



# ARISE

CREATING LIFE  
FINDING YOUR WAY BACK HOME TO YOU



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# Love

Love.

"A word that comes and goes but few people really know, what it means to really love somebody" -Kirk Franklin

I wish that I had a big enough way to explain what God has revealed to me about love. We tend to not understand the gravity of love. Its depth. Its reach. We have believed the "hype" that love is weak but judgment is strength. But who do you know that has changed the world was known for being a judge? Not only a judge of those we don't know but of those that may even live under the same roof? We are more likely to project our own desires, wants, experiences, perspectives, needs and more onto those that we see instead of seeing everyone for the spirit that they are. So what we are actually doing is walking around life finding ourselves to love! (How egocentric is that?!?) Then when we find others that are not ourselves to love, we choose to hate them. Honestly, it takes a lot of work to love someone who exhibits attributes, beliefs, goals that are not like yours. It takes a strength and uncomfortable-ness that we don't like or want to tap into. It takes an effort to make room in your heart for more than yourself. This kind of effort may not be an effort that we have ever made before. Even with our parents, partners, children. How can you show more love? How can you reach out to even those that you are close to to show them more love? How can you reach the parts of them that you don't understand because they simply don't look like you?

How can you stop talking about God's love and BE His love?

# Do You Know Who You Are?

Knowing who you are is something that we kind of talk about. We try to use labels to describe who we are (sister, daughter, mom, wife, friend, teacher, etc.) But we still seem to be confused because it never truly defines us at all. All of those labels sometimes fit, but then they don't quite fit. Tuesday I might feel like I'm the best mom that my kids have ever could have been blessed with, other days I feel like "Ummmm who are you and what have you done with supermom?". When I used to be a teacher at an elementary school, I never quite fit into the label of teacher. Did I teach kids? Yes. I was amazing and I loved it and they loved me! But I was one of the most unorthodox teachers you could ever meet. The struggle of forcing my amazingness into what others have created as an *amazing teacher* box, I just could never quite do.

The labels. The labels allow us to organize life around us, but what does it do to us within? Does it ever help us understand who we truly are? Or does it put us in this constant state of suffering and feeling of being lost in the world around us that we are constantly creating.

What label can you put on God? God is love. Anything outside of that is just extra organization that we have created as humans.

Since you are a part of God's creation what label have you been given?

Has God even given you a label?

Or is all that's simply required (but not easily) is for you to love God and to love others. That others includes YOU.

Your very essence and all of those beings around you.

Without labels.

Let others be who they are while letting you be you. Flow in your Creator's purpose for your life. Be unapologetically you.

# Do You Apologize For Being You?

I recently read the book, Girl Stop Apologizing by Rachel Hollis. It is a great book! It is more so a great book to me because at first I did not think I needed the book at all. LOL. I really read the book because I love her message and energy so much that I was like "Let me support my girl Rachel!" I am not the one to "apologize". I have grown into myself over the years and this 31 year old is far from being apologetic for who and what she is. Totally NOT true ya'll. I am CONSTANTLY apologizing for who I am. I am always apologizing for my drive for being a motivational speaker, a phenomenal singer, a multi-millionaire business woman. I have DREAMS. But I water myself down even with my family to make myself more "tolerable". I apologize for being a free spirit who enjoys being. I feel so big to myself that I want to make myself smaller to fit in. I want to apologize for who I am created to be. I DO apologize for who I already am.

What does apologizing look like for you?

Are you hiding who you truly are because you feel that is the only way you can be accepted?

Are you losing yourself in roles that are praised by the world but that are killing who you are inside?

Is your true voice being muted by the dominating one inside? The voice that sounds like you but is more like your mortal enemy who is telling you the worst things you could ever hear. Telling you things that seem to destroy any progress you have ever made.

Do you feel like your life is at a standstill? Then girl GO! Who is stopping you, but you? It sounds cliche but truly ANY excuse that you make can be conquered by true belief and drive for what it is that you desire.

God didn't give you dreams for you to just dream them and suffer your entire life because there is no possibility that they can ever be achieved. You were given dreams because it is EXACTLY what will happen as long as you truly let go of who you think they (anyone even the closest people to you) want and be who YOU are. With no apology.

# How Are You Living?

I have noticed that we are all pretty anxious and depressed most of the time. It seems to be a growing phenomenon that we cannot seem to get under control. We are becoming more aware of our emotions but with coming more aware of what things actually are without understanding can lead to an increase in suffering.

How are you living?

Or is it more applicable for me to ask, "How are you suffering?" Is your daily life filled with more suffering than happiness? Are your routines killing you or are your routines replenishing the life that was given to you?

I truly hope the latter but I would understand if it is the former because who talks about these things?

Who teaches us that life is worth the living?!

I am reminded of the song "My life is worth the living just because he lives." This song is talking about the living of Jesus. The one that died for others and was raised to life as an example of how we can die but be alive with power and love! But although we are excited and this gives us hope, do we believe it? What a person thinks, so will she be so but are we *being* it? Or is our joy contingent upon what society has deemed we should be joyful about?

What I do now to remind myself of these things is become quiet.

I light a candle. Watch how the fire burns.

I open a window. Look at the trees and sun.

I play music, listen to the instruments, the voices, start a dance party.

I live in the moment. Because I have realized that most of our suffering comes from living in the past and future while forgetting about the present we're currently in.

Sis, live in your moment. Every precious moment you are given.

# Reflect

What is it that brings you home? What about life gives you comfort?  
What about life gives you love so that it pours out of you to everyone  
around?

That security within is what will create the life that you dream to see  
"without".

Now it's time to Arise.