

# A WOMAN'S JOURNEY:

## Inspiring Transformation through Faith

By Dawn Mellowship

"It can seem hard to have faith in the 21st century, but the reward is worth the endeavour," says author, Reiki teacher, and journalist Dawn Mellowship.

Most of us long to have faith in ourselves and the universe, yet faith can appear elusive and difficult to grasp. Some individuals have faith throughout their lives, regardless of their external circumstances; some people had faith once but lost it, causing them to question everything they had come to believe up until that point; and others have never known faith in any way, shape, or form and remain uncertain of precisely what it means to have faith.

Our lives only flow as they should, without the highs and lows of emotional roller coasters, when we have absolute faith in our intuition, in ourselves, in the universe, and in the reality of what we can achieve. Personally, I believe in God—not in a religious sense, but as a loving, creative energy that nurtures and guides us. My faith is immense, but I acknowledge that it could be stronger, because if my faith were absolute I would never worry. Of course, I have to confess that I sometimes become anxious, but not for long since I resolutely follow my intuitive guidance. Deep down I know that everything will be as it should for me.

It wasn't always that way. There was a time when I had no faith at all, but at the age of 24 my life was radically transformed by a Japanese healing therapy called Reiki. I don't even recognize the girl I used to be—I've grown so much. Ten years ago I lacked self-esteem to such a degree that I would have never predicted I would become an author, journalist, Reiki practitioner and teacher, spiritual teacher, ethical stylist, and Web designer, but making a commitment to follow my spiritual path, relinquishing all my physical desires in favor of pursuing that path, opened up a whole new world to me.

We can all grow spiritually; we can all have faith. Without it we feel hopeless and lack direction in life. We frequently ask ourselves, "Why isn't my life going the way I want it to? Why haven't I achieved my potential?" We can only achieve our potential when we embrace our intuition, follow its guidance at all times, and foster a profound faith in our own inner wisdom, the insight that is born out of a connection with our souls, a connection with the universe, or what I would call God.

Besides following our intuition, faith is about being able to adapt to circumstances, recognising that just because a situation is not what we would wish does not mean there is no reason for it. Everything we experience in life is a lesson, and we can choose to learn from that lesson or ignore it. When we choose to learn, our lives become richer and more fulfilling. Faith is also about trusting that our spiritual answers will come to us as and when we need them, as long as we are adhering to our inner guidance. If we lack faith, we form needless obstacles that stall our self-development, when instead we should be focusing on the positive changes we could be making in our lives.

Cultivating faith is no small feat: It requires dedication and hard work, but the results are truly worth it. Be prepared to change your life for the better, take your life in a healthy direction, and put the effort into listening to your intuition above and beyond your physical and emotional desires. See the trials and tribulations of your life as an opportunity to gain strength and learn from your mistakes. Ultimately look within for your answers. There is a glorious soul within you that is waiting for you to open your mind to its insights. When you find faith, it will liberate that beautiful soul. It will truly set you free.

*Dawn Mellowship is an author, spiritual teacher, Reiki practitioner and teacher, ethical stylist, and journalist. Her first book, Passage to Freedom (O Books), is available now from Amazon.com and all good book stores. Dawn's website is [www.dawnmellowship.com](http://www.dawnmellowship.com).*

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