

## *Honoring Yourself*

*One of the greatest gifts of service we can bring to the world is that of honoring ourselves. When we honor ourselves, we become real and authentic. We acknowledge our feelings, our mistakes, our gifts, our accomplishments, our regrets, our dreams without getting caught up in them and thinking they define us. We give ourselves permission to love fully, connect with others and continue our growth and expansion on our personal/spiritual path, because that is our soul nature. We are able to honor and be fully of service to others only when we honor ourselves.*

*When we're born we have little trouble in honoring who we are. When our body tells us we need something, we're very verbal in expressing ourselves to be heard in the world and get what we want. If our needs are met in a loving way as we grow up we learn to trust what our body is telling us and that what we want is important. As we move through each developmental stage we learn more about trust, taking initiative, our own sense of identity and sense of connection. Sometimes the lessons we receive growing up come in negative ways and we learn distrust of others and our own perceptions, we hold back on trying new things or being curious because "we only do it wrong" or it gets us in trouble. Depending on our interpretations of the situations we were involved in, we can learn to believe that our sense of worth is dependent on other people's approval of us, or by doing the "right thing", according to the opinions of others. We can become discouraged about opening our heart or dreaming of what we want because on some level we feel we don't deserve it or we have someone else in life tell us that's stupid. So we begin to say yes when we mean no..we say "I don't know" when we do, and we say "it doesn't matter" when it does. That voice of our deepest wisdom that used to be so strong in us... that guiding light that is there to lead us on our path of destiny becomes softer and the voice of fear, of wanting to fit in, of not wanting to look foolish gets louder and starts to run the show. We lose ourselves and true nature to keep the peace, to sacrifice for others, to stay small. Learning to honor ourselves is a lifelong process that takes commitment and devotion. These are some suggestions:*

- 1. Honor your time and energy. These are 2 precious resources available to us. Look at how you spend both. Are they being spent on your priorities, on what you value? Are they focused or just being frittered away? Take a look at your life and how you operate in it. What brings you energy and what drains it, whether it's how your home is decorated to the relationships you are in, there is a part of you that knows whether or not it's serving you at this stage of your life. Pretending that it's okay doesn't make it so.*
- 2. Honor who you are at each stage of life. .Be open to how you are growing and learning. Allow some stillness in your life to really get to know who you are and accept the wonderful complexities and paradoxes that make up you. Awareness of who we are, what we're feeling, what our motivations are, what's important to us, and what we want are essential in being able to honor ourselves.*
- 3. Honor your word to yourself. How often do you not follow through with what you say you're going to do? That's the same as breaking your word to yourself. There is a level of consciousness that listens and believes everything we say. Anytime we put in motion something we say we're going to do, it believes us and holds back the energy necessary in order to complete it. So, two things happen when we continue to say we're going to do something and don't do it. The first is that part of us loses trust in us. It no longer believes us. So, it doesn't*

*put forward any energy for what we want to do or the changes we want to make. We lose the cooperation of some very important energy that can sabotage our moving forward. It's important that we either do what we say we're going to do or declare it done. The second thing that happens when we don't keep our word to ourselves is our energy gets blocked from receiving more into our lives. If we're not being good stewards of what we already have...if we're not taking care of our bodies, money, house, car, relationships, we may not be ready to move to the next level of manifesting something new and different. Keeping our word to ourself sends the message that we matter. That we are worthy of our trust.*

*Give yourself permission to be who you are in the world. Honor your time..your intentions..your priorities..your boundaries. Believe that who you are and what you bring to the world has value and is unique in all the world. Honor the Soul energy that flows through you. Let your Spirit soar.*

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