

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

The Cosmic Virtual Vending Machine - Part 2

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
www.HumanDesignForYou.com