

It's Time To Start Loving Again

I believe there comes a time in your life that you look into the mirror, and you're not sure exactly who is looking back. You question everything in your life, your job, your friends, your hobbies, your actions and generally your purpose. It's as if something greater is calling you, but you're not sure from what direction. It's during this time you feel lost, trapped, and alone and in the dark. You may feel unloved in many areas. Yet, that's not where you want to be. Where do you want to be though? Something inside calls out to you that there is more to life than what it seems.

Show me you ask. Show me how to get out of this hole. Show me the way.

It's then the voice replies, *you just have to look inside.*

You've been awakened.



Most believe when they hear someone say they've been awakened and are on a spiritual journey that it's all sunshine, tea and meditation. I have to admit those are some great things to add into your life, and they will help fill you with peace within you did not have before. In honesty, sometimes, being "awakened" kind of sucks. It's a bumpy road and painful at times. To really begin to turn your life around, sometimes you have to dig within, dig into your past, and dig into your soul. Dig into all the things in your life you really don't want to examine.

Look around. Do you ever feel like you're just walking through life day to day, wandering? We all start our life wandering in what seems like circles. The pressure of today's society, of our peers, of the ideas and wants that are subconsciously put into our minds everyday are changing who we are. More so, making us forget who we are. Why are we here? Why are YOU here?

We're here to remember ourselves and to experience life. Are you experiencing life?

Many people will say they are spiritual. But, what is being spiritual really? Spirituality and religion are often used as the same, but they really are different. Religion is that of a formalized system of belief and worship and its rituals related to health, illness, death, birth and behavior are part of the organized religion. Spirituality concerns the spirit and the soul, which can be an element of religion.

While spirituality can mean something different for everyone, the general themes associated with Spirituality are that of a process of journey of self-discovery. Learning who you are and who you want to be. Reaching beyond your limits with an open-mind questioning your current beliefs and trying to better understand others. It can include your feelings towards life and your fulfillment with life. Also perhaps, Spirituality is your inner sense of something greater than yourself. The mere experience of meaning and unity and the sense of peace, connection and beliefs about the meaning of life fill you.

Both are different, but can work together, but I truly believe that spirituality doesn't even necessarily even have to be affiliated with religion. Now, this isn't a religion debate, but what I want to point on is that when one becomes truly awakened and decides to start on their spiritual journey of healing, understanding and growth, there is no right way to do it. Those who are spiritual see the beauty in everyone's paths, as they are all different. We all grow differently and have different things we must go through to find what we all are truly looking for ourselves, understanding, love and peace.

What else is there really to life? You could want all the money in the world, a mansion and all the beauties it could buy, but would you be happy? Friends of all kinds could surround you, but do they speak to your soul? Do they encourage growth in your life, or do they bring you down? These are just some examples of things I hear people complain about in their life. It's as if no one is happy with what they have. I too have dealt with these ideas of what happiness should be as defined by the media and entertainment of today's generation. It is wrong. The goal in today's world is more, more, more, but is that really what we need? What if what we really need was less?

What if all we needed was love?



I believe a lot of people take a look around themselves when they start questioning their life, as we discussed, when really they have to start within. To truly love your life, you must first truly love yourself. This means many different things depending on the person. We must find the things we need to heal within and start there.

There you will begin to find your life start to change. For when you love yourself, you will only allow the things in your life that allow you to continue to love yourself, whether your job, your friends and even your hobbies. You are here to experience life and love life. Love yourself and you will find your life will evolve and you will

begin to question less of the things that don't matter and more of the things that help you bring more love and peace into your life. It will begin to change right before your eyes with simply loving yourself. If you question your life in anyway and feel the long for change, but not sure where to start, merely start by loving yourself.

You've been awakened, now it's time to start loving again.

Amber Hudler
Psychic Energy Healer

