentle with myself in the past, I still have difficulty with showing myself gentleness and grace, now.

I often feel guilty for making mistakes, to the point, it will consume my energy. That is a learned behavior from my trauma environment. I am no longer in a place of being on edge daily, which means that I should no longer feel impending guilt toward minor mistakes; yet, I still do.

Here's to say, I am still learning what gentleness is toward self and what that looks like for me. And that's okay, because I am learning acts of gentleness day by day.



Gentleness: What Does that Actually Mean for Me?

Affirmation: “I extend the same gentleness and grace that I give others, to myself; for I am deserving of gentleness and grace, in every sense of their true meanings.”



The Embodiment of Self:

I Am What I Desire

I have many things that I desire for myself; a life filled with accomplishing my goals, while living out my dream to live fully, it is all in my reach.

I find myself daydreaming daily about the life that I will have and what it will be filled with. Of course, my life will be filled with nothing but the best because I am deserving of a beautiful life.

I remind myself daily that if I am going to make the life that I desire my reality, I must show up like I am already living it; because essentially, I am.

I know who I want to be, and I know this because she is me. I am the walking embodiment of the life, the dreams, and everything in-between. Embodying how I want to show up in the world is the key to making my dreams a reality.

Thinking about my old thought process, I placed too much pressure on who I did not want to be, rather than seeing that everything that I desire is already living inside of me. The missing piece was recognizing that I complete my own puzzle to the life I want and deserve.

The Embodiment of Self: I Am What I Desire

All the gifts, thoughts, and ideas, they were given to me to bring them to life. The gift and ideas that drive my existence, were given to me to thrive and serve my purpose. It's crazy to think about how much my mindset has transformed since I began intentionally healing.

Leaning into myself, to find myself, gave me the wisdom that I can embody who I want to be by showing up and living authentically. That shedding of conventional thinking, the embedded fear placed on me, I shook it off; I released it. It had to go if I was truly going to grow.

There is so much that I still have yet to learn, but I know this for sure, that I am already walking into the life that I desire through the authenticity that I embody.

The Embodiment of Self: I Am What I Desire



Affirmation: “I am the embodiment of the life that I desire; and I choose to live authentically to make everything I desire my reality.”

To My Higher and Lower Selves

My higher self, she feels like she is floating. She's energetic, lively and she sees the beauty in everything.

Her creativity, it peaks. Words flow without any hinderance. Life feels simple when my higher self is present.

My lower self, she feels the weight of her self-conflict on her shoulders. Things feel heavy, and the only thing she wants to do is lay in bed.

There is little to no creativity, and if she does want to write, it is usually about the heaviness that she feels.

The beauty of them both: the higher and lower selves, they are what make me complete. They are me.

To My Higher and Lower Selves

I get to decide who is present. Some days, they decide for me; and when that happens, I lean into whoever is showing up that day. I lean into them to figure out why one is showing up over the other. I talk with them. I love on them. I reassure them. They deserve equal attention because that was not something that they were given in the past.

To my lower self, I give you permission to be sad and under-motivated. You have been through so much, and some days, I know it is hard to get up. It is okay to rest; it is vital for your healing.

To my higher self, keep thriving! You are the walking embodiment of purity itself. The energy that you possess, it radiates so loudly, that people gravitate toward you. You are the goddess of love, and keep showing up in that form. The world needs you; and I need you.



To My Higher and Lower Selves

Affirmation: "I provide both versions of myself
with the space to be free, to just be."



A Reflection on Peace

I have peace now. And I really mean peace, that kind peace that cannot be shaken, unless I give someone or something the permission to disrupt it.

The peace that I feel, it is new for me. I am used to having temporary moments of peace; but now, I feel peace every day, and I love it here.

The peace that I feel presently, was something that I imagined for myself once I moved on my own. Here I am, a year later, actually experiencing what I imagined and prayed for.

I am blessed to experience this peace. I am embracing this peace because peace is what I desire to always have in my life. Peace is not just a want, but it is a necessity for me to thrive. True peace comes from within and being secure in the self.

A Reflection on Peace

The days that I longed for peace seem like they were so long ago. I am grateful for the time that I did not have peace because it allowed me to truly appreciate the peace that I have today.

When I look in the mirror, I see a woman that is full of peace; love; joy; and gratitude. Who I see looking back at me is a young woman healing and rising above every challenge that hurt, yet made me stronger than ever.

My peace really stems from providing myself with the space to express myself freely. My peace comes from standing firm in my boundaries. My peace is a gift from the Higher Power. Peace is what I strive to have each day because I am deserving of peace.

A Reflection on Peace



Affirmation: “Peace is not a luxury, but a necessity to thrive; as I am seeking peace, peace is also seeking me.”

Boundaries: A Love Letter to the Self

I am glad that I know what it means to stand firm in my boundaries. Like a year ago, I did not know what that even was nor looked like.

One thing is for certain, I do not play about me. And anyone who disrespects me and my boundaries, do not deserve to be in my presence.

I used to feel so bad for not being able to give parts of myself to people. I mean that guilt that I felt when I could not provide to others what I thought was expected of me, it weighed me down, tremendously. That version of me did not have one boundary.

Healing over this past year, I realized that what I was giving to others, was not being provided to myself. I was giving so much that I did not see how much it was hurting me.

Because I am a loving and giving person, I gave until I had nothing left. Healing and reflecting made me take a step back and ask myself, "when am I going to place a limit on how much I give to others?"

Boundaries: A Love Letter to the Self

Setting boundaries was nowhere near easy. I had to consciously remind myself to not give too much, nor say yes to things that I knew deep down, I did not want to do. The hardest part was not folding under the guilt for choosing me and not them.

Putting myself first was an unfamiliar act that I am still figuring out to this day. What I know now is that it is not selfish to protect myself.

I do not have to feel guilty for saying no. I do not have to explain why I have “said” boundaries; again, they are mine and should not be questioned but respected at all times.

My boundaries represent the love and care that I have for myself. It shows that I am putting myself first because no one has me, like me. Boundaries are a love letter to the self, reminding me that I protect, respect, and love myself enough to stand firm in what I will and will not tolerate.

Boundaries exemplify the growth that I have had over year one of my healing journey. For the journey is far from over, and because it is far from over, I will continue to protect and love myself, no matter who or what tries to convince me otherwise.



Boundaries: A Love Letter to the Self

Affirmation: “I owe it to myself, to take care of myself. I love and respect myself enough to protect my peace by setting necessary boundaries.”



The Mastering of Emotion

Healing is one hell of a game to master. The good of healing definitely outweighs the bad. I have come a long way; and I still have a long way to go. I know that I cannot control the bad, but I hope that I master how to handle when the healing journey gets tough.

Even though my life is much more peaceful now, I still hurt. For emotions to be so temporary, they sure hurt like a bitch. To have been led by emotion for so long, it is sometimes difficult to fight them off. It is okay to show emotion, but I have to keep in mind that emotions come in waves; and, they too, shall pass.

I developed this habit to lead by emotion because that was all I knew growing up. I had no control over anything, so I let my emotions lead the way.

The Mastering of Emotion

Now, I am beginning to see how much emotion has clouded my judgement, and I am learning to quiet the voices that come with certain emotions.

Emotion is very closely tied with the ego. Leading by emotion allows the ego to take control; letting the feelings flow, and letting them go, is something that Wisdom is teaching me every day.

Taking the time to sit with my emotion, I see that that mastering my emotion, is all a part of the healing journey. Healing is a day by day process, which means that there are many lessons to be learned; as long as I embrace this journey, taking everything with a grain of salt, the wisdom, too, will find me.



The Mastering of Emotion

Affirmation: “Although my emotions are temporary, I choose to embrace them; because even the most temporary of things, have the greatest of lessons.”



Resting my Conscious

Resting my conscious is a struggle. This habit of always having to stay aware or up-to-date on everything wears my mind down. I honestly did not realize until recently that I do not take the time to give my conscious a rest; no wonder I have been feeling hella drained, it's because I keep my mind going without a break.

Rest does not just mean relaxing the body, but the mind is the most important organ to rest. It literally controls the body's every function. My mind deserves to rest as much as my physical body. That urge to constantly indulge myself in an activity, it's causing me to feel under-motivated, with mad anxiety.

I struggle with always trying to outdo my last accomplishment, which is both a good and bad thing. With that constant urge to move on to what is next, I do not give myself or my mind, the time to actually rest.

Resting my Conscious

I enjoy challenging myself, but I know that constant urge is costing my mind the rest that it deserves. I notice that I get tired, but yet I still push myself, even when the activity that I am indulging myself in, can wait until the next day. This indulgence is me placing myself into a box to always have something to do. Again, it is tiring putting myself in the position to keep going without any breaks.

I not only deserve deserve rest, but I need it to produce the work. I need to rest my mind to work with clarity. I find my mind clouded somedays, because of the lack of rest I get. The thing is, I need to listen to my body when she is tired. That urge to push myself even when I am tired is a toxic mentality to have.

I cannot stress this to myself enough, but rest is also productive. My body needs the rest, to keep elevating to the next level. Without rest, it is only hindering me from getting to where I want to be. If I am tired all the time, then am I going to put out great work? No.

To be great at what I do, I must rest. Prioritizing rest is something that I need to do, so that I can become the best version of me.



Resting my Conscious

Affirmation: “ I prioritize my rest, for rest is vital on my journey of becoming.”



I am Unconventional

I am unconventional. I can finally admit that to myself. I've always struggled with feeling like I had to present myself a certain way to please others. The thing is, I was never supposed to fit into spaces that I was too big for.

I see that a lot of my past anxieties stemmed from trying to place myself into boxes that were too small for me to begin with. And with all that I am, I cannot force myself to fit into conventional spaces.

With the way that I express myself and think, I used to really feel that there was a problem with how I went about things. I felt that all I gave, was just never enough. I was trying to always prove myself worthy; but the real question, of who?

I placed so much unnecessary pressure to conform to the norms/expectations of others, but those very expectations, are unrealistic. Why did I place so much pressure on myself? The answer: I did not understand or know myself back then. Instead of leaning into my unconventionality, I resisted it. I resisted the parts of myself that I did not yet understand. I pressured myself to fit in because of the fear that I had in sharing those unconventional parts of me.

I am Unconventional

The unconventionality, it's a force to be reckoned with. The power in accepting and moving with my unconventional selves, can be hard for others to handle, or even understand at that. And that is okay, because I do not need others to understand me, as long as I accept and embrace the many versions of myself.

As I move with my unconventional selves, they are showing me how beautiful those parts are that I resisted. To understand myself, I have committed to moving with how I function. Things are so difficult when I resist my very nature.

The thing that I am working to resist is the pressure I place on myself to meet the expectations of someone else's imagination. I resist placing myself into spaces that do not support the way I express and function. I resist being whatever society expects of me. I resist all of the opinions that once hindered me from being my authentic self.

The power I possess comes from the realization that I am a force to be reckoned with. I am who I am, and I do not need the approval of others or society, to show up as the best version of me. I am already the embodiment of everything that I desire to be. Power does not come from others, but comes from knowing and standing firm in my truth.



I am Unconventional

Affirmation: "I honor myself through resisting conformity; and I move in my truth, because there is power in knowing thyself."



Escapism

Escapism has been my biggest struggle for as long as I can remember. I always want to dive head first into something that will pass the time and feed my ego. My ego taught me that avoiding my pain and escaping through dating apps/ social media was the only way to get by. I know that is not true, but again, my ego and intuition are battling for a seat at the top.

The urge to give into my impulsivity, while denying my ego, what a difficult thing to do. I cannot and will not give her a seat at the top; because if I do, then I am screwed.

I know that my ego is a part of my lower self. And my lower self does deserve attention, but that is only if it is healing her. Impulsive actions, those hurt her by feeding her the very addiction that harms her in the first place: escapism.

Escapism, you have served me well, especially through the hardest seasons of my life, but your service is no longer needed. You served your purpose in protecting my psyche. I am now in a place of safety and protection.

Escapism

I have to cut my ties with you. I learned to lean into my pain. I do not have escape it any longer because my pain is a part of me; and it does not define me. I used you, escapism. I used you because at one point in time, I believed that I was pain.

Pain is nothing but a feeling. Pain is temporary; and just like any other feeling, it also comes in waves. As the seasons change, so does the pain.

Escapism, I am no longer avoiding myself, for I have become friends with my lower self. She is now receiving the attention that she deserved from the beginning. Escapism, you deprived my lower self of the love she deserved; and now, I am providing her with everything that you denied her.

Escapism, you were my temporary high. To now know that you were my addiction, I release you. Because escapism is not a part of my purpose, it was only a stepping stone to teach me how to lean into my struggles rather than avoid them.

Escapism, thank you for serving your purpose when I needed you all those years ago.

Escapism

Affirmation: “I do not resist my struggles but lean into them, for my struggles provide clarity on the parts of me that still need healing.”



Protecting my Energy

Energy, I have been low on that lately. I have been wanting to lay in bed and lounge for the last two weeks. I know there is nothing wrong with that. But to be still and just be, that is another language to me.

This transition that I am experiencing from always being on the go, to just going with the flow, has awakened a sense of newness for me. I often sit back and reflect on this feeling of just letting things happen as they should, and I remember that was almost impossible for me to do.

I realize that my constant wanting to be on the go and trying to force things allowed me to recognize that I was draining so much of my energy. Many years of seeking a way out of my trauma environment showed me that I was running off pure escapism. I know for sure that being on the go with no breaks has finally caught up with me.

I do not miss those days that had me on edge. That constant frenzy, feeling like I had to keep moving because I thought I was going to get stuck, was such a miserable time for me.

Protecting my Energy

This awakened sense of newness that I feel now is teaching me to save my energy. It is teaching me to fill up my cup through proper rest and giving energy to what gives me energy.

There is no more pouring into things that do not pour into me in return. There is no more fighting with the natural flow of things. There is no more of constant giving out without rest.

This low energy that I have been feeling lately has taught me to really be mindful of how much of myself that I am giving out. Too much giving of my pure energy will leave me on empty. And what use am I to myself and those that I help, if I am not taking care of myself?



Protecting my Energy

Affirmation: "The energy that I bestow is too precious to give to just anything; therefore, I move with intention to protect my energy at all costs."



Relinquishing Control

I latched onto the idea that I had to take complete control of my life at such a young age. The things that I experienced and witnessed growing up were out of my control, so I made it my mission to take control as a young adult because I had none as a child.

Having to control things within my life was my way of protecting myself from getting hurt. The type of hurt I experienced as a child motivated me to avoid ever going through that pain as an adult by ensuring that I had complete and utter control over any and everything. Control was the one thing that I knew could shield me from all the hurt and pain I experienced as a child.

The mentality I had with controlling things blinded me to the fact that it was impossible for me to control everything. Control often brought feelings of stress and anxiety because I believed that having control gave me the ability to fix situations, even though reality showed me that was never the case.

My control issues got the best of me. I often allowed my urge to control do all the talking and decision-making, to the point that I ran myself dry of energy. I encountered a streamline of situations within the last six months that changed my entire outlook on having complete control.

Relinquishing Control

I finally admitted to myself that my desire to control everything was nothing but a trauma response that got me through difficult times. With this realization, I came to the understanding that my control issues made me resist the natural flow and order of things.

I had to go through various situations these last six months to guide me to the truth: that I had to relinquish control to transition into a new phase in my life.

Control blurred the lines of reality versus illusion within my mind. My control issues put blinders on me; and it took me not having control over situations recently, to remove those very blinders.

Wisdom guided me to the truth, that relinquishing control, will help me continually evolve in life.

Relinquishing Control



Affirmation: "I relinquish my desire to control because I know that in order to evolve, I must follow the natural order of things."

Moments

Moments. Life is full of moments. Moments are the equivalent to temporary experiences, with memories that last far after the experience is through.

I've been learning to provide myself with the permission to indulge in the moments. Every action and decision made becomes a moment, eventually behind us, as we proceed to continue moving forward with our lives.

Every moment provides me with both opportunity and experience. Within every moment there is a lesson to be learned and new wisdom to be deposited for the future.

The intentional slowing down that I've committed to over the last two years has taught me to pay attention to the fine details in every moment because wisdom is found in the small, maybe even thought as insignificant parts, of the experiences provided within the moment.

Sometimes even the most memorable parts of an experience are so minute compared to the wisdom provided from the small, intricate details.



Moments

Affirmation: “I embrace every moment, paying close attention to the fine details because there, wisdom can be found.”



Potentials

The potentials of situations and people blurred the lines between Truth and illusion.

I was so intrigued by the potentials that people and situations provided, it blinded me from seeing what was right in front of me: reality.

Although fueling myself with potentials gave me a temporary high, when reality aka Truth began to unfold before me, I found myself going in circles with what to believe: what I saw or what the potentials showed me?

Anyone or situation has potential, but what is dangerous is when the potentials are never met. I found myself stuck in the illusion potential provided me; regardless of the disappointment that I felt, I disregarded the feeling because of the high that I got from indulging in the potential.

Potentials

I had to learn how to separate myself from the illusions of potentials and accept what Truth presented. Following potential led me to get hurt. Sometimes, potentials of a person or situation can hurt worse than accepting the Truth about them.

I found it much more bearable to deal with the hard Truth than live with the discomfort of potentials. Potentials allowed me to escape from the reality at hand; but I had to ask myself, is it really worth enduring the pain of the potential if Truth can relieve me of it all?

Potentials



Affirmation: “I no longer allow the potentials to skew my perception because the illusion can cause more harm than accepting the Truth.”

Acceptance

Truly accepting the events that unfolded in my life was no easy process. I had moments of denial that would not allow me to embrace what the situation or event was, which took me on an emotional roller coaster of fighting with my own truth.

For my healing to begin, retracing my steps and reflecting upon what hurt me, was something that I avoided; I didn't want to re-live the past. But, I knew in the back of my mind, that the only way out of my pain, was acknowledging and going through it once more.

I denied the situations that unfolded in my life. I didn't want to accept their significance because that means that what happened was actually real; this is where I realized that I developed a coping mechanism of avoidance, to keep myself from breaking down.

Acceptance

I accepted that I was a victim of the situations that hurt me. I accepted that I had no control over what unfolded in my life. I accepted that although I embrace the truth, that it's okay if I was still hurt by the events. I accepted that I did my best with the knowledge that I had back then, to cope with what I witnessed and experienced.

Accepting my position allowed the burden that I carried to be lifted off my shoulders. I no longer had to carry a weight of denial because I embraced the truth, even with the urge I had to continue avoiding it.

I had to celebrate my acknowledgment of the truth. I experienced a lot growing pains that I thought I would never overcome, due to the resistance I had with accepting situations for what they were. Again, I knew that my acceptance of the truth was a milestone on my journey of healing; and with that milestone in mind, I also knew that I grew stronger as an individual. If I could handle the pains of accepting my own truth, then I would be able to handle anything else that would try to hinder my growth.



Acceptance

Affirmation: "I accept the situations and events that unfold within my life because they helped me commit to becoming a better, much healthier version of myself."



Choices:

They are All a Part of the Predesigned

Nothing is absolute. One path leads to one outcome, and the other leads to another. Life is full of a series of choices to make based on the opportunities presented.

If things were absolute, we would have everything we desire every moment that we want it.

I used to think everything was absolute, but the only thing that is absolute, is what happens after we make a choice that leads to a specific outcome.

Our choices allow us to participate in the process of trial and error. Sometimes we get it right the first time and sometimes we don't. The real challenge is, are we learning from the choices that we make, or are we repeating them in hopes that the outcome might change?

I believe that we all have a predesigned path; and the choices that we make either guide us to our purpose or pushes us further away.

I see all of my choices as preparation. My becoming of the highest version of self is knowing that my choices provide me with the wisdom to continually elevate and shed off anything that does not support me in fulfilling my purpose.



Choices:
They are All a Part of the
Predesigned

Affirmation: "I make my choices wisely; and that wisdom I use to make my choices divinely guide me."



Influences:

Are You the Influencer, or the One being Influenced?

The power that influences can have on the psyche is immeasurable. Influences come in many forms; and sometimes, we don't even see them coming nor know that we are being influenced.

Knowing and grounding oneself in Truth, can strengthen the mind to decipher what and how one is being influenced. With a disciplined mind, nothing can deter one's focus.

Just how emotion can influence the way one perceives a situation, the power of an influence can have the same effect.

A weak mind and lack of self-awareness can cause one to become entrapped in a plethora of influences, unknowingly. When there is no sense of self, the influences take the place of where one's unique identity should be.

Influences:

Are You the Influencer, or the One being Influenced?

The self should always take priority. If an influence causes one to not recognize who the self is, then that is a sign to remove that influence from one's life.

A strong sense of knowing thyself is a powerful dynamic. One can go from being the influenced, to the one influencing others to resist what denies them of their own individual power.

Ask yourself this: are you the influencer, or the one being influenced?

Influences: Are You the Influencer, or the One being Influenced?

Affirmation: "As I continue on my journey of self-discovery, outside influences have little to no hold over me; the more I lean into the self, the more grounded I become."



Growth

Growth has allowed me to appreciate each season. I've come to find a lesson in everything, regardless of the outcome. I've changed the way I perceive and speak on each season. I do not believe that things happen to me but happen for me. Even if I cannot see the bigger picture while experiencing it, I always find a lesson in everything.

With growth also comes transition, and that within itself is a huge pill to swallow. When things are in transition mode, I allow things to run their course and sit back. I found it to be much easier that way. And not to mention, I am most at peace when I align myself with the trajectory of each season.

Relinquishing that control of forcing the seasons to go the way that I want them to, was indeed, one of the biggest struggles that I had to overcome. I was so used to being out of control my entire life, that controlling became an addiction of mine, to feel powerful.

Growth

Two, going on three years of growing pains, taught me that the only thing that I can control are my thoughts and reactions; so, I learned to discipline both to elevate spiritually, mentally, and physically.

Growth is a beautiful, yet uncomfortable process, that can often lead you down a confusing path. While in that process, I learned to lean into that uncertainty, because the only way out, is to go through the motions. Your growth and elevation are on the other side— so think of that when you feel like giving up.



Growth

Affirmation: "I lean into the uncertainty of my healing journey because growth and elevation are waiting for me on the other side."



Thank you for reading.