

## HEALING NURTURES VALUE

If you feel like you are not a person of value it is not because you don't have value. It is because the people who were important to you when you were young did not know how to treat you as a person of value. And they did not know because they had not been treated that way themselves.

As an adult you can decide to heal the emotional wounds that were inflicted by circumstance and people who did not know better. You are the sculptor of your life, not them. You can set to work any time you wish. It is never too late. As an adult you have enough experience of life and enough autonomy to make choices. You can use the human miracle of conscious intention to choose which colours to paint your life. And that is what you must do in the work of healing... concentrate on applying conscious intention.

You can find people who do value you for the person you are. Seek them out. You will know when you meet them. You will feel the wellbeing they transmit from their own essence. From them you can learn how to value yourself. Then you will know how to treat others. You can pass on the gift. Like waves rippling out from one drop, others will learn from you that they are persons of value, and then they will pass on the gift. And on and on it will go.

The cycle of negativity will be broken and the world becomes a healthier place every day!

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