



Believing In Yourself

The supreme and most imperative exploration of our lives is discovering who we really are. Yet, so many of us walk around either not really knowing or listening to an awful inner critic that gives us all the wrong ideas about ourselves. We imperfectly think of self-understanding as self-indulgence, and we carry on without asking the most important question we'll ever ask: Who am I really?

Every person wants to find contentment in life. No Matter what our circumstances, and no matter what hand we are dealt, the search for true contentment is at the heart of everyone's goals. We all experience times where we doubt ourselves, and somehow we lose track of what's important for us. We lose the belief in our self, and our drifted away and later on we regret our own decisions. Sometimes some people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become. You never know who these people may be (possibly your roommate, neighbour, co-worker, long lost friend, lover, or even a complete stranger) but when you lock eyes with them, you know at that very moment that they will affect your life in some profound way. And sometimes things happen to you that may seem horrible, painful and unfair at first, but in reflection you will find that without overcoming those obstacles you would have never realized your potential, strength, willpower or heart.

Finding yourself may sound like a naturally egotistical goal, but it is actually a magnanimous process that is at the root of everything we do in life. In order to be the most valuable person to the world around us, the best partner, parent etc, we have to first know who we are, what we value and, in effect, what we have to offer. This personal journey is one every individual will benefit from taking.

Everything happens for a reason. Nothing happens by chance or by means of luck. Illness, injury, love, lost moments of true greatness all occurs to test the limits of your soul. Without these small test, whatever they may be, life would be like a smoothly paved, straight flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless. It is a process that involves breaking down – shedding layers that do not serve us in our lives and don't reflect who we really are. Yet, it also involves a tremendous act of building up – recognizing who we want to be and passionately going about fulfilling our unique destiny – whatever that may be. It's a matter of recognizing our personal power, yet being open and vulnerable to our experiences. It isn't something to fear or avoid, berating ourselves along the way, but rather something to seek out with the curiosity and compassion we would have toward a fascinating new friend.

The people you meet who affect your life and the success and downfalls you experience help to create who you become. Even the bad experiences can be learned from. In fact they are probably the most important poignant and important ones. If someone hurts you, betrays you or break your heart forgive them, for they have helped you to learn about trust and the important of being





cautious when you open your heart. If someone loves you, love them back unconditionally, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.

Make every day count. Appreciate every moment and take from those moments everything that you can never be able to experience it again. Talk to people that you have never talked and actually listened. Let yourself fall in love, break free and set your sights high. Hold your head up because you have a right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you. You can make your life anything you like. Create your own life then go out and live it with absolutely no regrets.

My message is this... Stop being your own worst enemy! Stop lying to yourself about your emotions and feelings and start accepting them and allowing yourself to feel whatever it is you feel. The freedom you will feel within yourself is reward enough however; the universe will give you back the love that you have finally and justifiably started to give yourself. This I promise you!

“When you discover who you are, you’ll be free.”

.....**Aarzoo.Jalali**



PERFECTION ALL THE WAY

Supported by the **KANAKIA** Group