

10 SECRETS ABOUT LIFE

"Secrets About Life Every Woman Should Know" - Barbara De Angelis

1. Everything You Need to Be Happy Is Inside of You

Notice when your mind is imagining the worst. Be aware that it is not real. Your mind tends to focus either on the past or the future if you do not control it. So when you catch yourself thinking of the worst, stop doing it. Take a big exhale. Feel your body and look around you. Feel what is real at this present moment.

2. The Purpose of Life Is for You to Grow into The Best Human Being You Can Be

Life is not supposed to go smoothly. No one's life is ever perfect. We all are meant to experience challenges and difficult phases in our lives. In other words, we are here to learn. To grow. Life is designed to be challenging, which becomes a threat only if you perceive it that way. Life is a blessing for you to continuously grow into a more conscious, understanding, and loving human being.

3. Change Is Inevitable, So Stop Resisting and Surrender to Life's Flow

Life is not about getting everything in place and trying to keep it stable. When you resist change, you try to make life standstill, and nothing could be more unnatural than this. All growth, accomplishments, and success stories arise from taking a risk. Know when to leave your comfort zone to step into the unknown.

4. All Obstacles Are Lessons in Disguise - Honor Them and Learn from Them

Honor your challenges, welcome them and cherish them, knowing that "behind the poison of our pain is our liberation." We learn lessons through challenges. And if we make the same mistakes multiple times, it is a lesson not quite learned yet.

5. Your Mind Creates Your Experience of Reality, So Learn to Make Your Mind Your Friend

Every time you indulge in negative self-talk or judgements about someone, you pollute your own consciousness. When you make the conscious effort to be positive and loving, you attract harmony around you and bring out the love in others. Become the witness of what your mind is doing, and become the master of your mind.

6. Fear Will Steal Your Aliveness - Make Your Courage Bigger than Your Fear

The philosopher Mark Twain said: “Courage is resistance to fear, mastery of fear - not absence of fear.” You can notice your fear without being your fear. Try acknowledging your fear and determining where it is coming from. Ask yourself what is the worst that could happen. Now ask yourself, “would I really let this happen to me?”. Your fears will come and go, only you remain.

7. You Must Love Yourself Before You Can Truly Love or Receive Love from Anyone Else

Beginning to truly love yourself means permitting yourself to feel your own love. To tell yourself the things you need and deserve to hear. Instead of expecting someone else to do it for you. No one can provide you with a love that you are not already feeling. Love is a state that you are in, and only you can steal it from yourself. Love yourself for where you have come from and where you have arrived.

8. All Relationships Are Your Mirrors and All People Are Your Teachers

Look back at people that used to be in your life, and ask yourself, “what did I learn from this person being a part of my life?”. When you can see the essence in other people, you can free yourself from resentment and blame, and make space for love and gratitude.

9. True Freedom Comes from How You Respond to Life and Not from What Life Does to You

This present moment is all that you have. “You may not be able to control what happens *to* you, but you can control what happens *within* you”. There is a difference between reacting and responding to a situation. “Find your center and act from there.”

10. Whatever the Question, Love Is the Answer

This is a good phrase to remember when you feel helpless. This phrase can simply remind you to allow yourself to experience love and positive energies when facing a challenge. Ask yourself, “how can I bring the most love to this situation and see the love in what is happening?”.

