

## The Cosmic Virtual Vending Machine - Part 2

### **Magic Happy Pills**

Some of us think life is a vending machine.  
Pop in a coin and magic happy pills are delivered.

No one can 'make' you feel better.  
I can't. I don't have control over your chemistry. Or your mind.  
It comes from within you.  
And there is no magic dial on the form that is you that you can turn on or off.  
Or is there?

It takes a lot of time to dispel the myths of who you think you 'should' be.  
At least as long as you have been alive.

You can learn to adjust the dial on your thinking –  
by understanding and knowing yourself.  
And it takes time to learn how that works in your chemistry  
And that your chemistry changes and evolves  
So it is an ongoing tuning process  
That only you can adjust.

HD offers a way for YOU to know, love and accept yourself just the way you are.  
It is like a time-release magic love-yourself "pill."  
Or a bottle of pills that are dispensed every time you take a sip of knowledge.  
And recognize your authentic you-ness.

HD offers information about your chemistry.  
Your chemistry is the way you are genetically hard-wired.  
Learning how your chemistry works helps you to understand your Self.  
To accept your Self  
As already doing the best you can  
As already being the best you can  
By breathing  
In every moment  
And gradually over time  
Releasing the façade  
that you have tried so hard to maintain  
the illusion of who you think you have been taught that you should be  
which in theory should make you happy  
but it doesn't  
and you are exhausted trying  
and you burn out.  
and now you are here looking for help

Some parts of you sound lovely at first and 'make' you feel good.  
Some parts take time to learn to accept and you might feel 'bad'  
No one else has these qualities the way you do

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It can take time to learn that they have value  
and that they add depth to your life  
and that others who tap into you need that gift that only you have  
and for you to see those parts of yourself to love and embrace and nourish  
So YOU can love yourself.  
and stop looking for it outside your self  
Because there is only the illusion of the virtual vending machine  
that you have depended on for so long.

It can be painful to let go of having the instant magic pill  
that we think we can get from the virtual vending machine  
outside of ourselves....yourself

Self-love is the magic pill.  
And it is already inside of you.  
You were born with Self love...

© By Becky Markley  
[becky@HumanDesignForYou.com](mailto:becky@HumanDesignForYou.com)  
[www.HumanDesignForYou.com](http://www.HumanDesignForYou.com)