

The “Awe” in Aha

Rev. Victoria Loveland-Coen, March 26th 2023

It’s time to discover your “Brocken Spector” or shadow that you have assumed was real, but is really a false belief that has been robbing you of peace, love, joy or abundance. When you realize it’s not really true, it evaporates like a shadow when the light shines upon it. Aha!

Look at what has been a recurring complaint in your life...

- Something that’s causing you pain
- Or causing you to feel like life is restricted for you
- Or that you are powerless, or you can’t do or have what you truly want
- Or that people just don’t understand you
- Or something that makes you feel you’re not enough
- Or where you feel God is not present in your life

Now, close your eyes and connect with your inner guidance. Ask your inner wisdom to reveal what your false assumption is. Then ask...

- How has this belief has affected how I show up in my life.
- What belief is behind that, and is it really true?
- What is a higher Truth? Seen from a higher perspective, what is the actual Truth?

Write down what came to you.

Experience the “awe” in your Aha!