

*Love Shows Up Here*



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*"Ultimately, we have the power to choose how we show up and interact in this world. When we come from the true self of compassion, peace, and unity, we become a powerful force for good and open the door to deep and rich relationships." Deepak Chopra*



There have been many times during mine, and my son's, journey through addiction that I have felt alone and scared. I have felt deep fear, and it has caused me to lack the awareness of unconditional love. It has also caused me to react in ways that cause more stress.

Have you sometimes felt lost in fear, anxiety, so much sadness, guilt, even anger, that you can barely think straight, much less get calm and focused?

When we love someone dear to us who struggles due to substance use and addiction, we naturally will experience confusion, and fear. But, fear dilutes our awareness of love, and being it.

Thankfully, love finds us any where, every where, and any time.

Following are some questions that can help you reconnect with feeling love and responding with loving action. Still, Love may say "no", and it will do so calmly and kindly.

I invite you to get still, breathe, and wait for your heart's wisdom to answer. And, let your light and love shine!

From my heart to yours, I wish you and your family peace,

Joanne



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- Who are you? At your core, the essence of you, who or what would you be as Love guides your answers?
- What do you really, really want? Do you want immediate change around you, or from someone else? Or, do you want something deeper than that?
- How do you want to show up? In a situation or with another person, how is it that you want to be? How do you want to sound? How do you want to act that contributes to you getting what you really, really want?
- What do you need to think, say, or do in order to show up that way?
- For what, for whom are you grateful?
- What message or inspiration does Love have to give you?

*Breathe deeply. Thank yourself for doing this love exercise. Smile.  
And let the light of love shine in you, and from you!*





Let's Stay Connected!

If you found this practice helpful, please share it with others who could be served by it, and keep a copy just for you.

Congratulations to you for this step to empower your love and inspire recovery ~ for yourself, and your loved ones.

With deep understanding, compassion, developing skills, and tapping into your inner strengths, not only do you get your own life back, you help your child by being the light in the darkness.

There is healing. There is transformation. There is hope.

Please reach out with any questions or comments by sending me an email at [joanne@joannerichards.life](mailto:joanne@joannerichards.life), I'd love to hear from you.

To Peace!

Joanne



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