

How to drive one's vehicle in life (your body/mind)?

RESPECT YOURSELF - RESPECT OTHERS

Respect is the way to walk without leaving any marks on the sand (without creating karma). Listen to your Heart.

If the feminine energy is stronger in you than the masculine, tell yourself "I respect myself as much as I respect others", which means: "I learn to say "No" and to set natural boundaries", "I accept the possibility of being wrongly judged as the "bad and unloving one", "I trust and follow my inner voice more than external voices", "I know and trust that self respect is actually the way to real harmony and Self respect as a whole".

If the masculine energy is stronger in you than the feminine, tell yourself "I respect others as much as I respect myself", which means "I accept to question myself, to feel vulnerable and to appear as the "loser", "I see clearly into my mind and its tendencies for self-defence and control", "I trust external voices more than my mind", "I actually understand and trust that I have real strength and power when I surrender to the Heart and let go of control".

I have a friend who keeps inviting me, and my inner voice keeps telling me "No". My mind tells me otherwise though: "Come on, he is a very nice person. Make an effort. You teach about oneness and you cannot open to all..."

Yet, life has taught me to respect my inner voice and not to listen to my mind.

There can be a real "Yes" to all within and at the same time "No" in daily life.

I personally decided to respect it, knowing it actually is a source of general harmony, beyond mind understanding.

"No" to someone does not mean that this friend is "bad or not good enough". NOT AT ALL.

Even when there are clear reasons for "No", let's take each life situation we go through as a blessing.

In any case, let's not definitely conclude anything, let's not compare, let's not feel superior or inferior, good or bad. And of course, let's not play with "No" as an indirect way to say to someone: "You are not good enough".

Can we shift to a new paradigm beyond "good and bad" and not take "No" personally?

Let's trust that respecting one's inner voice is always the best way to respect all. Truly, it does not mean "I don't like you or you are not good enough".

Let's say for example: "Please don't take it personally but my inner voice simply tells me to go home instead of coming."

Good luck on the road of life and freedom. Peace, love and joy to all.