

Your dark side is where your beauty lives

I have [written before](#) about how powerful it can be to feel our so-called “negative” feelings. You know what I mean...there is a part of you that has probably felt rage, grief, loss or crippling self-doubt, also known as your dark side. These feelings are a part of the human experience – to be human means that we feel this way, some of the time. When we are struggling in life, trying to gain a foothold where it feels there is none, these feelings become more intense. The more intense they become, the harder they are to ignore, and the harder they are to ignore, the harder we try to ignore them by distracting ourselves with other things. Or we might break down, becoming overwhelmed by guilt that we aren't living the happy, positive life others may think we are. We might feel ashamed, that we act out in ways we know will only lead to more pain. Whatever it is that you feel during your dark times, know that it is this place that holds the rawest expression of your inner beauty.

What is beauty, after all? Is it shiny, perfect and flawless? If that were the case, then there would be far less of it in the world today, and certainly the natural world would not hold up to this standard. My definition of beauty is a transcendental quality of raw expression, that has the potential to connect us to something greater than ourselves. Isn't this what we all feel, when we are captivated by a compelling piece of art, or gaze upon the graceful form of a sculpted woman? Aren't we as equally moved by those things that stir deeper, more complex feelings, that reflect an artist's turmoil and pain? Any stimulus that so powerfully unleashes our emotional energy, whether negative or positive, allows us to access our own inner world that we are often so unaware of. Likely, the more out of balance your dark side is,

the more you actively try to ignore it. It wants to be acknowledged, to be seen, to be loved for the role it plays in connecting you in emotion and experience to every other human being. It speaks to you of the beauty of life, which is like a double sided coin. With life there is always death. With pleasure, there is often pain. The day is always followed by night. By accepting your own dark side, and recognizing that *it is that which makes you beautiful*, you surrender to the experience of being alive.

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The next time you find yourself plummeting down a hole of despair, or paralyzed with fear or indecision, open yourself to fully embracing this place and seeing it as you would a work of art that deeply moves you. Not only is accepting your dark side a grounding practice, but it will exponentially increase the beauty you appreciate in everything, and everyone, around you.

[Are you Breathing?](#)

As you read this right now, pay attention to your posture and your breath. We both know you are breathing, but are you Breathing? Breathing, with a capital B, means you take full inhales deep into your belly, so that your diaphragm lowers

and your lungs expand. The breath flows easily, usually in and out through your nostrils, and it is this breath that supports whatever activity you are doing. Whether you are sitting in a cozy chair with a cup of coffee reading your favorite book, stuck in your cubicle at work, or maybe even standing at your jerry rigged standing workstation that you constructed to get up off your butt, the question I want you to ask yourself is, are you Breathing?

Most likely, you are realizing your breaths are shallow. It's your neck muscles involved in breathing, not your diaphragm. And right about now, you are taking some deeper breaths and realizing how good it feels, almost like the first stretch you take in the morning. This isn't a far-fetched analogy. You are expanding your ribcage in a way that feels good, because it has been dormant for a long time. It feels good to Breathe.

Breathing is a focus of many ancient meditative and healing practices that has largely gone overlooked in the West. One of the first things you can do to improve your health is to Breathe. The breath fuels the rest of your life, it is the basis of everything that you do. Athletes and musicians are just a few people who actively train their breathing capacity so they can pursue their careers. But Breathing is an essential practice for all people, in all situations.

Do you hate your job? Maybe it's because you aren't Breathing. Who wouldn't hate their work, when that work is being fueled by short, anxious breaths that are only relieved when the clock announces it's 5pm and time to go home? That's probably when you take a giant sigh of relief, and instantly feel better. If you hate your job, Breathe.

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Menopause and PMS Centre, and Chairman of the British Menopause Society. "In my capacity as a Consultant Gynaecologist with a special interest in premature menopause, I see many women suffering from menopausal vaginal atrophy, whose symptoms can be significantly eased through the use of this medicine. deeprootsmag.org is a common name. There [buy generic cialis](#) are a lot of women, who like to use the toughest locking system to prevent theft but an office that has only files and documents would also want to protect its file cabinets and drawers from theft.

Are you in a frustrating argument with someone you care about? Maybe your frustration is so consuming because you aren't Breathing. Dealing with a conflicting point of view, someone else's error, or even their frank rudeness is a lot easier when your breath travels deep down into your chest, into your belly, and smoothly back out your nose. If you are in conflict with another person, Breathe.

Is illness a part of your life? Maybe you have a chronic illness, that seems to flare up at the worst times. Maybe you have an injury that is preventing you from reaching your fitness goals. No matter what it is, Breathe. Take those long, steady breaths in and out, this is when you need them the most.

Your breath is what calms your mind and eases distraction. It connects you mentally and emotionally to the present moment, where your body lives. If you are thinking about making positive changes in your life, or already embarking on that journey, know that conscious deep breathing can help carry you forward.

When change is hard



Even though we may have a broad goal like losing weight, being healthier, living happier etc, we are in different phases of change and acceptance for the sub-components that make up those goals. For instance, losing weight requires changes in several different areas, from what we eat, to how we work out, to how much sleep we are getting and what our stress is like at

work. It might be impacted by things like social situations and alcohol, or binge eating. We may accept that some of these areas will require change more readily than others; and yet, in certain areas we are still very resistant to change. Sometimes the biggest challenge is not in powering through those areas we feel resistant about, but rather learning how to acknowledge, accept and empathize with the resistance as a part of our current experience.

Most of our dissatisfaction with our current situation arises from comparing where we are in the present moment to where we were in the past, or where we want to be in the future. This is a natural way of thinking for the mind. It sacrifices present moment awareness in order to re-evaluate the past, or try and predict the future. The thing is, there is no such thing as the past or future. These are just linear constructs we use to understand the relevance of our current position in space and time. But while our current situation in some ways depended on our past to get us here, in actuality, it was just millions of tiny present moments strung together. The only thing that got you to where you are now, is where you are now. The only thing getting you to where you want to go, is where

you are now. The only “you” that ever has been in existence, is the you that exists in the present moment.

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Learning to accept our entire experience for where we are in the present moment, as it relates to larger goals we have set for ourselves, is the biggest challenge. Its easy to set a lofty outcome goal, and then fail because we don't understand the process to get there. It's even easier to fail when we don't allow for resistance or ambivalence as a natural part of the process. When you feel a part of yourself push back against a change you want to make, gently observe with empathy and love. Understand that the resistance is related to underlying feelings and needs that are begging to be addressed. Start exploring the deeper issues without needing any particular outcome of the exploration. What you learn might be the exact missing link you needed to taking that giant leap forward towards your goals.

The real purpose of insecurity

When we feel insecure, it seems like we have to change that

thing we are insecure about. It might be our weight, our skin, overall appearance or other attributes. The thing is, an insecure feeling is a pretty significant feeling that can arise rapidly in a single moment especially when associated with a well established trigger. The changes that we think we need to make in order to feel secure again cannot be made in a single moment, which means that our insecurity has the potential to fully overwhelm us and fill us with anxiety, that no motivation to change can compete with. Feelings of insecurity, therefore, do not exist in order to alert us to fix the insecurity, but rather as challenges to us to fully embrace and accept the insecurity *itself*. By acknowledging the insecurity first, and then allowing it to exist with full acceptance, we manifest true courage to be our authentic selves.

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Use those feelings of insecurity as a tool to become more mindful. As soon as you are able to become conscious after being hit with a wave of insecurity, ask what the deeper message is of that insecurity. Allow it to simply *be*, and recognize that it comes from a part of yourself that is calling out for love. Learn to sit with it, holding its hand intimately until the feeling relaxes. Slowly, you will become a healing balm not only to yourself, but to everyone around you.

I am not insecure so that I change anything about myself, I am insecure so that I learn to embrace it.

Insecurity is like the darkness, and acceptance is like the light. There is no way that the darkness can persist when the light is brought in.

