

Today's Brilliance™ : Valerie Sheppard

Valerie is an intuitive healer and the Sherpa of Happiness.



I am going to be the Love I came here to be, starting first and foremost by giving Love to me. ~ Valerie Sheppard



If today were my last day on Earth and I could share 500 words of brilliance with the world, here are the important things I'd want to pass along to others...

I am passionate about helping people create better relationships with themselves.

I once asked an audience to write love letters. "Make them gush with adoration and affection!" I told them, and then added this: "Write the letter to yourself." There was almost an audible gasp. I didn't read them,

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but as people left, an older woman in tears told me she couldn't come up with one thing. I was deeply saddened imagining what this state of inner desolation was creating in her outer experience.

You see, life is an inside-out game. Our relationship with ourselves influences everything. How well we know, honor, nurture, forgive, and love ourselves is reflected back to us in all our outer experiences and relationships. When we can't love, trust, or free ourselves from resentment, fear, shame, or guilt, we attract what resonates with that vibration. It's Universal Law, understand it or not, believe it or not, like it or not.

The solution? Inner discovery.

A trip to the emergency room fearing I was having a heart attack was the catalyst for my own such journey. I uncovered sub-conscious victim mentality and feelings of inadequacy and unworthiness were running me inside while I wore masks of poise and confidence on the outside. The signs were there, I just wasn't seeing them as such.

Does any of the following feel familiar?

Sub-Conscious False Beliefs

- Work harder than others to be seen, heard and understood.
- Family/friends/experiences will make me happy.
- I am as valuable as titles, wealth, associates, knowledge and stuff.
- My intellect/head is more valuable than my emotions/heart.
- I'm here to nurture others and I don't count.

Reflection in My Life

- Life was hard.
- Happiness was elusive, fleeting, and never filled me up.
- Constant chase for professional and personal success, never feeling fulfillment.
- People in my life were emotionally unavailable.
- People took from and then abandoned me.

The Truth of the matter, of all matters, is our birthright as spiritual beings - "Image and Likeness" of God - is Peace, Love, Joy and Freedom. This is who we really are and what we are meant to experience. When we experience lack, struggle, and sadness, there's interference altering our vibration.

Confucius said, "Wherever you go, there you are." When something detrimental is within your "you-ness," you can't escape it until you dismantle the false beliefs that rooted it in place. Until you re-connect to inner Truth, your outer will be less than.

If this is you, use this article as your wake-up call rather than a heart attack, divorce, or bankruptcy. Engage in an 'archeology of yourSelf.' Without blame, shame, or guilt turn within. Dig deep.

Uncover and surrender whatever no longer serves you, and get into a juicy love affair with you. Awaken to the perfection you already are so you can give yourSelf in service and in love to others, and receive the abundance of the Universe!