

Living by My Rules

By Isa L Levy

1. Be gentle with yourself in the midst of irritation. We develop scripts of justification in order to feel we are right and the one who is suffering is ourselves. So be kindly and compassionate with yourself at these times – there is no-one to blame; not even You. We are just learning to reach inside for the peaceful and kind default button that says that you are perfectly ok just as you are – a precious human being who can separate from these time consuming negative feelings and re-set into peaceful mode.
2. Listen to the murmurings of your heart for your mind often silences this voice wishing to be loved, liked or not to upset or disappoint anyone and hence we get stuck in roles such as people-pleaser, rescuer or victim; for it is not your authentic voice. It is a protective shield that constantly obstructs the heart and leaves you sadly ‘empty’. Let your mind speak to your heart and live again freely and spontaneously. You are alive but for a short time – so live it true to yourself.
3. Honour your instincts when it comes to boundaries. If your instinct says no; trust it. If it says yes; trust it and take the path that propels you on your unique journey forward and trust your instincts for even the smallest every-day decision; for your instincts matter, and so do you.
4. Do not allow yourself to be manipulated or coerced when it does not feel supportive. You will know when you feel the negative invasion from another and over time you will gradually lose your authentic power and diminish yourself, extinguishing your unique flame. Listen carefully
5. Take the path that motivates you with enthusiasm even though at times you may not receive the support from those closest. Listen to yourself carefully and take all the necessary steps gently and surely even though the future is a mystery. Take that leap into the unknown and all will be revealed in the fullness of time.
6. Be patient when all does not reveal itself as quickly as you would like. We cannot know what is manifesting in the gaps between our intentions, motivations and hopes. Be faithful to the end and you will be clearer.
7. Don't allow fear and limited vision or doubt linger too long in the present as time is precious and our thought patterns affect our journeys' potential for success or failure. Let us always remain in a win/win position.

8. Learn to 'be', as well as 'to do'. Are you a human being or a human doing? Can you rest easy with the peaceful moments of beauty that manifest when we come out of mechanical mode? Remember 'to be or not to be that is the question'. Remember to pace yourselves - 'do be, do be, do'.
9. Write your own song, paint with your own brush – do not clone anyone but look deeply into the rich ocean of You for your particular gifts, bringing them to the surface and polishing them with love.
10. Find the divine voice of connection to your heart, accepting your loves and hates. Refine compassion and kindness for yourself, as you look to the trees and the stars, for they reflect who you are; a beautiful and rich human being on planet earth for a short while. Be at peace and nurture yourself well.