

# **PUBLISHER'S PONDERINGS**

**By Lisa Browning**

I think sometimes I am my own worst enemy! Whatever I do, it's never enough. And that's not a message from anyone else. It's a message to myself. That annoying little inner critic, that constantly chatters and challenges my self-confidence.

I know where it comes from, of course. The messages we receive as young children are so very powerful. The four messages I received from my mother were:

1. You are not on this earth to be happy.
2. Whatever can go wrong, will go wrong.
3. You're going to cry before you go to sleep.
4. Don't expect anything, then you won't be disappointed.

Wow. For quite some time, I held deep resentment towards my mother for instilling these disempowering and fear-based beliefs in me. But I had an energy healing session with the amazing Atherton Drenth last week, and she told me that my mother hated her life. Strong words, I know, but I get it. My mother was given a choice ... (singing and dancing) career, or marriage. She chose marriage. And she regretted it. I don't think she regretted having a husband and children, but I do believe that she lost part of her soul when she made that choice.

And so now, I view those four messages with a new understanding. They are, of course, false. But knowing the context in which they were developed has strengthened my resolve to replace them with the truth.

1. You are on this earth to be happy.
2. All things will turn out for the best.
3. You're going to sing, dance, laugh ... before you go to sleep.
4. Expect it all, and you can make your dreams come true.

I also vow to monitor my self-talk, and make sure that all messages are positive ones. A Christmas gift to myself!! I wish the same for all of you.