**Coming Out of the Closet:**

5 Things You Need to Know

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The original meaning of the word Courage is to speak one’s mind by telling all one’s heart.

Your connection with those in Spirit was made for personal, spiritual and profoundly meaningful reasons. Rarely anyone intends to open a connection to Spirit on a whim. It’s a decision that’s peppered with concern, your ideas of what is right and what is wrong and all the natural feelings and wonderings of, what will people think?

You are worthy of being loved and accepted no matter what you do or who you are and when you start to share your connection to Spirit with others, this need not change.

Hiding who you really are from others is a hard way to live - and I should I know - I did it for over 10 years. Living two different lives in your public time and in your alone time is a constant struggle and a continual incongruency to a life peace. By hiding who you are to those that you love, you living in a constant tug of war by pulling yourself in two different directions internally and externally.

And you deserve peace. You deserve to live a life of congruency and flow.

You can come out of the closet. Here are a few tips and things to remember to assist you with doing just that:

1. **The consequences for practicing your beliefs publicly are not what they were.**

For most of us, the process of studying and opening our connection to Spirit is really a process of remembering of the skills we already have and of the people we truly are.

As eternal soul, on a path of continuum, there has never been a time when you were not present. Either alive as a soul in union with the great Spirit or through the taking the form of another physical body before now, you have been here before and you will always be. Because you have been here before and you have found yourself here now, your soul has memory of the way things have been for a soul like you in past times.
You have memory of persecution of those who followed a different path than the teaching of the church, or your soul may have experienced that persecution first hand - through witch trials, the unjustified deaths of those that you love or the loss of connection to your community.

For this reason, you may have a deep fear of coming out of the closet, due to what you may have experienced as a soul before present time on earth now. You may have memory of being burned, being tried or being ostracized from your community by false accusation of witchcraft. This fear you can overcome in this lifetime, because thankfully, in this lifetime, your soul was born into a body that largely lives in a society that is safe. You were born into a body that is safe to express itself in this lifetime without the threat of death.

Each time you share your truth, who you are with the world, and you don’t face imminent death, this is further validation that you are fine. The consequences for expressing and sharing your spiritual freedom are not what they were in times past.

You are a soul who is safe. You are completely free to express your spiritual views without the harsh persecutions of the past.

2. Only share your authentic story only with those who have earned the right to hear it.

When you begin to tell people you are a psychic or have medium abilities, it can feel that in order to be fair, there is an unwritten requirement that you have to tell everyone.

You don’t.

You only need to express your true self to the most important people in your life who value your emotions, respect your friendship and deserve your trust.

In fact, this is what will be most honoring of yourself.

Sharing your most vulnerable and poignant spiritual experiences with those who do not already value you, could be a disservice to yourself, your own cultivation of self-love and your right to be loved.
As you come out of the closet, remember that no one is owed an explanation. You will have the best experience in coming out of the closet when you start by sharing your gifts only with those who honor them.

3. **Understand that change can be difficult and scary for the people in your life.**

You will change as you evolve spiritually.

This will change the way you interact in your friendships, romantic relationships, work relationships and family ties. The attention that you give to certain things may begin to shift well before you are fully aware of what those changes may really be.

And even without the full awareness of these changes, the people closest to you will begin to even subconsciously notice the changes your soul is undergoing, too.

People enjoy security. They enjoy feeling comfortable, safe and as though they know where everything and everyone in their life is in relation to where they are. It’s natural to want to triangulate your relationships as a gauge for where your own life is going.

You are a pinpoint on the map for many.

As your location changes, this may make some people in your life feel nervous, anxious, worried or upset. Talk about these worries with them openly. Listen to their concerns. Sitting with someone in compassion and listening to their fears can really help them overcome those emotions, in turn, becoming more supportive of you in your path.

4. **Allow others the time to expand along with you.**

You will require time to fully understand what you are experiencing. I did. We all do.

Likewise, those who are closest to you will need time, too.

Change is not always easy to swallow and the intangible is not always easy to understand. As much as you want immediate acceptance and support, the accept and support you are seeking will likely first come from you. You are OK. You are safe. You are on the right path. You are a compassionate soul who is doing their absolute best in all directions of time. As you begin to become more confident in your path and start supporting yourSELF, that support will soon follow in the form of other humans.
Many times, a medium is the flashlight initially illuminating a darkened room for an entire soul group. When your Light turns on, it illuminates the dark space around you and everyone in that space, all you have to do is start pointing it in a direction and many of those in the space will follow.

5. What you water, will grow.

The only way you identify a Light is in the presence of darkness.

In your connection to Spirit, you are calling down a Divine Light to radiate through you and into the space around you. As you do this, your light is bound to encounter a little bit of darkness here and there.

Cultivate that darkness and it grows.

Reacting likewise to nasty comments, snide remarks and non-compassionate statements will feed your attention into exact the space you don’t want to draw attention into. Being afraid of receiving negative support will guide you into an energetic area of thought where people who are in that same thought space may then be drawn towards you.

Guide yourself and others in the direction you want to go by repeating this, “I am surrounded by love and support in all directions of time.”

Even if you don’t feel this at the time of saying it, the more you believe it, the more you water it the more this truth grows and becomes witnessable to you. It’s like watering a seed you just planted. Before you give up, give the seed some time to come above ground, so you can actually see the results of your efforts.

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By coming out of the closet, you are speaking your mind and sharing all of your heart with those who are most important to you.

You are choosing to live a life of peace, congruency with who you really are and a commitment to water what is most important in your life - the bonds that offer cultivate and nurture love and acceptance.