



Strength – your physical, emotional and mental stamina is based on your intention to be, do and have in the right place at the right time with the right people for the right reasons. Without causing any harm.

Your next step:

Assess your situation and/or associations. Are you behaving with Integrity, without causing harm or expectations of others? And, is the presence of others truly supporting your Higher Good, your physical, emotional and mental wellbeing?

While it is important to not be needing or siphoning strength from others, it is also important that you not allow others to drain your strength. Nor to make the mistake of sabotaging your strength in an effort to fit in, be 'normal' or suppress your Self needlessly based on some out-of-date belief.

Your strength, which is greater than you can ever imagine, is your Consciousness flowing via your self -

Your strength is based on your ability to allow your Consciousness/Awareness to Flow via your thoughts, feelings and actions.