

Sometimes Love Means Saying 'No'

[BY CHIZELLE SHARON SALTER](#)

In every moment of every day, we will be given opportunities to come from love.

The choice is always ours.

As we make breakfast for our family.

As we kiss our man, our woman, our children goodbye.

As we get ready for work ourselves.

As we begin our work day.

Each time we speak to our clients, our manager, our boss, our employees.

Each time we go into a meeting, attend a teleconference, make a call.

Each time we speak to ourselves!

Every person we meet.

Every place we go.

Every situation we encounter.

We can act from love, speak from love, be love.

Or not.

The choice is always ours.

Coming from love doesn't mean we let people walk all over us.

Coming from love doesn't mean putting ourselves last.

Coming from love doesn't mean forgetting ourselves altogether.

Sometimes coming from love means saying no.

Sometimes coming from love means setting boundaries and being firm in keeping them in place.

Sometimes coming from love means walking away.

Coming from love means acting loving, speaking in a loving tone, a loving manner.

Coming from love means BE-ing love.

The choice is always ours.

For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .

Sip a little more:

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The World Have In Common***

***The #1 Lesson We're Not Taught In
School: To Choose What's Right For You***

***New Moon – Whatever You Do Today, Don't
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