



Joyful Inspiration

Love is what we were born with. Fear is what we learned here. The spiritual journey is the relinquishment, or unlearning, of fear and the acceptance of love back into our hearts.

— Marianne Williamson



Coaches Corner

The Magic Key...

Are you in the search for love? Do you believe that love from another is more important than the love you give yourself? How often do you show yourself love?

Often times we get stuck in the thought or belief that for you to feel love it must come from another. A belief that I encounter in many clients is that you must earn love. I'm here to tell you that love is always available to you and it is your birthright to know it, feel it, and share it!! It's the magic key to unlocking your brilliance, your success, and your dreams.

It is so important to cultivate love in your thoughts so you can create a life filled with deep love of yourself and others. Do you over work? Do you over commit your time, your energy and your money? If you answered yes to any of these then you have room to increase the love in your life. It takes a willingness to explore how you cut yourself off from love so you can choose a different thought and action.

Setting healthy boundaries allows you to be self-empowered and gives you energy and time to do self-loving activities. You may need to allow yourself to say no. Ask yourself what you can do to have more love in your life? Maybe take a long walk, visit your favorite massage therapist, listen to a beautiful piece of music, or take yourself on a date so you can remember how deserving you are to know and feel love.

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." Rumi

You do not need to search for love. Love exists within you. All you need to do is connect with it. You can do it in your thoughts. **A simple exercise you can do multiple times a day:**

1. Take a deep breathe and repeat three times
2. Give yourself permission to relax
3. Imagine your heart and with your next breath, see your heart expanding and opening up.
4. Inside your heart, there is a bright light that warms your body and comforts you. Breathe that in.
5. Now see the light expand outside of yourself and into the room you sit, then into the world you live. It reaches everyone you know and care about. You are fully connected to love and all that you love. Breathe!

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." The Dalai Lama

What would your life look like if you fell in love with yourself? What could you do if you knew that you were completely loved and supported?

Continue to open your heart and allow love to grow. I encourage you to make time for love in your life. Self-love is your great asset and the greatest gift you can give yourself. You know have the power of the magic key! Use it often!

Specials

Hiring a Coach is an act of Self-love.

Start the New Year by Living your Dreams.
3 Month (12 - 60 minute sessions) Coaching Package
Save 10% off the Package Price

About Dani Palacio

Dani lives in Portland, Oregon where she enjoys the blessings of a life filled with joy. She is surrounded by her family, friends, and community as she develops her practice of coaching and Reiki. She offers her gifts to groups, associations, and individuals.