

Take a Moment to Reflect

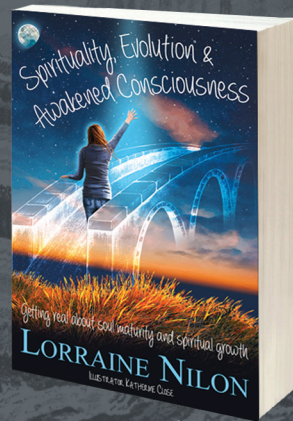
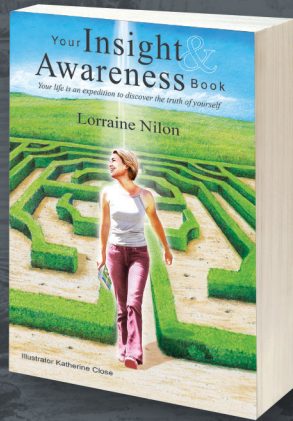
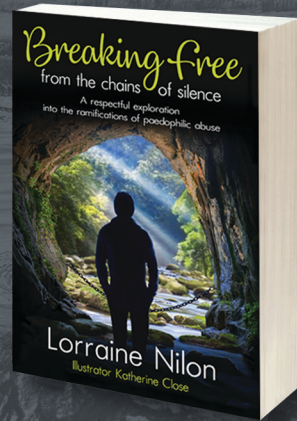
Contemplation nurtures your soul



Lorraine Nilon

Insight & Awareness books for your soul

They are not just books, each chapter takes you to a deeper level of understanding, reconnecting you with the authenticity of who you are!

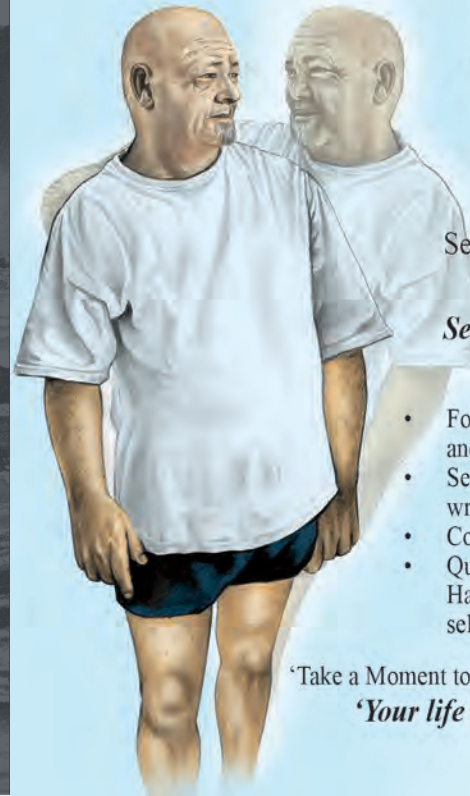


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Self-reflection

is a process of connecting with the truth of yourself.

It is the exploration of your own awareness, that hopefully leads to acknowledging the truth of your actions, beliefs and the words you speak.

Self-reflection is an opportunity to challenge your beliefs, examine your fears and to learn from your history.

Self-reflection enables you to recognise the value of your own soul insight. It is key to nurturing your soul.

- For those who enjoy writing, jot down or journal about your thoughts and feelings regarding each quote.
- Select a future date, and without reading what you have previously written, do your writing process again.
- Compare to discover the hidden gems of wisdom within you.
- Question yourself: What have you revealed and learnt? Has your attitude changed? How do you feel about your own self-reflection? What else do you want to explore?

‘Take a Moment to Reflect’ is a collection of quotes from Insight & Awareness Books
‘Your life is an expedition to discover the truth of yourself’

Our World

We live in a world that has devalued the soul
and only values those who produce or consume.

The world values the generation of wealth, power and control,
and we have fallen into the trap of believing our value is entwined with being
part of the production line of wealth.

If we cannot afford to consume, or are not part of the production process,
we are discarded.

We have allowed those on the lower end of the production line to be enslaved,
providing them with just enough that can be retrieved by those further along the line.

Exploitation instead of fairness has corrupted our collective way of being,
which stems from disassociating from feeling love for all souls.

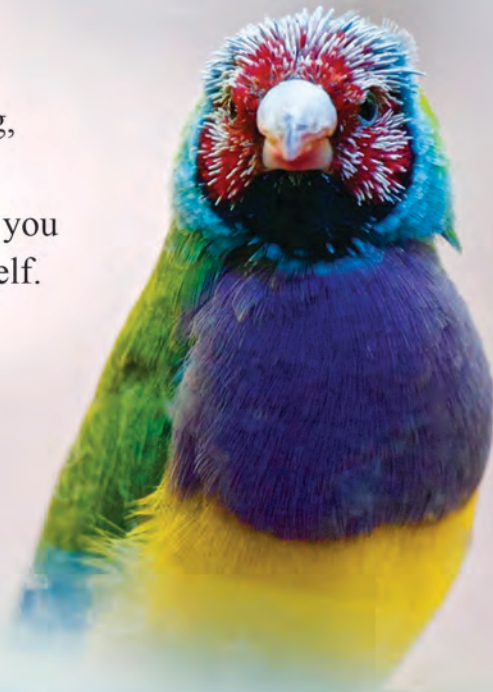
Exploitation is oppression,
which can leave many believing they are not good enough,

*but is the system we have created
good enough for our souls?*



Life Force

Truth is the core of your being,
the life force of your soul.
Your evolution is only reliant on you
awakening to the truth of yourself.



Time

There comes a time in all soul journeys
where denying and deceiving yourself
is no longer an option, because the devastation
becomes evident and the cost is too high to ignore.



Explorer

Curiosity unleashes the explorer within your soul. This enables you to become a traveller instead of being stuck in the waiting room of your own emotional limbo, waiting for freedom to find you.

Truth

If truth knocked on your door
and asked you to be honest,
would you open the door?
If truth asked “what are you waiting for?”
Would you have an answer?

Lost

When you are stuck in an emotional trance
ruminating about and dwelling in your
unresolved emotions, you miss the
opportunity to learn from the truth
of your life experiences.



Freewill

The acceptance
that you have freewill
is a precursor
to your own evolution.

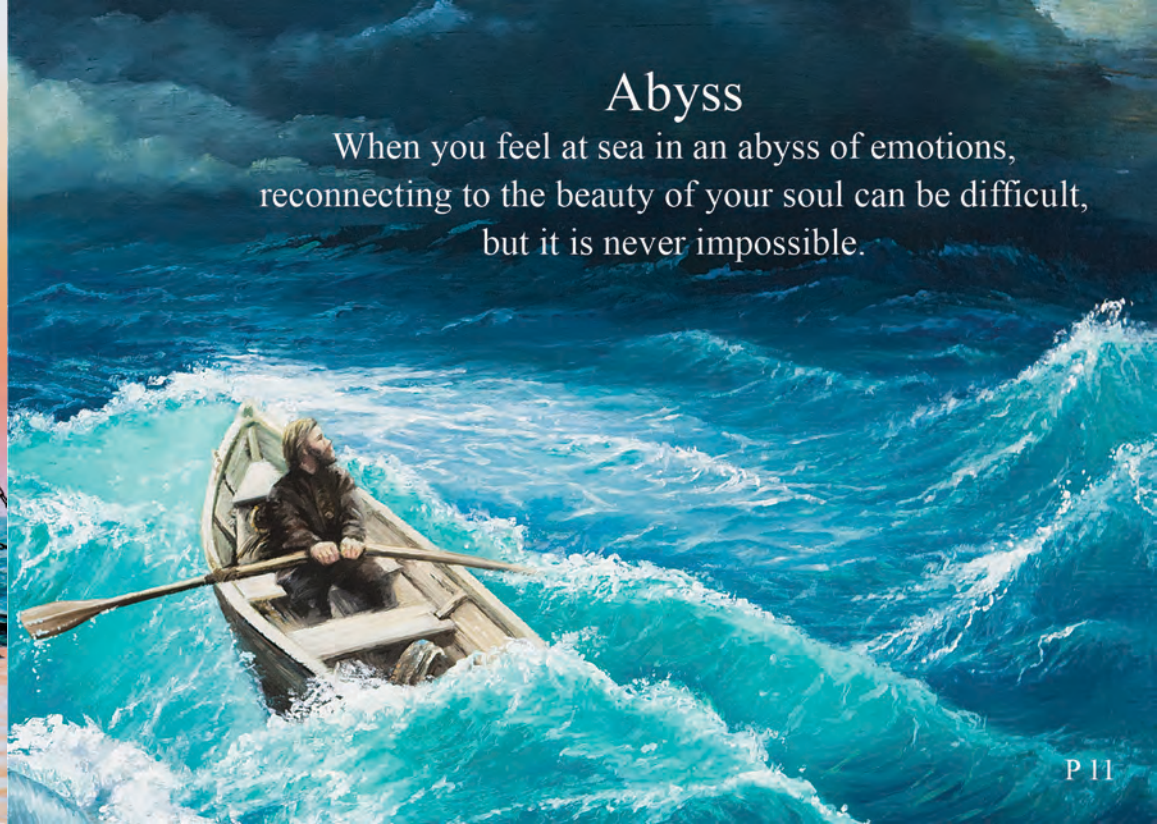
Forgiveness

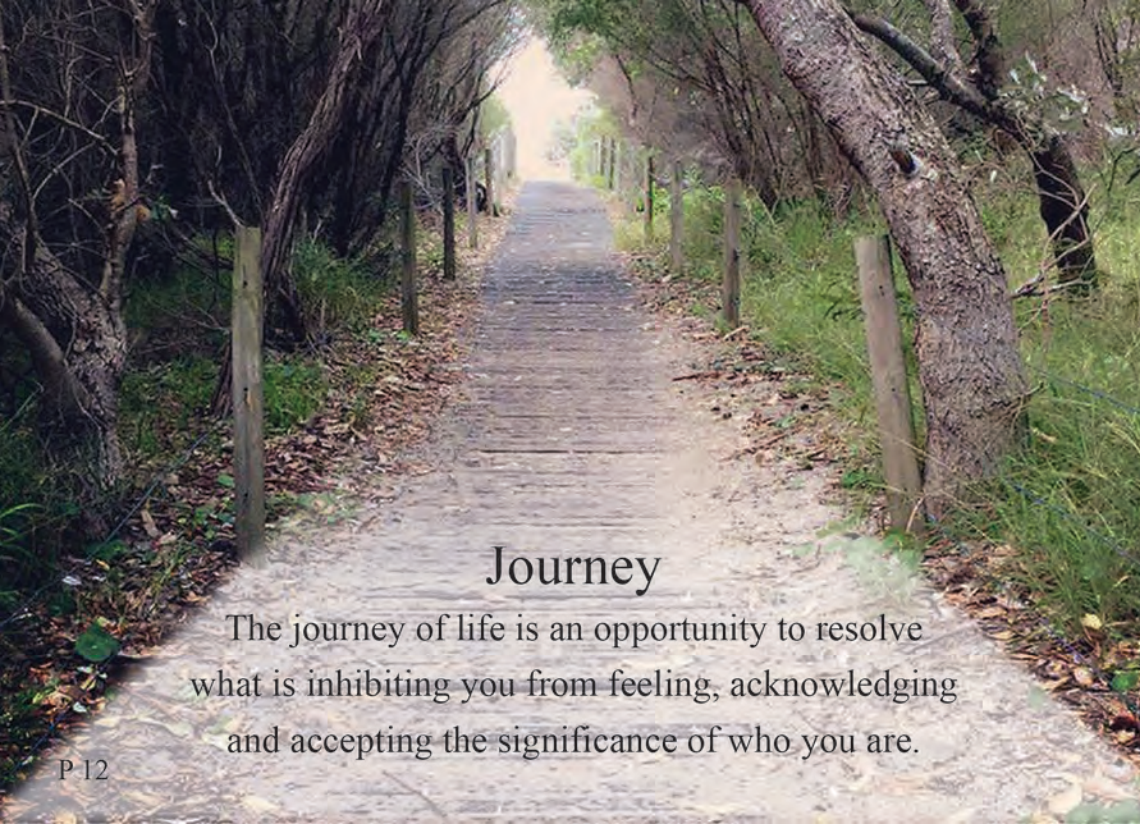
Forgiveness is to make peace with what has occurred,
knowing you are worth the freedom.
It does not mean compliance nor accountability.



Abyss

When you feel at sea in an abyss of emotions,
reconnecting to the beauty of your soul can be difficult,
but it is never impossible.





Journey

The journey of life is an opportunity to resolve what is inhibiting you from feeling, acknowledging and accepting the significance of who you are.



Curiosity

*Curiosity allows you to look,
but truthfulness enables you to see.*

Horizon

Understanding your soul and truth is a process,
because with each discovery comes a new horizon.



Evolution

Evolution is to awaken from your unconsciousness and
embrace your unification with the presence of truth.

Choice

Life is about choices.

The most fundamental choice we make
is to approach the truth of our souls with honesty.

Discovery

Explorations are journeys of discovery.

Sometimes you discover what truth is and
sometimes you discover what it is not,
but both discoveries are significant to your evolution.

Being Mindful of your own Evolution

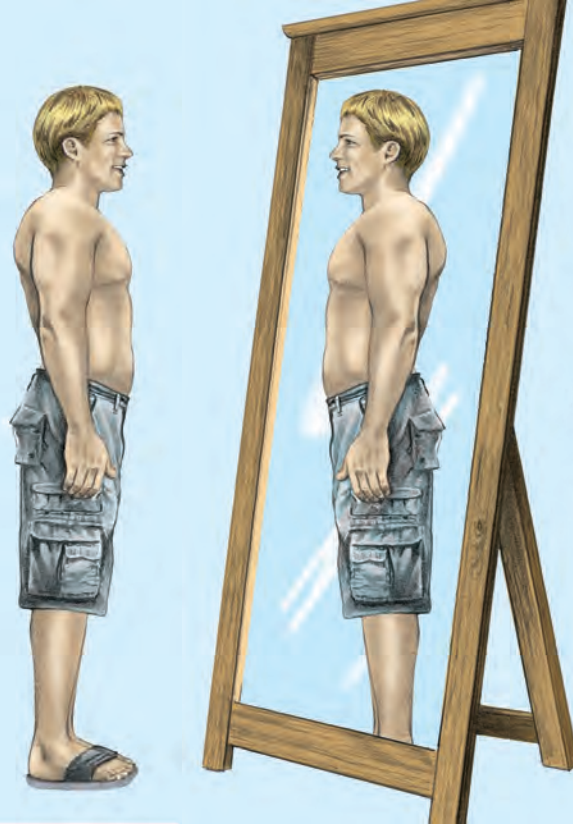
When you seek to participate in your own resolution and spiritual evolution, allow yourself to be present in the exploration of yourself, truth and life.

Be mindful of your core essences.

Take note of your contribution to life, repetitive cycles and acknowledge the futility of an image.

Be willing to explore all that is exposed to you without harsh self-judgement, but with the grace required to comprehend and learn from your own reality

Accept that spiritual evolution is a process and that you do not evolve overnight; it can be so gradual that it is only on reflection that you realise you have changed.



Accept life unfolds.

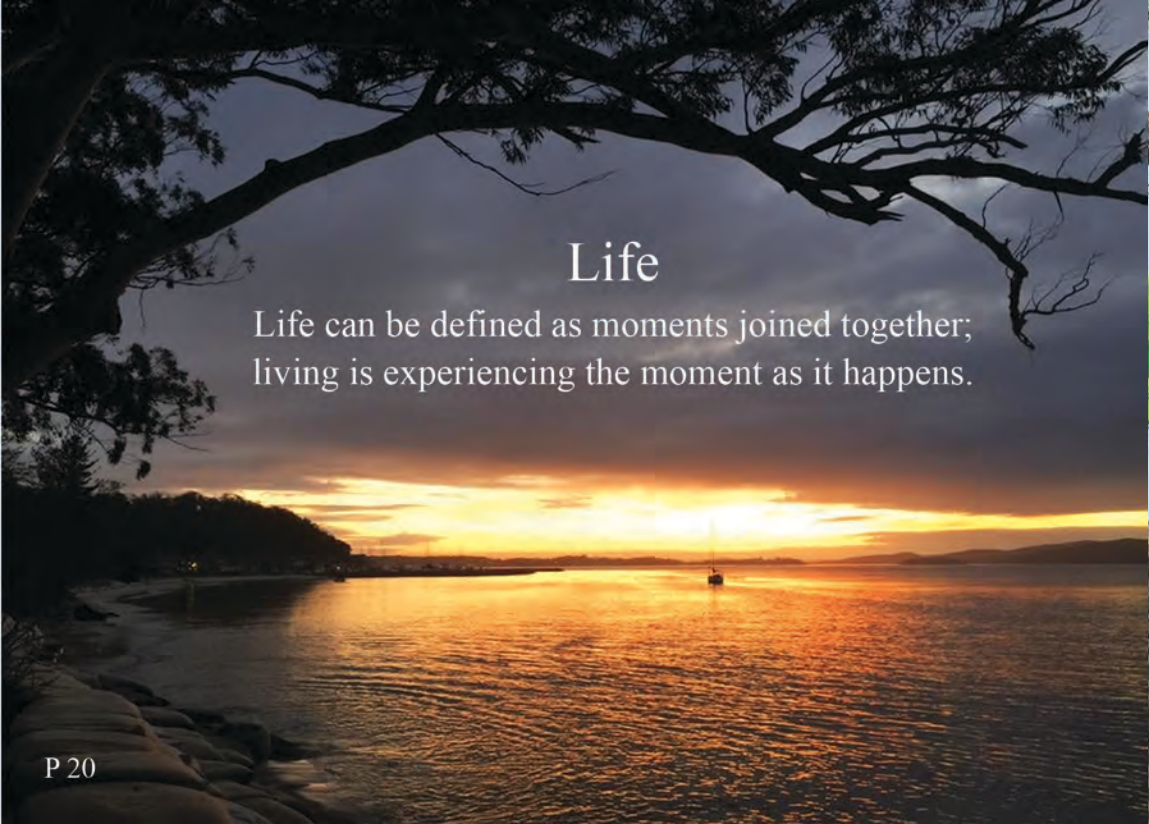
Be present and honest about your own observations, reactions and responses.

Trust you will experience all you require to evolve.
Be aware of yourself within the reality of your interactions with life, others and yourself.

Be careful of being obsessed with analysing every morsel of your life with the desire to determine what is of value and worth, because if you seek to comprehend the cause and effect of everything, you will become consumed with your desire for control.

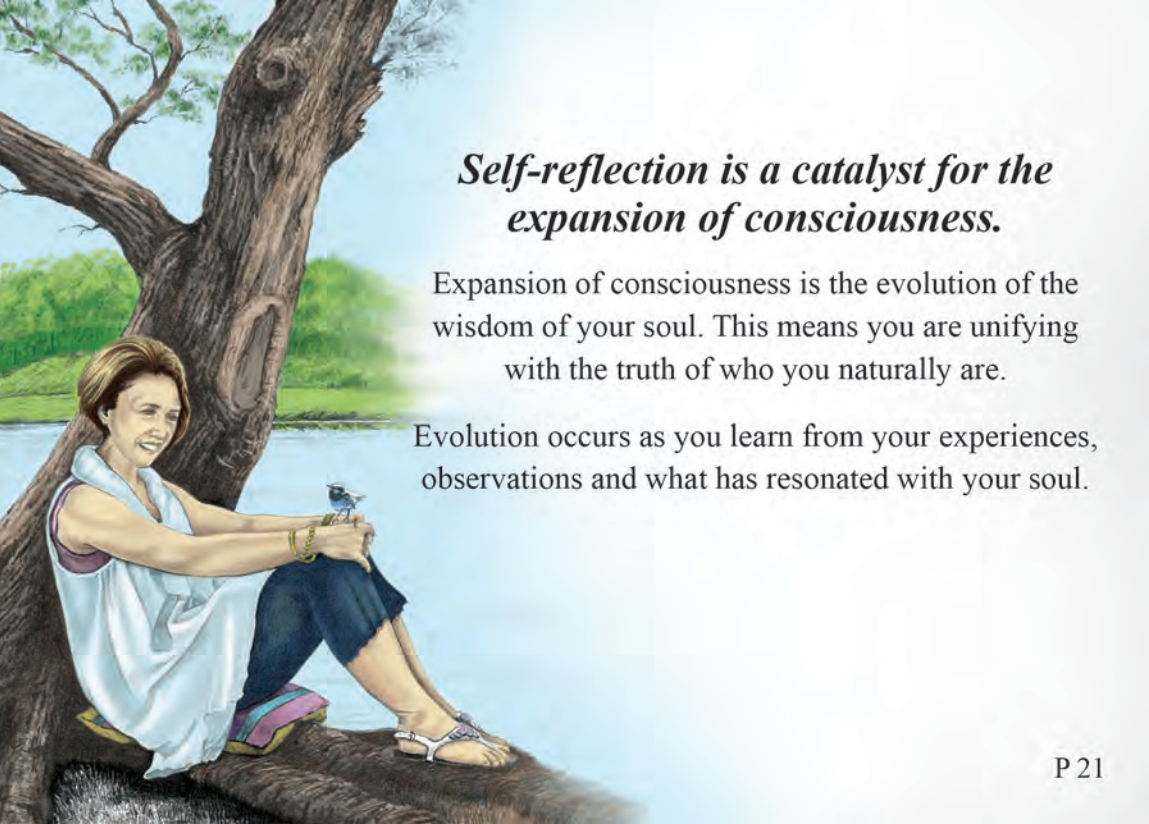
Honour your awareness of truth.
It is your awareness that enables you to be insightful and self-reflective.

Evolution stems from insightfulness.



Life

Life can be defined as moments joined together;
living is experiencing the moment as it happens.



Self-reflection is a catalyst for the expansion of consciousness.

Expansion of consciousness is the evolution of the
wisdom of your soul. This means you are unifying
with the truth of who you naturally are.

Evolution occurs as you learn from your experiences,
observations and what has resonated with your soul.

Forgiveness

Forgiveness of yourself is a recognition
that life is a learning process.

Forgiveness means you recalibrate
and approach reality as a new learning
opportunity to resolve and evolve.

Forgiveness enables you to see
everything as an opportunity.



Special thanks to the photographers

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Katherine Close

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Lorraine Nilon's

Insight & Awareness books are maps that assist you
in your evolution, and the process of soul recovery.

A map only becomes useful if you are willing to use it as a guide.

Life is a journey of self-discovery.

As you trek along your own path with self-awareness,
you begin to see there is a bigger picture.

Insight and Awareness books are maps that help you navigate the complexities
of yourself. They also enable you to develop new perspectives on the significance of
where you have been,
where you are now
and where you can choose to go.

A map is a tool for an explorer that highlights what to look for while on their expedition.

Are you a spiritual explorer?

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Take a moment in this fast-paced world & allow yourself to ponder the meaningfulness of who you are.

- Allow each page to be a moment of reflection.
- Support yourself to use the quotes as triggers for your own insight & awareness.
- Contemplate what they mean to you.
- Question yourself on your reactions.
- Take notice of how you feel.

Self-reflection builds awareness and enables you to hear your own insight.
This lets you feel your uniqueness and to accept your authenticity.

*You are rare, there is only one of you.
This means you are precious.
The more you understand of yourself
& the human experience, the more you feel your soul.*

We have become disconnected from our own truth, and we are stressed because of it.
A quote that resonates with your soul or ignites your curiosity, is an event, so don't devalue it.

*Take a moment to reflect so you can explore,
feel & embrace your relationship with yourself.*