# ***You Deserve It***

**Love is one of those words. Everyone deserves some level of love despite their past. This comment alone brings about questions of our interest in one another, how we live in the world we live in, how we relate one to another, and how well we judge the character of others. Judging is not a truth from the biblical prospective. How do we suggest that some people 'get no love'? Love in life, of life, of one unto another, in our relationships are constructed of all variances of the love, that emotional sense of strong affection for another based upon common interest, sexual desire, or admiration.**

**But the assumption of people and written conversations I found using my computer were that 'you deserve it'! It is solely referenced as primarily LOVE. I believe that this is not the case as our "deserving" something in their view, is a broad based assault upon life itself and all it has to offer.**

**In this life we live, there is the desire and urgency to seek and find *happiness*. That combination of happiness and love can withstand the doubts and trials we are individually and connectively predestined to face. This is best done as we evolve into our personal selves at best, first and intensified when we begin to cultivate those desired and necessary relationships we find ourselves intertwined with or in.**

**At times we are loved and in love with others such as family, friends, colleagues, and even strangers, but there is that pesty tag of longevity sought from the happiness we have tangled together. Sharing in encouragement, encouraging acts, supportive conversations and actions, or just being able to spend time doing things that matter between us. The challenge becomes surviving the changes life brings us to often. In aging, in personal development, as economics grow, and romance blooms, we are every changing people. However, life's circumstances can bounce us back from where change has driven us to. Yet, selfish and less shay of guilt, we are deserving of what is best for us no matter what.**

**There is also the specifics of *situations* we find ourselves burdened within that brings on shame and guilt a our judgements are not always the best ones in hindsight. That hindsight label is where we sit perplexed striving to overcome or steer our way out of headaches, heartbreak, or I'm all shook-up zones. The road toward or back to love and happiness requires we pay the toll in emotional dilemma as torture, envy, depression, aloneness, having painful conversations, and a host of other conditions life will have us face and face off within.** *Being true and truthful to thyself and others are essential tools back to happy, peace, and love*.

***Peace*** **is a bargain item conquering other elements of our person grants us. This is an outcome from having found the right people in love and happiness. Or at times, from simply learning to love ourselves and what to do to make and keep ourselves in the happy zone. When we open ourselves and lives up to others and the results are feelings other than this happy, loving peace we had, it should have us surrender those who upset what we worked for to re-enter that place we liked being. It's what we've secretly challenged ourselves to work toward.**

***Life's Lessons***

**As we've grown up, most of us, some of us, matured and spread ourselves into family, marriages, parenthood, careers, and other facets of living in this world. This often brings about those situations I mentioned from which we are to learn and cast out our mistakes. We are chided into finding the lessons others have sworn we'd find inside each ordinary or unordinary happening. Some of us struggle to tap onto exactly what the lesson is while the rest either think they've got it or find out just what it was in time, much later. Feelings of shame in wanting to go against what others think or say because it makes us feel best is too a learning milestone. Aging can and insight will force us to re-adjust our decisions, choices, and interpretations through life experiences. Growth is good and one of our most urgent defenses against shucking, diving and mis-understanding life's lessons. It can become so surmounting that we even choose to ignore yet, another one. (Lesson) But, that doesn't change the realities of living amongst others; or dwelling, working, and striving for love, happiness, and peace guilt free.**

***Negativity and Negative Energy***

**When I smile, and you choose not to, there is a space inside that pauses as I, or we attempt to assess the energy or spirit around us. That person or thing that wishes to place a damper upon the positive place you found. In survival, self-love, and personal insight, it is best to STOP anything that is absorbable negative feed. I don't mean lie to one's self about what is true and real as you must own that as yours. I do mean to discontinue negativity uptake through relationships, media, self-esteem, social anxiety, or depression. We must always be our own best friend in changing negative thoughts with good habits. Reading positive works, release eating or smoking addictions, put space & time between bad people energy, more writing and less talking, etc…..**

***Feeling Good***

**Each day we rise, hopefully in a place we desire to be and dress in clothing and things that make us feel good. We spend money on material goods, houses, cars, or make choices that suit our lifestyles and give us that visual energy we need and often deserve. Here we know that internal discontentment is not allowed. Feeling your best is inside and outside of our physical selves. It is exuded in our expression of self, when others see us, greet us, watch us do what we do each day. They too can be prone in 'will' to feel good even when some burden says they shouldn't. A smile does this often.**

**In this modern day culture we have been encouraged to take hold of healthy antidotes to resolve our feeling badly. We must learn to discern when things all around us aren't in the state of coexistence we truthfully want and need to feel good each day. This incorporates what is termed 'self-care' or all those things we've been challenged with in community. Loving ourselves in eating right, exercising, taking hold of quality habits such as yoga, golf, energy walks and a host of alternative experiences which are good for us. This is foundational as the act of setting boundaries for ourselves with others in varied aspects of our lives. It is simply liking, loving, and learning to love yourself as you are as you walk toward who we desire to become.**

**Feeling good can not be accomplish walking in the vision, mind set, and habits of others. We can nonchalantly allow people around us to instill the wrong things in our heads. It's like at the voting poll after listening to months of campaigning using tactics some positive and others to generate bad karma. You are forced to make your decision outside of everything that's been said or done. Voting is a time to become selfish. This doesn't happen for a great many as they are prone to adapt the 'mind of others' into their choice. Does it make you feel good if you've been misled, lied to, participant in victimizing others? Feeling good happens from our self intuition, knowing right and wrong, making our own choices that we, in truth, can live with each day.**

> In the end, the ultimate end, you are the only person who can accomplish this feat. I can give you a good time, give you money, take you and teach you anywhere or thing, put you in a great position, but you are 'at will' to do as you please with it all. You make and determine the outcome, you and you alone can accomplish that deep internal ply for satisfaction. It's the stirring or emotion in an unsatisfactory state of being which brings about

falling out of love, unhappiness, and “disturbia” from peace.

**It’s all NORMAL!**