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Its your birthright-now claim it!

By Amanda Collins



Our lives transform when we realise that happiness is our birthright.

Perhaps you've met your soul mate, but are having a hard time in your business. Perhaps you are completely successful in some one area, but you have never even questioned whether or not your are worthy or deserving, you simply know you are. Yet, another area seems so difficult. The energy that you bring to the positive areas of your life is the energy you need to bring to your entire life.

If you say to yourself, "I'll be happy when," you are asking not to have happiness now.

Whether you tell yourself you'll reach happiness when you lose weight, have a new car, or meet your soulmate, you are saying, "Happiness is outside of me and I don't deserve to be happy in this moment."

Happiness is an inside job. Self-love is an inside job. If you find yourself running to healers or psychics, or asking others for advice, that's a sign that you are seeking outside of yourself and not listening to your own internal voice.

Become aware of your self-talk. Take note of when you are hard on yourself, areas where you beat yourself up. Those are signs that you are not loving yourself unconditionally. Here are some simple ways to increase your self-love:

When you wake up in the morning, ask what you are grateful for. Don't just reach for your phone and electronics. Don't immediately go reaching for something in the outside world. Tap in first. Tap into your heart and higher self.

Repeat Affirmations. Affirmations can be really powerful. State positively as if it has already

happened, your intentions for change, success, gratitude, or whatever will bring greater positive energy and happiness into your life.

Catch yourself when you can. Perhaps you made a mistake, dropped something, forgot something or were late for something and you notice you start beating yourself up. Stop in that moment, take a breath, put your hand on your heart, and just as you would to a child you love, do that with yourself.

Find practices that are really nurturing and nourishing to you. Whether it's reading inspiring books, joining webinars and classes, or perhaps it's getting therapy for greater support, know that you deserve that time and that support. Give yourself permission to do what is self-loving.

When you find areas of self-sabotage, shine the light of awareness there. Then create an affirmation that aligns with the positive state you are creating. For example, "I love myself unconditionally. I deserve to be respected, valued, loved and honored. I deserve abundance and I command it now. I deserve to be with my soulmate. I deserve to have great sex. I deserve to feel amazing in my body."

Step into unconditional love. Stop looking for happiness outside of yourself. When you truly feel self-love, happiness glows and radiates out in the world. We are spirits having a human experience. We are in physical bodies to learn, evolve, and grow. If we don't learn it in this lifetime, we learn it in the next. Support yourself. Give yourself the tools.

Come into alignment with your true self. Come into alignment with self-love. Finding happiness is as simple as truly believing that it is your birthright.

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