

I Wish Someone Had Told Me...

by Nicole Byers

I wish someone had told me when I first began my journey into a life of my own, that where I needed to begin was sitting on the floor with my eyes closed.

I wish someone would have told me that my first step, and the first step anyone should take, is inward.

I wish someone would have told me that my breath is a gift, and if I got quiet enough to listen, I might hear the soft whispers of my heart.

I wish someone would have told me that my true value and worth would be found not through attaining or gaining material possessions, but through embracing the love, kindness, and truth that radiates within me.

I wish someone had told me that finding my way inward, to her, would lead to a treasure of gold and abundance that couldn't be acquired through external possessions.

I wish someone would have told me that when I was lost and desperate for direction and support, that I was really longing to meet myself at a deeper level, to embrace the wisdom and strength that resided in my own heart and soul.

I wish someone would have told me that when I was swimming in a sea of lonely thoughts and diving into dark pits, that my highest self was calling me to these places so I could come closer to my truth.

I wish someone would have told me that my journey into darkness had an important purpose; it was an invitation to delve deep into the core of my being and uncover the radiant light within me.

I wish someone would have told me that when I began to run, distract, numb, over-consume, blame, overdo, lie, choose everything other than love, that I was running away from my own magnificence...because I didn't believe it was something that I possessed. I didn't believe I was worthy of my own needs.

The only person who could heal the hurting side of me
through unconditional love.

The only person who could truly love me, and that
person was my highest self.

The self who knew my greatness, my capacity, my
truth, my limitlessness.

Know that deep inside you is your earth, your home. It
never left you and it can never leave you.

No matter where you run to or rabbit hole you dive
into, you always have you. The you who knows your
worth and magnificence.