



## *The Journey*

*By Naomi Elsner*

*L*ife's journey is interesting to say the least. It is a series of twists and turns that leads us to the path that was chosen for our lives. This path is not a straight one, that's for sure! But it is necessary to twist and turn and hit some bumps along the way. These twists and turns bring much needed growth and lessons.

As humans, we tend to see only the surface and the not so nice parts of that particular situation we happen to be in at that time, and we do not typically see the blessings in disguise. When we are faced with adversity or challenging times where we feel as if we can't find our way out of the darkness, it is then that change is happening within. Pieces within the very depths of our being, our essence, that have been buried, open up and come to the surface for the purpose of helping us grow.

I grew up in a dysfunctional home, as most of us do; and I watched my mother endure the pain of an unhealthy marriage. I watched her become someone other than who she was at the core. I saw her desperately try to make things nice and perfect for my father, who I don't recall ever being happy.

I watched my mother take the blame for his bad day or for whatever made him upset. I saw my mother imprison herself; never allowing herself to enjoy life, she was too busy taking care of everyone else. I saw her cry when she thought no one was looking, I felt her pain down to the very core. I watched her take the blame for a marriage that was far from happy. I saw the abuse that my father inflicted upon my mother; and I saw her rationalize it.

I followed what I saw. I became my mother, taking the blame and feeling guilt at the very thought of trying to make myself happy. It is a cycle that we, as humans fall into.

It has taken years of twists and turns. Two failed marriages, job loss, tragedies and tons of self-blame for various situations and circumstances, all leading up to this self-discovery of my inner ME. Through meditation and a close relationship with the Divine, I have learned a very important discovery. The more I meditated and allowed myself to hear my own inner voice, and put my trust in my creator, in the angels and guides, the more I started to realize that I AM important!

What I saw growing up was not the way to happiness. I started to realize that if I am not true to ME, how can I truly be happy? I kept hearing the words··· ***Love is the only truth.*** I realized that if love is the only truth, then it has to start within ME!

I realized that getting to a place of inner peace isn't overly complicated. This place within my very core is where I was going to find my truth. It is where I would be able to smile at who I am and not the person everyone else expected me to be.

I asked myself, *how do I get there?* And then I heard these angelic words that sparked my journey to my truth... "***it starts with forgiveness of yourself***". Such profound words had a huge impact!

Look within and know that you were never meant to be perfect. Know that you are human and human beings sometimes make unwise decisions or take wrong turns on our path. But the beauty of finding inner peace is that we can look to the lessons learned along the way.

This simple exercise has helped me to feel ME and to give myself permission to love myself.

Place your hand over your heart and let it linger there. Feel the beating of your heart. Just listen to your inner voice and say... ***I Love You***. Now, see and feel the beauty that is YOU.

Know that it is OK to look at that which pains you. Forgive yourself FIRST so you can get to freedom from the barriers that hold you captive. Finding pieces within that have been embedded with guilt

or shame or betrayal can be painful, but that is GOOD because pain is a precursor to healing.

Love thyself. Then you can go forward in truth and in the beauty that is within yourself. It is OK! Stop agonizing over you being YOU! We are all human. Forgive yourself and then let it go.

Take a deep breath and know that the beauty that is hidden behind built and shame and self-loathing is screaming to be set free. Relax and know that we are ALL a work in progress.

The beauty of self-discovery will empower you to keep moving towards inner peace and in living in your truth.

Blessings in love and light

Naomi



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