



# RHONDAS READINGS

## A Knife in the Back

This month I am going to share with you two things that I have read which I think that everyone should know!!

Whenever you become self critical, self deprecating or take on other peoples criticisms, your body begins to lose life force energy and weaken. Your bones and muscles find it difficult to support the weight of criticism and negativity and they deteriorate. Life becomes less interesting and fun because the fear of criticism, just like the fear of failure, can stop you from following your heart. Long term criticism and attack often leads to low self esteem and self worth, which can eventually lead to depression. When a person is criticising or being criticised they are placing energetic knives into themselves, the saying "a knife



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**Ph - 02 6677 7517 • Mob - 0408 677 515**  
 rhonda@handsofdestiny.com  
**www.handsofdestiny.com**

in the back" actually comes from the act of criticising or harshly judging someone. This limits them and holds them back from being the empowered person they are. Long term criticism can lead to nervous system disorder or heart attack!!

As I look back on my life, I realize that every time I thought I was being rejected from something Good, I was actually being Re-directed to something Better!!

Magical Blessings!

Rhonda