



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 09 of 7th June 2016
Episode 147

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 79)



"Working Hard at Working Smart" (part XCIX)

Spiritual Values: Understanding The Journey of Life



Humans have a light side and a dark side, and it's up to us to choose which way we're going to live our lives. Even if you start out on the dark side, it doesn't mean you have to continue your journey that way. You always have time to turn it around.

Taraji P. Henson

(Time Light Dark)

The future we want: The Promise: The Force Beyond

Your Journey is Your Life, so Trust in Your Steps

By Theresa Benedict



Journeys are an experience of love, chance, forgiveness, change and the strength to push through the anger, frustration and self doubt. Journeys are life's lessons many times over. Take your journey with all your love and strength that is hidden within you so that you can feel the doors open for more love. Take this time for you, whether you are alone or not. Take this journey to open your closed doors. Take this journey knowing you are changing your life. Trust, believe and know it will be hard, however have faith in yourself that you can get through those moments. Know that hard times will come to you, but not harm you. Know that love will conquer and not destroy.

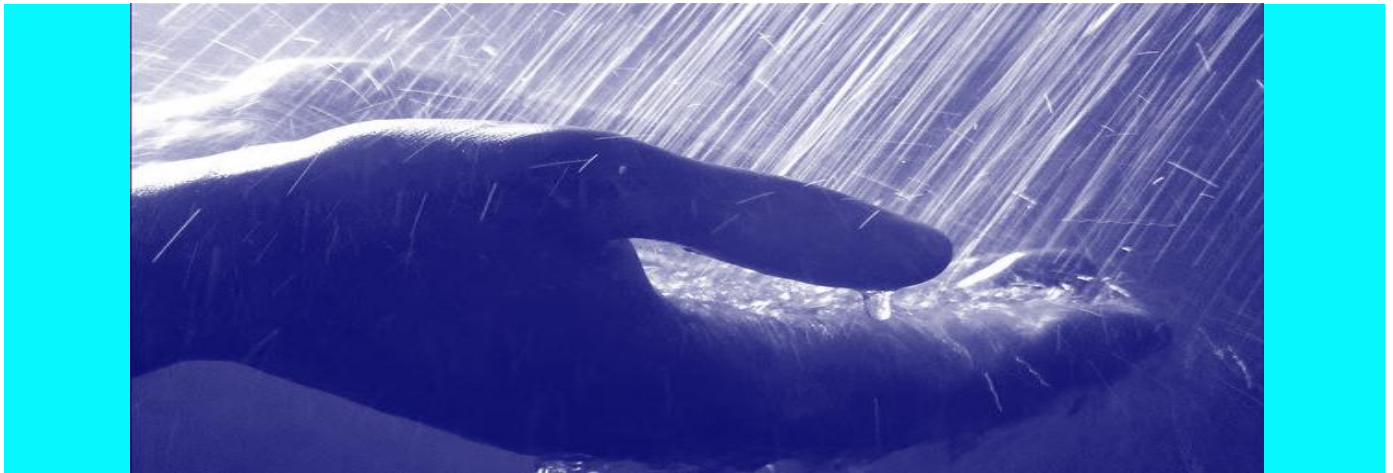
Be all of you when walking this road of change, so that you can transform this doubt into self belief. Believe in yourself and believe in God. Let life be good to you, instead of being afraid of life. Learn to live. Learn not to be lost with the ones' you love; learn to be lost without them. Learn to miss them when you are with them, and don't wait until they are gone. Learn to reach out to them when they are in your life and don't wait until you are wishing you had when they are not. Learn to give and not to take. Learn to trust and not to accuse with doubt. Learn to ask, instead of expect. Learn to speak truth, in place of lies. Learn to be who you are meant to be. Learn to believe in yourself and learn to let others believe in you too. Learn to listen and not just to be heard. Learn to accept, instead of turning your head.

Learn to be happy with God all the time and not just when you need him. Learn to pray to him in place of getting mad at him, for he is only teaching you where your life is going.

Learn to laugh more, instead of cry more. Learn to wipe away others' tears, and not cause them. It sounds so simple, but we aren't realizing what we are causing, instead of what we should be empathizing. Let's bring happiness and stop the harm. Let's walk this journey with courage, to endure your life without excuses of why not too. Learn to talk about the feelings you feel inside and act on them. They are there for a reason. Meaning, that if you know it is wrong, don't do it. Do what is right. Trust in yourself with love for you. Be good and you will receive good all around you.

Life is meant for reasons we may never know, but that is not a reason to make it harder for others for things we do not understand. Just because we don't know the true reasons why we are here, does not mean we should destroy this gift given to us. This journey can help you enjoy what has been given to you. It will help you see that it is a gift of love, and learn what love is all about. Live with love in our soul, and feel the pain of love, so we may learn to treat love right.

Do you ever wonder if love is the reason why we are here? If you really think about it, isn't that what life is all about? Everything



connects to the end result of love. Love is the reason we are here and yet we play love like a game of ping pong; hitting our hearts back and fourth to no remorse. It's a sad conclusion when our fear drowns the love we long to receive and give in return.

Take the help from your angels and learn to love fully and learn the pain of love. The pain helps us learn what love is about and who we truly are inside. It helps us learn what we need in someone and to see the good and bad in people. It helps us to see what we do not want to become and who we want to be. This is why we should not be afraid of the hurt when it comes to opening our hearts. We know we can learn something from the experience and/or find the treasures we have been seeking. Instead of tearing people down by throwing faults in their face, we should be making them feel special and let them know that they are meaningful in our lives. We need to stop walking around this life scared. Know the angels will not let harm come to you, especially when it is not your time to pass. Live your life with them, so you feel their protection. Do not live just knowing everyone has angels.

Learn to understand that they hear your prayers and that you can count on them. You know they won't hurt you, and they will be there for you when issues arise. Walk this beautiful journey with them and change you from the inside out. It is so beautiful to have angels from heaven living your life with you. You will never feel alone through the hard times or pain ever again. You can talk to them in all situations knowing the angels will take care of you on your path of change.

It is a scary realization; however, you will learn that you just need to keep walking with them no matter how hard it gets. Then, watch the beautiful outcome. Give the angels your love and learn what pure love is supposed to be. You feel safe with them. You feel that you are loved in the right way. You feel that you have someone on your side in life. They help bring you the light and take away the darkness. They help you succeed on your journey throughout your whole life. So let's take that journey of life, and learn where we are going, and not worry where we will end up.

Walk this journey with eyes wide open and not half shut. Learn to look all around your journey and not just look straight ahead. Don't worry about what is at the end of the road because life is about the journey not the final destination. So, walk this life knowing there is not an ending to your journey because your journey does not come to an end. **The only thing that comes to an end is the evil, not the journey.** The journey keeps going and going....

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The journey continues...