

A Radiant Light

NEWSLETTER

Ann Marie Nielsen, Ph.D.

Feature Article:

What Do You Most Want? Now is the Time to Be It.

Ann Marie Nielsen, Ph.D.

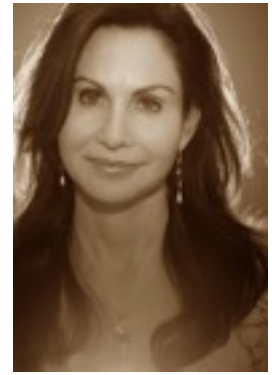
A few years ago, I conducted an informal survey among a few clients and friends. I asked each person to reflect for one week on what they most want. Then, they were asked to report back to me in one sentence what they would most like me to help them to experience in life. I had a general idea of a few of the most likely responses - love, security, happiness, peace.

The week passed and over the course of a few days, I met each person privately and listened to their response.

To my surprise, every single person said the exact same thing: "*I want to feel safe*".

This longing to feel safe has become even stronger with the large numbers of people going through intense inner changes now escalating, and with the economic situation plummeting into instability and fear. How do we feel safe when our relationships are undergoing such major upheavals? How do we feel safe in a world that is rapidly changing? How do we feel safe when so many of our familiar foundational structures are crumbling?

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*Be The Love You Are * Honor Your Magnificence*

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There are a few keys to greatly increase your inner sense of safety, tranquility and peace. One key is to cultivate an inner feeling of happiness and wellbeing. There are many techniques for this such as inner transformation, centering prayer, inner balances, meditation, breath-work, and other holistic practices. I can teach you amazingly effective practices in-session that you can also use at home. For example, there are breathing techniques that can decrease anxiety and mind-chatter by over 50% in just the first few minutes. Having your own practices to implement at home or anywhere that you are, makes you the master of your inner world and increases your capacity to nurture your own sense of safety and peace.

In addition, one of the fastest ways to increase your feeling of inner balance and safety is to focus gently on unconditionally loving yourself. Often what makes you feel unsafe, are fears of not being loved or cared for. As you deepen your sense of self-honor, self-love, and self-appreciation, you naturally feel supported and the world around you more easily mirrors this back to you.

Another key to feeling safe is learning to embrace and welcome change. A lot of the inner changes and transformations happening in the world at this time, have the potential to bring new paradigms of love, connection, community, harmony and cooperation. When prior structures crumble, it's to make way for new ways of being and living that will bring much more joy and beauty to our lives. When external changes occur, notice any subtle inner reactions such as a feeling of constriction, tension in your shoulders, tightness in your chest or stomach, or an overall feeling of shutting down. Make a conscious intention to relax your body and to expand your heart in love and acceptance. As you stay open to change and flow with it, new solutions of higher joy come in more quickly. Abundant Love and Life Energy will flow through you, energizing you to move through the changes with ease and grace. Before you know it your inner and outer life will have transformed into an ongoing series of fulfilling and expansive experiences. And you will wake up one morning and realize "I really do feel safe". And that safety will be the Changeless Essence of who you are within your own being.

Be the Love You Are

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Honor Your Magnificence

