

Are & Be – The Rhythm and Blues of Spirituality

Denying and repressing your thoughts are only feeding them, and pushing down emotions and negative thoughts are like a ticking time bomb. It will eventually explode in one way or another through your relationships, your work, your health, etc. The Universe and life will let you know whether by means of a whisper or a wrecking of your entire present life structure to get your attention to something dire that you continue to repress and ignore. So, it's not so much that we believe what those negative voices have to say, but rather acknowledge they're there and that they are not some evil, scary monster but rather an unhealed part of ourselves that took form at some point in our lives, most likely early on in our childhood before we could rationally make sense to having our feelings invalidated.