

## Finding yourself

#55

Its Sunday evening about 8:03pm, I have ordered my favourite takeaway and I'm eating whilst writing this journal. For those of you who haven't read the previous journal (losing yourself), this one is the other half of it.

And before I continue this journal I just want you to understand that I have quite a "bulldog nature" – that being, when I want something I go right at it and don't let go until I get it. I don't give up and this makes it very hard for me to "let go".



Now the reason I tell you that is because I believe that Letting go is paramount to everything, absolutly everything.

- ♥ You see in order to find yourself, you need to let go.
- ♥ If you love something, you need to set it free (let it go).
- ♥ Even in the manifestation process, one you have dreamt and visioned what it is you want, the next process is letting go of it so the universe can do what it needs - to bring it to you.

The natural universal process in the law of attraction is letting go!

Got you thinking yet? Yes or No?

If No - think of something you have wanted for ages and still don't have.....think about how you are holding onto it and not letting go, for if you did let it go you'd have it by now.

I know so many people are craving a relationship, have been single for years and can't attract one. These people keep asking me, where is he/she? My answer is always this " let it go and he/she will appear". I personally have never been single very long because I'm not attached to having someone.

If Yes – here's how letting go is allowing me to find myself again.

As many of you know a precious and bewtiful man came into my life in June last year. He was my wish list and even better. He was too good to be true and it took me quite a while to allow myself to be with him and accept that I was worthy of him and the relationship. The first 4 months were absolutely amazing, I was on such a high and we just kept getting closer, my life had a whole new meaning. Then one day it all fell apart when he said he felt numb towards me.

I fell to pieces and lost myself in him. All my thoughts, feelings and words were about him. I did everything I could to get him back. I did healings, clearings, cried, got emotional and said I couldn't live without him.

I went into this depressive and down spiraling state. I doubted myself and didn't even want to get out of bed each day. I couldn't believe it.

Yet the distinction I have learnt is this;

- ♥ I did everything I could to find him, yet the person I had lost was myself.
- ♥ I did everything I could to save the relationship, yet I was the one needing saving.
- ♥ I focused on him, yet it was me I needed to focus on.
- ♥ I didn't understand how you could stop loving someone just like that, yet I stopped loving me the moment he did.

My whole direction was towards him – I was almost obsessed in fixing it!

Thankfully I have some amazing mentors that know this process all too well and they spent hours of their precious time on the phone to me.

They gave me wisdom, support and knowledge. It was those phone calls that have enabled me to start seeing what it is, I could not.

You see, when you lose yourself in another person, they can't see you either and they can't feel anything because all they see is themselves when they look at you, which is where the numbness starts. The more you try to fix them, the more you disappear.

I was so focused on him I lost myself and this is why the relationship fell apart so quickly. You see you don't stop loving someone overnight but you can become numb when you can't see anyone to feel for. There was no one home at my mansion – just an empty building!

I was desperate to speak to my mentors because I knew that I needed repairing and rebuilding. I was so lost I didn't even know how to find my way back to that mansion.

However I'm happy to say that I'm back in my mansion, only this time it's with a different level of awareness, knowledge and a deeper love for myself.

I am still in the process of putting myself back together and this process will take as long as it takes, the difference is .....I know exactly what I have to do and how to do it.

I was thinking about it today and thought – Geez wouldn't it be good if there was a list of steps and actions to help people when they lose themselves. So here is my list so far.

I'm still working on it and whilst it sounds simple, trust me it's not.

### **Steps to find yourself again.**

1. Write positive affirmations all over your walls and glass. Shower screen, mirrors, bedroom cabinets, kitchen cabinets, fridge, toilet door. (I am in the process of finding myself. I love me and forgive me for where I am at).
2. Find yourself a mentor who will give you phone support (someone who will put you back on the positive path).
3. Make a conscious decision that you are going to feel. I mean feel the loneliness, emptiness, fear of being alone, the unknown and the neediness.

4. Get yourself some sex in the city dvd's and watch them. Series 6 Disc 1 & 2 are great for relationship breakups.
5. Look at yourself in the mirror and say "I can do this".
6. When freaking out and wanting to hide remember this "If I don't learn to love myself and face my fears now, I will have to go thru this all again"
7. Allow yourself 2 days to mope around, crying, grieving, being frustrated, angry and emotional.
8. Make a conscious decision to get over it and get on with it.
9. Accept WHAT IS not WHAT IF!
10. Do some physical form of activity where you can punch or kick something and pretend it's them you are punching or kicking. (release your anger for them letting u down)
11. Acknowledge your process, say this "I am learning to find myself again and I'm doing great"
12. Be determined to learn this lesson, when you start thinking of them, remember the let downs, the false promises and the hurt they caused you and direct your thoughts back to yourself.
13. Spend time with your family or animals, they can be very healing.
14. Play your favourite music, get up and sing to it.
15. Do things for yourself, catch up on all the things you didn't do because you were too focused on them.
16. Set yourself some new goals.
17. Get your hair done, have a big change it makes you feel like a new person.
18. Be with some friends, go see a movie and have some fun.
19. If you hear from them, simply be yourself but don't read into it or put your thoughts back to them, keep moving forward and focusing on self.
20. Remind yourself of the lesson you are trying to learn and keep doing things for yourself. Even the little things make such a huge difference. I burnt myself a new dance cd, got in the car with my dog and drove around with the stereo up really loud, by the time I got to my parents house I was really happy.
21. Remind yourself there is only one love that no one can take away from you and this "the love you have for yourself" for you are 100% in control of it.
22. When you start to shimmy again you know you've got your self love back
23. Don't bloody well give it away to anyone!

You are welcome to forward the journal if you feel it will help others. Thanks for reading Lara's Journal.

Solaz grows as you grow.....

Love & Light

Anjie

