



# A Heart's Journey

*Freelove C. Allen*

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## **A Heart's Journey** Freelove C. Allen

Sometimes we search for validation outside ourselves. Often we hope to find it in the eyes of others. We wander from person to person seeking clarity. Yet it escapes us. Our heart takes us on a journey wearing rose colored glasses. It has a tendency to override the mind. We find ourselves experiencing doubt, hurt, pain, loneliness, and even a sense of feeling loss. We walk away feeling depleted and wondering what went wrong. The truth is our journey should begin inward and not outward. Love begins at home and then shared with others. Learn to love yourself first and know that you are worthy.

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