

Even when you feel alone, you are loved

LONELINESS. It's an emotion that I suspect is more prevalent than anyone realises.

Apparently, the intention of the creation of the internet was to connect people across the globe in a positive way.

I suspect many of us agree that it's actually done the opposite, as we view selected images and videos that depict only happy and joyous expressions, and don't display the truth of life, its ups, downs, swings and roundabouts.

The addiction to social media, and the yearning find deep connect appears to cause more loneliness and sadness.

Comparing yourself to another can never create positive outcomes.

Loneliness can influence decisions more than we care to admit.

Some of my previous relationships were initiated based on my feelings of loneliness.

I couldn't see it at the time, but it's very clear now.

When my emotions were on the lower end of the scale, I yearned for companionship. I yearned for someone to show me they actually care about me.

I was vulnerable, and scared. I would fall into relationships with men who were attracted to me, regardless of whether I was attracted to them or not because in my vulnerable emotional state, I subconsciously rationalised that if a man was attracted to me, that made me worthy of receiving love, didn't it?

That meant I was actually OK. If a man was attracted to me, then I must not be as bad as I think I am, right?

Sometimes I began a relationship in a low vibrational state but as time went on, my feelings began to lift because it was so wonderful to feel loved and cared for by another. It felt joyous. It felt blissful. When two hearts physically connect, in the strong embrace of loving arms.

When eyes meet across the room, igniting a fire of chemistry within two bodies, causing hearts to skip a few beats. I'm sure you'll agree, that feeling is intoxicating.

Over time, as my self-esteem grew stronger and my independence within the relationship became more im-



portant, I often felt smothered, contained, restricted and stifled.

I was growing, but he wasn't.

Our needs weren't being met. At that time, we didn't understand the Five Languages of Love — Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch.

When I did come to understand these, I encouraged my partner at the time to understand them too. I wanted us to be stronger.

I wanted us to understand one another on a deeper level. But when he refused to even consider learning these crucial languages of love, I knew there was no hope for our future together.

I gave up trying to bring the relationship to a deeper connection. I felt defeated, deflated and I felt like I was a failure.

So, here I am, feeling a little bit lost and lonely. I'm still undecided about the direction I want to take my life in. This is my sister's influence. I love her for making me question everything.

Behind the feeling of loneliness, is the seeking of external validation from those you are influenced by, that you're worthy of being loved, that you're good enough to be loved, that you are indeed loveable.

Unfortunately, seeking external validation will only lead to a repetitive cycle of seeking — receiving — losing, seeking — receiving — losing.

That is until you gain the wisdom to know and understand, that what you seek can only ever be found within.

You want to hear and to feel that you're good enough; that there's nothing wrong with you; that you're capable and strong.

If you allow yourself to be still enough to connect with your Soul, it will always tell you the truth. The truth is, you are so much more than



just good enough.

You are strong and capable.

You are unique, and your Soul never wants to 'just fit in'. You need to stand out.

So, repeat after me, I AM CAPABLE AND STRONG. Close your eyes and feel deeply the feelings of having all the capabilities to create the circumstances you dream of.

I AM CONFIDENT. Close your eyes and feel deeply the soaring feeling of confidence. Think of a time in your past when you felt extremely confident.

I AM RESILIENT. Close your eyes and feel the feelings of shaking off the pessimistic comments of others, like a dog shaking the water from its body after going for a swim.

I AM LOVED. Close your eyes and feel deeply what it would feel like to just know how loved you are.

I AM BEAUTIFULLY UNIQUE. Close your eyes and bask in the glory of being you, exactly as you are, the beautiful, joyous form you were born in, with only love, wonder, innocence and discovery being expressed from the depths of your Soul.

I AM OPEN AND WILLING TO RECEIVE THE LOVE OF THE UNIVERSE. Stand up, close your eyes, extend your arms outward, opening your chest and allow your heart to be open to receiving the love of the collective open hearts of the Universe.

No matter how much you, or I, try to hide ourselves away, it is impos-

ible.

For there is always a spark of love from the Universe to give us hope, to give us truth, to show us we are always loved, no matter what.

And the evidence is presented to us every single night. Each star shimmering against the backdrop of deep, velvet, blackness is a display of love to each inhabitant of this Earth who chooses to bask in the love of open hearts across the Universe.

You are loved. End of story!

If you have been feeling lonely for a prolonged period of time, I encourage you to seek the guidance of a counsellor. There's no shame in seeking assistance. I do that myself from time to time. Sending my love, Marilyn xxx

Four easy ways to help you say no

BEING comfortable with saying no is about using your skills of assertiveness and expressing your wants and your needs in the most professional and emotionally intelligent way possible.

Saying no does not need to be a hard-direct no; there are other ways that you can professionally say no.

1. CAN THEY DO IT THEMSELVES?

Ask "Is this something that you can try, and if you come unstuck, I'll come and help you?" Ask people if the task is something that they can do themselves or can have a go at doing themselves.



2. CONFIRM THE DEADLINE

Determine the deadline for the task. "If I get this to you by the end of the week, is that okay?"

If the answer is a no, then that gives you an opportunity to say, "I'm sorry, I'm not going to be able to achieve that for you in that time frame."

That way you're able to say no in a way that's professional and diplomatic rather than saying, "I'm just too busy", which can come across as negative or aggressive.

3. THANK THEM FOR COMING TO YOU

Use language that's professional by starting the conversation or the response with a thank you.

"Thanks for coming to me with this problem" or "Thank you, but I'm not able to assist you right now" is a really positive way to reject the request that's being made of you.

4. ARE YOU THE RIGHT PER-

SON FOR THE JOB?

Ask the question "Do you think I'm the right person to do this? I'm not sure I'm a good fit" or "Do you think I'm the right person to do this given my scope of duties and responsibilities? I'm not sure I am".

This is a great way to be able to say no to clients or customers that you know are not a good fit, or when you know the task is outside the scope of your duties, responsibilities, or job description.

It's really important that we use assertive language and avoid language such as, "I'll try," or, "Possibly."

This kind of language is too grey,

and people can interpret it as a 'no' or a 'maybe' or a 'yes'.

The power of your yes comes down to how well you can say no.

It's the things that we say no to that determine the strength of our yes.

I know for me in business it's the clients, projects or offers that I say no to that has helped me gain greater clarity around who I want to work with and what type of work I want to do.

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