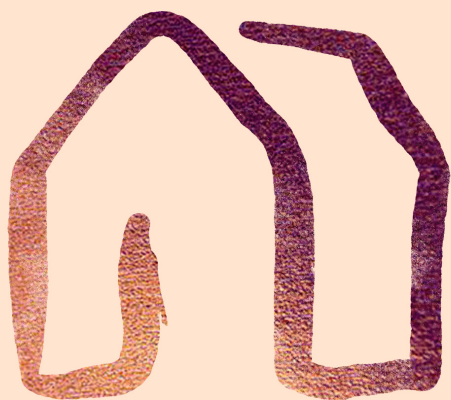


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Do not stay in spaces that are not conducive to your growth.

Do not shrink your capacity to love for those that do not have the capacity to love you.

Do not compromise your standards of connection only to grasp at scraps of affection.

Never again will you convince others of your worth.
Never again will you betray yourself.

Never again will you beg for love.

When you bounce from relationship to relationship, when you sweep through person to person, you will often lose the concept of who you really are and what you really love. You will blindly weave through life, allowing others to mold you along the way. You will shapeshift into different versions of yourself, just so you can feel wanted in that season of time. You will forget about your passions; you will leave your desires to decay in the dark. You will completely lose sight of who you are because you no longer care about what you love—you only care about who's going to love you.

But once you finally let go and surrender to the depths of loneliness, you will discover what's been lingering inside of you. You will begin to see who you *truly* are—who you've *always* been. Life will become boundless and vibrant; you will start unpacking your desires and dreams.

And you will begin to understand that the love you craved was never in the hands of another human—it was always inside of you, patiently waiting for you to come home.

Sometimes beautiful people come into your life for only a season of time simply to show you that good people exist.

They come to remind you that love is worth fighting for, that there are people in this world who will see you for who you truly are. They come to teach you how to love yourself, to nudge you in the right direction.

And oftentimes, these people leave just as quickly as they came.

Let them go with love. They were never yours to keep.

Things usually happen the way they're supposed to.

Oftentimes, rejection is redirection, closed doors are protecting you from what's lurking around the corner. Plans fall through because better things are coming in. The wrong people pass by because the right ones are moving closer.

Adopting this mindset will set you free. It will liberate you from living in the past and rescue you from ruminating over all the things that didn't happen the way you hoped they would.

Remember my friend; things usually happen *exactly* the way they're supposed to.

Don't ever be embarrassed about the love you give.

Don't ever be ashamed of saying too much, for feeling too deeply, for being the one that cares more.

There is no braver endeavor than giving affection.
There is no stronger pursuit than showing passion.

The energy you surround yourself with, the people you allow access to you, and the environments that you linger in will indefinitely determine the way you experience and perceive life.

It is your responsibility to constantly evaluate whether your surroundings are inspiring you to become a better person or requiring you to dim your light.

Allow people to be who they truly are and let them show up in the way they naturally do.

And then decide if that is enough for you.

If you want to be truly happy, you must commit yourself to something bigger than finding a relationship.

If finding a partner, or being with your partner, is the center of your life—you will always feel dissatisfied.

When you are fully consumed in another, you give up your own energy, your own agency, as a distinct individual in this world. You put all your power into the hands of another human.

My friend, you were put in this world for a divine purpose.

Go figure out what that purpose is.

If you really want it, you must bet on yourself first.

You must believe in yourself first; you must cultivate the confidence to go after what you want. You must intrinsically believe you are worthy of what you wish for. You must put yourself out there, even when the uncertainty is sinking inside you.

Stop waiting for recognition.

Stop waiting for someone to tell you you're good enough.

If we only pursue something after others have approved of it, our action is not rooted in our internal beliefs, but is fueled by external validation. We put our confidence into the hands of other humans.

The universe shows up for you once you show up for yourself.

When we are secure in ourselves, we are free to give and receive the most authentic love.

Our love is not based on a need for validation. Our love does not come with contingencies, it is not a means to fill an empty space. Our love is not manipulated, it is not calculated, it is not conditional nor conceited.

Love is free and it should always feel that way.

You deserve a consistent love.

You deserve a love that chooses you every day. You deserve a love that is sure, a love that is steady, a love that is soft in all its forms. You deserve a love that sees you at your best and meets you at your worst.

You deserve a peaceful love, a playful love, a love that prioritizes you through every season of life.

You're being watched over even when you don't know it.
You're being guided even when you can't feel it.
You're being protected even when you can't see it.

Everything in your life is piecing together perfectly, elegantly orchestrated by the most powerful force in this world.



DÉJÀ RAE is a New York City-based writer originally from California. Since she was young, her inquisitive mind has led her on a perpetual journey towards enlightenment and self-discovery. Both introspective and analytical, Déjà Rae's work focuses on identifying patterns in the world and articulating shared human emotions. With a bachelor's degree in psychology and a master's degree in international development, Déjà Rae hopes to use her education and creative skills to empower others to chase after their most authentic selves.

[instagram.com/ebbandflowpoetry](https://www.instagram.com/ebbandflowpoetry)



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People love you.

People want to be around you. People see your light and are inspired by it. When you leave the room, they talk about how lovely you are. Strangers notice your beauty; they feel attracted to your aura. People want to hear your ideas; they want to explore your mind. People want to be your friend. They want to be close to you. They want you in their life.

Even if no one has told you lately, trust me, people love you.

Don't worry so much about love.

Don't worry so much about who's going to love you, or how they're going to love you, or when you're going to find love.

Love is the most infinite and effortless presence in this world. It's found in the tiny crevices of human nature—in the way flowers bloom and in the way birds always have enough food to eat. It's found in hospital rooms, and grocery stores, in home cooked meals, and in the smiles of passing strangers. Love is in the music you listen to, and in the jokes you make, and it's in the way you always return home for the holidays. Love is 'are you okay,' and 'get home safe,' and 'did you have enough food to eat.' Love is the way your heart beats every day and how your body wakes up every morning and how your soul continues to exist so freely.

You don't need to worry about love. It is all around you, every day, in every moment. It can reach you at your best and it will meet you at your worst. There is no force in this world stronger than love.

There is no reason to believe that love cannot find you.