

Newsletter for Feb 2010

Dear Readers,

You have not been forgotten...I have a question for you, some thoughts about the question and a sharing of news. My newsletters in future will be brief and to the point, with personal sharings.

Question: Since the quality of our relationships determine the quality of our lives, this would mean that fostering the quality of the relationships we have would be PRIORITY NO 1, wouldn't it?

So what does it take? And what takes us away from the enjoyment of quality?

This is what it takes: First of all, a loving attitude toward yourself.

I have known for a long time the importance of accepting all my feelings without suppressing them, but now I have learnt a way of doing that better. Here are three valuable affirmations to share.

1. "I welcome and honour all my feelings." (none excepted!)
2. "I love all my decisions." (don't spend time in regret and self-recrimination!)
3. "I remove all judgment from my feelings." (really feel how much you do judge yourself!)

The Emotional Freedom Technique (the Tapping Technique) is also very helpful for acceptance. However, it can still be used as a way of getting rid of the feeling instead of fully embracing it. Our inner critic doesn't want us to feel anything that would make us feel inferior or guilty or uncomfortable. Instead, we want to know how good we are, and compare ourselves to others favourably. Does this work? Alas, no, it doesn't. This fosters pride, self-righteousness and separation from our true self and from loved ones. It is misery! I have found that by refusing to judge my feelings, the warmth I feel for myself automatically transfers to warm feelings for others.

The above affirmations are humbling and, paradoxically, deeply empowering. True power is always based on the truth. If you learnt nothing else in this lifetime, this lesson of lovingly embracing without judgment will create endless happiness for you.

Well, that's enough to take in or be reminded of on one day!

- o News: The Foundation that was first mentioned a year or so ago, has now been signed into reality as ***The Astarte Foundation, Centre for Sexual Wellbeing***. It is expected to take another 2 months before the Name is finally Registered and we are a recognised Association.
- o Personal news: I now have 3 foreign students living with me who challenge me to expand my cooking skills, and who help me pay the rent. Don't smile – this is a Big Challenge!
- o ***Desire*** is now renamed ***The Price of Passion*** and is available in the bookstores. It contains the Epilogue. It is recognisable by its bright red cover!

May you walk in joy and peace,

A handwritten signature in cursive script that reads "Carla".

www.carlavanraay.com

Counselling in person or by phone. Have Theta Healing remove trauma, and learn to release beliefs and feelings you have formed as a result of those traumatic experiences. Relearn to live in deep peace and joy.