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THE GROWTH EDIT - ISSUE 17



“No amount of self improvement can make up for a lack of self acceptance”  
- Robert Holden

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### **Ponder This:**

The desire to improve yourself is noble. But if your motivation is rooted in feeling like you need to fix yourself to be accepted, loved, or to belong, then you might be missing the deeper truth.

**You were designed perfectly.** You are already whole and complete; there's nothing you need to do to make that so. Somewhere along the way, we all simply forgot this. In that forgetting, we often find ourselves trapped in a cycle of endless self-improvement—constantly striving, yet never feeling like it's enough. This can lead to frustration and resentment: *"I've done so much work on myself; why isn't it enough? I deserve more."*

**The key isn't more improvement; it's self-acceptance.** The moment you fully accept yourself as you are, right now, everything changes. Life begins to flow with ease, moving you effortlessly toward your goals. No more chasing the illusion of being "good enough." Instead, you align with the truth of who you are and what you genuinely desire, taking action in alignment with that truth.

**Life becomes so much simpler.**

When you embrace your beautifully designed self—without needing to "fix" anything—you'll notice a profound shift. Your nervous system instantly relaxes, you feel a deeper connection to your heart, intuition, and those around you. There's a newfound depth of peace that you may have never felt before.

**Self-acceptance isn't just a starting or end point; it's the journey itself. 🧡**

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**Ask yourself:**

- What is it like to be you, when you are not judging your self?

**Suggestion:** Give this question at least 5 minutes of journaling time. Get curious to know who you really are underneath the self judgement, you may be surprised.

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**Experiment with:**

Practice conscious self-acceptance for the next week.

Whenever you have a quiet moment, ask yourself, "Where can I accept myself more right now?"

At first, this might feel uncomfortable—it's a new way of relating to yourself. But stick with it, and you'll begin to feel the subtle, yet profound, shift in your mindset and emotions.

If you catch yourself slipping into self-judgment or feeling the urge to "fix" something about yourself, pause. Take a deep breath, and simply be willing to see who you are without the filter of judgment.

**You might be surprised at how freeing this can be.**

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You don't have to be perfect to be amazing, remember that.

Till next time.

Lots of love,

Rachel

🎁 Tis the season of giving! To celebrate, I'm gifting **three 90-minute Clarity Sessions** to the first three subscribers who reply to this email with the words **"Clarity Session."**

These sessions are a powerful opportunity to realign with your vision, uncover what's holding you back, and take a meaningful step toward your goals.

**Don't miss out—reply now to claim your spot!**

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