

# EMPOWERING YOUR DREAMS!

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## Week Ahead Reading for Laura

2<sup>nd</sup> – 8<sup>th</sup> April 2019

### Energy:

This week is all about finding a new approach to dealing with inner criticism. So whatever you want in life, your mind is telling you that you can't have it because ... and there is the list of self-criticism. A new pattern needs to be instigated this week so that you can have what you want, because as long as you tell yourself you can't, then you can't. But once you tell yourself that you can, then you can. So when you think of something you want, instead of letting your mind run on autopilot coming up with the why not's, consciously tell yourself why you can. For example "I want more success. I can have it, because I deserve it, I'm good enough, I've done enough, I'm as worthy as everyone else on this planet, it will be good for me, it will be good for others,..." When you choose to plant the positive like this you don't leave room for your mind to autopilot the negative.

## Lessons:

Lessons are around being artistic & creative. So adding beauty into the world can be as little as a smile to someone passing, flowers in a room, things that you love on a table dedicated to honouring you, a picture drawn in the sand,... Be creative by adding beauty all around you & more beauty will be shown to you. Lessons are around when you don't do this, when you choose the functional only =(

## Focus:

Focus on being fulfilled. This isn't something that you do, it's something that you receive. So fulfilment is a feeling that you receive from things that you do. When you seek to feel that from what you do, as a gift back to you, then you will find it.

## Guidance:

It's good to have discernment but it's not good to have judgment. Discernment allows you to decide what is best for you & say no to what isn't good for you. Judgment wants to change everyone & everything so that you feel better about yourself. Your higher self says that if you find yourself wanting to change what is, instead of accepting it, get out into nature & see how it accepts all, denies nothing, but chooses wisely.

by Claire Louise Hay

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