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THE GIFT OF RESILIENCE.

by Amanda Sophia

Beloveds, please know that you are spiritually, physically, mentally and emotionally stronger than you realise. You have an inner resilience that is always available to you, waiting to be embraced.

Take time each day to connect with your higher Self, your soul, the essence of who you truly are. This is your place of deep inner knowing, of wisdom and infinite strength. This strength comes from your own life force pulsating through you.

"Know and trust that what carried you through in the past will take you through any other situations that arise."

I invite you to remember a situation in the past that you survived and learned from, one that connected you to your

inner sovereignty. Recall an experience that was challenging, but you nonetheless overcame. Know and trust that what carried you through in the past will take you through any other situations that arise. You might even say, "This too shall pass," for we are never given more than we can handle.

We have all had our fair share of trauma in our lives. I know I have. My inner resilience helped me through situations I wasn't sure I could survive at the time.

We have all heard stories about a mother lifting a car to save a child, a passerby saving a family from a smoke-filled house. Such inner strength can be tapped, if you know and trust that is there, ready for you when the time comes.

Of course, it is also essential to allow ourselves to feel whatever we need to feel. The ability to embrace your emotions and attend to them will help you to become more connected, confident, peaceful, and

empowered. Sometimes we have to dig deep inside ourselves to make essential changes in our lives — to be willing to change, to let go, to do whatever is being asked of us.

It starts with self-compassion. Let go of the inner critic, be more loving with yourself and know that you are doing the best that you can. We have anywhere between 70,000 – 80,000 thoughts per day. Be mindful of the thoughts that are unkind to Self, and see how you can replace negative self-talk and instead invite in positive, loving thoughts.

Remember, nothing can take away the untouchable divine strength of your inner Self.

Nothing can truly hurt you at your soul level. By living with this knowledge, you will feel empowered and able to deal with anything that comes your way. Part of the journey to really connect with your inner strength and resilience is to treat yourself with love and compassion, as you would a young child.

Another important aspect of inner resilience is the willingness to be vulnerable, which is actually – perhaps unexpectedly – another one of your superpowers. When you allow yourself to be vulnerable, you can ask for (and receive) the support you need, whether it's reaching out to a friend or a therapist. Cultivate supportive relationships in your life. Find your tribe.

Remember to breathe. Breathing mindfully calms your nervous system and invites you to be present. It helps you create more space and become balanced again. When you are in this calm inner place, you will make sound decisions and know that you have the inner resilience to face any challenge that comes your way.