



## **Couples Corner for June 2007**

### **Putting Yourself First**

Putting yourself first, loving yourself, focusing on your needs and happiness – wow that sounds mighty selfish! However, in my view, it's the first most important step to take to making your relationship and your family happy. If you are discontent, resentful and unhappy inside then you are going to spread these energies to those you live with – in a family situation it will be to those you love. However hard you try to disguise your feelings you will be sending out subliminal messages and radiating negative energies into your home-life. If however, you give yourself time for the things you enjoy, give yourself space for some peace and quiet, watch the programs you enjoy from time to time, visit the spa, follow the sport that you enjoy then you have a far greater chance of being happy. When you are happy with your life then your inner energies of light and happiness will radiate from you and positively affect those around you. You will uplift everyone you meet, you will enthuse your children with your own uplifted view of life and your partner will be sharing his/her home and life with someone who is content rather than someone who is angry and resentful. So start to put yourself high on the list of the people you want to please – think of yourself and your needs. What makes you smile? What makes you feel good inside? Start to do those things that make your heart sing and your entire family will benefit.

Love and blessings

Anne