

No, I do not intend to write more about the "C-" topic in our everyday life today. Our media provide us with all possible (and sometimes impossible) information about it.

At the moment, I consider it more important to filter out for myself what is supporting and serving me at the moment and what is rather not. What stirs up too much fear and which instead has a constructive or calming effect.

I think it makes more sense than ever to treat yourself to strengthening, nourishing "loving breaks", and to always connect with your own deep center. And just to BE THERE:

.... so that the inner trust can develop from SELF into my life

Let go at that moment, in the "Loving Break"

I find it comforting that I don't have to "work on it".

Working and creating and performing - we have that everywhere in our everyday life and enough, don't you think?

On the contrary, if I let myself sink into my middle with a lot of soft breaths during a loving break, then on the contrary: let go.

Let go of all "work". Learn that right now, at this moment, I don't have to do anything. Now, in this loving break, I can just be there with me.

The SELF trust in my midst awaits me.

In the middle of my "middle", very deep in the real heart (or the source, or in the soul, whatever you want to call it) - there is an inexhaustible reservoir of trust.

This trust is already an essential part of our infinite being.

It is already there and never needs to be worked out.

The art here is to allow this trust to develop from my depth, in the most appropriate way: in my everyday life, in my mind, in my body, in my perception.

It is important that I become softer, more attentive and more attentive: with ME.

The self-confidence in my depth does not go away and awaits me. However, my open hands are needed

Keep your (inner) hands open to receive trust

Do you know the saying: "A clenched fist cannot accept anything"? At least I remember him like that.

Many years ago I had a very clear dream: I was hiking through a valley and knew that I had never been to this area in my life. I even touched a tree with special leaves that I had never seen before. In this dream I was completely fearless! I went step by step, and I was deeply confident. I knew exactly where my hike would take me. It was incredibly powerful and clear and I am still so glad today that I can remember this dream every now and then.

I cannot express how much a part of me has wished since then to be in this clear, trusting, fear-free state again!

Since then, I have sometimes been able to experience part or an inkling of this feeling for a short time - by the minute, by the hour, by the day - but not yet completely. Amazingly, not only in "pink frosting times", but sometimes in the middle of turmoil and arduous situations. Part of me still wants to fight in case of fear or excitement to avoid pain and to be able to get back into such a fear-free state.

It's just that: fighting doesn't work (anymore). On the contrary. Fighting would be to clench your fist again. In order for this inner trust to fill in me, however, (inner) hands are needed that are ready to receive: Open.

The memory of this dream works for me like the gentle charging of a battery: the fear sinks and the "state of charge" of love increases.

The "loving break" has a similar nourishing and strengthening effect. This is why it is so helpful and supportive today.

I wish you today that you can consciously and regularly design your very own "loving break" so that your SELF-confidence can nourish and comfort you. Here you will find many tips and inspirations for the "loving break".

Because: You can expect and ... may unfold.

Cordially ♥,

Elke Ulrike