

# IT IS ALL ABOUT ME!

I am currently writing my next book, where my mum Sue is the inspiration. She died from cancer after a 15 year fight in Dec 2004. What I have learnt so far, is that I am the most important person. Unless I value me, how can I give the most to the other important people in my life? When it all comes down to the bottom line, the quality of our life is determined by the quality of our relationships. **Learn these lessons well:**



*"Love is all there is" – Petrea King (author and counsellor)*

**You are loved** – Your parents love you, even though they may not always know how to show you or communicate with you. In most cases, the things they do and say are always motivated by love even though you may not agree or like what they say.

**When in doubt ask** – Never make assumptions about what another person thinks or feels, unless you are assuming the best. Always ask because 9 times out of 10 you will be very happy you did.

**Don't hold it in** – tell the people you care about how you feel, even if in the short term it may unsettle things. In the end it will create better communication, greater awareness and ultimately a better relationship. This is a lesson I am still learning and working on.

**Say and show it every day** – "I love you", "thank you", "I appreciate you", "You are important", "you are beautiful". Say it to your parents, say it to your children, say it to your partner and say it to your friends. Never let it be left unsaid, never let it be left uncertain. Make sure the important people know it **every day**

**Love yourself first and foremost** – at the end of the day it really doesn't matter what other people think about you. It is what you think about yourself that matters. Everything you have in your life and everything you will become is a reflection of how you feel about yourself.

This inspiring quote by Marianne Williamson is from her book, [\*A Return To Love: Reflections on the Principles of A Course in Miracles\*](#):

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."*

**Let yourself shine – you have the power to change your world today.**