

A Message from Me to You - Rebecca Rosen

One of the universal messages that comes through in many of my readings is the reminder to continue to rise up and shine bigger, instead of shrinking down. This applies to any relationships we have or just generally how we show up in the world, but in one of my groups this week, this message was specifically for two women and their respective romantic relationships. Both were in the process of expanding their spiritual awareness and breaking agreements with doubt. They felt that they were currently on different pages from their partners, and were unsure of how to handle the difficulties they were facing together, as a couple, and individually, on their own. Their teams in spirit came through to remind them of something that we all know on a soul level—that our purpose in this earth experience is to be true to ourselves. We are whole on our own and when it comes to relationships, it has to be two whole people working through their own shadows and then coming back together in a healthier place. We do not owe our partners sameness or a consistent matching of their energy and beliefs. We only owe our partner being true to ourselves and moving into our own expansion. Anything else is betraying our purpose and continuing on a path that is not for our highest good.

There is always some resistance when this message comes through, because the ego fears the loss that might result if we change and grow away from our partners. But the truth is, when we shift the focus to ourselves and live authentically, that will either inspire our partners to do the same or they will fall out and be replaced by someone who is more our equal. This is true for friendships, work relationships, or romantic partnerships, as with these two women. There are so many lessons wrapped up in showing up and shining our light each day. It's also about recognizing our worth, loving ourselves, taking our power back, and having total faith and trust that God is our source and "God's got ya." These women were certainly working on checking those boxes and learning these lessons that they signed up for prior to incarnating. But these are lessons that we can all learn on some level in this "earth school" experience. When we rise up, we more gracefully fulfill our divine purpose and continue on this journey with souls that will meet us where we're at, instead of forcing us to shrink down.

Brightest Blessings and All Love,
Rebecca