

January 30<sup>th</sup>

Live from the inside out and honor your passions.

Wisdom of Mary Magdalene

*I am aware of having to confront someone in my life and feel afraid. I do not think she will be able to receive this confrontation and handle it maturely. I think she will attack and get defensive, but I know this is a necessary step in moving forward with her. I will learn a lot after this conversation. I bring this to Mary and my guides for support and encouragement.*

“As women and men, we know what moves us. We know what inspires us and we know deep down in our soul what our contributions and passions are. We know.

We also know that to honor this place inside, we may be unpopular for a time, unloved or unwelcome. This is hardest for us because as women, it is our nature to feel deeply, to love purely and want to wrap our arms around the earth. It is our desire to care for all who need our caring. To not care is unnatural for us but to honor the deep passion within us is our true calling, our spiritual mission.

Often we learn to hold it all; the love and care for everyone and our passion and expression in the world. Sometimes we will find the only way is to honor the passion within and we must experience the consequences of another's disappointment over our behavior or jealousy of us. Still at other times, we deny our passion, our creative expression of truth deep within in favor of not disappointing another or stirring feelings of jealousy or anger. Here is where we feel the consequences as well.

Over time, the denial of self's deep desires and truth within can lead to sickness, depression and addictions. These are the most severe consequence and we carry these in our bodies.

Bless your passions and desires deep within. Honor your truth and care for yourself first. Live from the inside out.”

