

Towards self-awareness

Posted by GaviF - 20 Sep 2019 13:17

Hi All

I am starting a new topic for myself. I used to post in the 'towards 90 days', but I realised that for myself, personally, that is not what I am going towards. My hope to post a short post every Friday afternoon and that this will help me in my commitment to towards this exciting journey ahead.

I realised that this journey, at least the point that I am at, that it is about self-awareness and that the issues that permeate throughout the struggles I have with content and masturbation are the same themes permeating throughout many other areas of my life. I have realised that the more aware I am of myself in general, the more connected I am with reality and thus the more realistic I can be about my approach and the more in tune with God and my vision on this Earth I am.

I am not expecting perfection, but greater levels of growth. Already, thank God, this journey has been invaluable for myself and the gifts of growth that have come about are beyond what I could have dreamt of.

I go forth hopeful.

Hope to respond/update next week Friday - all the love.

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