

You deny yourself because you don't want to be seen as bad. You want to be a "good girl," not wanting to create pain for others. It is because of this belief that says we must follow the rules and be "good" to be loved that we shut down to passion, purpose and abundance.

When you deny yourself, you're in essence punishing yourself.

Being "good" manifests in many ways. And it usually stems from our childhoods. Whether you tried to be good as a kid or whether you saw yourself as bad and are trying to make up for it now, if you're not happy with your life, chances are you're buying into one of the following rules.

Raising a Good Child

(As excerpted from *"Thresholds of the Mind: Your Personal Roadmap to Success, Happiness, and Contentment,"* by Bill Harris.)

What a Parent Wants to Say:

What a Child Hears:

How the Good Child Acts as an Adult

A good child is one who:

To be a good child:

To be a good adult:

Not negative

Don't talk back

Fear being regarded as hurtful, tough, selfish, insensitive, or uncaring

Not angry

Be polite

Smile when upset

Not selfish

Stop pouting

Deny anger

Not dishonest

Don't whine

Don't make selfish requests

Not self-centered or prideful

Don't hit

Tell people things for their own good

Not rebellious

Don't fight

Give "should" instructions to others.

Stop complaining

Say critical things behind others' backs.

Smile no matter what

Alert and warn others about "bad" people.

Don't cry

Don't accept compliments easily

Stop asking questions

When hurting others, say, "But I mean well."

Don't be angry

Don't be selfish

When you live by the “rules” and make others the authority of your life, you create dysfunction and co-dependency. Your example sets the tone for everyone else to deny themselves.

**The greatest gift you can give the ones you love
is to break all the rules and follow your heart!!**

THOUGHTS TO PONDER

Spiritual Warrior

I am a spiritual warrior.
I stand for truth and integrity.
I stand for being who I am,
living from my heart and what I believe.
No other person’s judgment shall hurt me,
For God is my authority.
This is who I am.

ACTION FOR THE WEEK

1. Be the observer to your life and see how you deny and punish yourself. Allow your emotions to guide you.

2. Ask the little girl inside of you what belief she is holding onto.
3. Ask her, “What is your truth?”
4. Give her PERMISSION to stand in her truth and ask her what she needs from you.
5. Take action.

SPIRITUAL TOOL

Retrieving the Gift of Love Process

A great way to get to YOUR truth is to allow your emotions to guide you. That’s why every difficult situation in your life is a gift and an opportunity to learn about yourself. Whether it’s a knee-jerk reaction towards your kids, resentment towards your spouse, or anger with a co-worker, parent or friend, all the chaos in your life is an avenue to tap into your heart, creating a connection to God and the love you crave.

The Process:

1. Get grounded and fully centered in your body with God’s light flooding through you, your aura, and your grounding cord. Open yourself up to God’s love, giving yourself permission to receive guidance and healing.
2. Give thanks for the difficult situation you are thinking about. Celebrate it, knowing that there is a healing taking place. Say, “Thank you, thank you, thank you God for this miraculous healing. I ask that you reveal the truth to me.”
3. Visualize the little girl inside of you on your lap. Give her a hug and tell her that you are sorry for her pain.
4. Imagine the person in which you feel judgment towards standing in front of you. See that person as a little child. If the person you are

struggling with is your own young son or daughter, then just visualize them in front of you.

5. Feel any emotions that well up inside of you.
6. Ask the other person's inner child what is hurting inside of them.
7. Ask the person in front of you, "What is the gift of this situation? What are you showing me about myself?"
8. Ask the little girl inside of you what she needs from you to heal.
9. Give thanks to God and see the situation as healed.
10. Take action with the message your inner child revealed.