

Satari Amber

Only Love is Real



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# Angel Thoughts

## What kind of fertilizer are you using?

Namaste Lightworkers,

I have learned a very powerful lesson the last couple of weeks, how important it is not let the opinion of others affect how I feel about myself. We are not responsible for how others feel; there is no possible way to adjust regularly to the emotions of others. We are responsible for how we feel about our actions and ourselves and that's where it stops. Lightworkers are often very sensitive to emotional environments; we don't want others to be uncomfortable, which sometimes leads to adjusting your vibration or actions to accommodate someone else.

On the other end of the scale is the shadow side that we carry with us, this could be an anxiety, fear or insecurity. I often heard the term "embrace your shadow", which I admit did not make sense to me because most of my spiritual education involved only focusing on the more positive side of my personality. However, what I have learned embracing the shadow side means is "what has this situation caused you to want to become"? A light bulb came on in my head with a deep sense of relief; this means if I take the time to look at this negative emotion (with me its a crappy mood or hurt feelings) it reveals a normal cycle of change and growth. What has this situation caused me to become? I want to be free, free of restrictions, free of limiting beliefs, free of the opinion of others.

Here is how I deal with situations that cause me to feel this way.

- When I feel have made a mistake or I am less then perfect in a situation. I ask myself did someone's head fall off? Of course the answer is no. This leads me to realize that I am taking things way to seriously. 99.9% of the time I have made up some exaggerated reality in my mind that keeps growing as I focus on it.
- If there is an outside source that has triggered a negative emotion. I ask myself does their opinion really matter? If you think about people who are projecting negativity are not in a healthy state at that moment and are not conscious of their own well being. When you think of it that way it's hard to put any stock in their actions. This is usually the time that I start getting ticked when I think about the comment or action, which is ok at least I am not sulking about it any more. My affirmation is "I know who I am"!
- I Think of things that make me feel joyful and happy it's not so easy when you are upset but if you focus on being happy enough it does work. For example, I watch the birds in my back yard, I see how happy and free they are it puts me into a state of gratitude and happiness.
- I start working on affirmations that change my mood and re-adjust my perspective of my fear. This week my affirmation is, "I will not let this situation defeat me in anyway, I do not need permission from anyone to be loved and happy".
- I work overtime with my angels and spirit guides, I am in constant mental dialog with them in addition to working with different tools, such as affirmation cards, talking to close friends and healers; remember the egg stage of the butterfly this is the discovery of that new thought or idea; think of the obstacle as your fertilizer (wink), so allow yourself to receive Universal Support
- Lastly, am I eating properly and getting enough sleep, more then likely if I am not in a positive state the answer is no. It is amazing what drinking an extra bottle of water or getting an extra hour of sleep can do for you, it sounds simple but it really makes a big difference.



*What kind fertilizer are you using*

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### Events:

- June 18th, 2007: [Richardson Energy Healers Meet Up](#)
- June 30th, 2007: [Radiant Woman Wellness Expo](#)
- September 8th, 2007: [International Angel Day- Celebrating You!](#)