

No More Hiding

We met when you when you came to my church to speak and do a workshop. During the process you took us through, I discovered the roots of my pattern of hiding, but I was mostly blown away to see how I do that behavior everywhere in my life. You said becoming aware is the first step in my life. You said becoming aware is the first step and gives me the power to change it, but honestly, I don't know what to do next. Can you offer any suggestions?

I am so grateful we connected and that you experienced a breakthrough in awareness. Simply by showing up, you allowed light to shine on the shadowy places of your behavior and belief system. This took place because you are ready for a greater realization of truth.

The reality of such a fundamental change is that you can't do it solo by sheer force of will. But thank goodness, you are made of the same creative force in this universe that knows how to spin the planets and beat your heart. That's the power I spoke of at the workshop — God Power within you. It knows the way to release you from constricting beliefs and behaviors that no longer serve you. Your hiding habit is already unraveling. Case in point: You were guided to attend the workshop and write to me.

Upon seeing where the pattern began, you likely felt compassion for the child who came to believe hiding meant survival, and perhaps at one point, it did. Now you can see this behavior for what it is — a safely mechanism you no longer need. Here are some next steps to take.

When you are afraid or overwhelmed and feel the temptation to hide, be tender with yourself. Place your hand on your heart and ask for help. This expands the opening for the miraculous energy of love to work its freeing magic in you.

Commit yourself to a prayer partnership and pray by phone or in person with each other weekly. Continue to support your awakening by working with a trained mentor. I do both, and they are priceless gifts. I celebrate the revealing of your true self and the joy it brings the world. ☘



STEF SWINK, RScP, has been a practitioner since 1999. As a protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.