



Finding THE
WAY BACK
To our
TRUE SELVES

INSPIRED BY THE WORK AND
TEACHINGS OF DR. MARTHA BECK

WHAT MAKES A MEANINGFUL LIFE?

A photograph of a modern interior space. On the left, a large window is filled with various green plants, including a large banana leaf. A colorful, multi-tiered hanging decoration is visible near the window. In the foreground, a small round white table sits on a blue tufted sofa. A vase of pink and purple flowers is on the table. The wall is a light, neutral color with a switch plate. Sunlight streams in from the window, casting shadows on the wall and sofa.

In this presentation, we're going to discuss living in integrity.

Living in integrity mean becoming attuned to the internal signals that bring to light what it is that you actually want instead of what you've been conditioned to what society has been selling you.



What is Integrity, Really?

Integrity is about being at one with your deepest, truest self and the very antidote to suffering.

Think about your life - is it OK? OK job? OK relationships?

How do feel? Do you feel disappointed, anxious, sad, numb?

Oh, honestly I'm just fine!

But how are you really? What is fine isn't enough? Do you crave more?

This is where integrity comes in.

Being whole and undivided.

When a plane has integrity, it means it's whole. We would want a plane taking off if it was missing anything. We wouldn't be able to get where we were going.

Life isn't any different. When we ignore our deepest desires, we become unhappy and sick in the process. We are out of sync with ourselves and with life.

When our mind, body and heart are aligned, our work absorbs us, our friends energize us, we sleep well - we can't wait to experience the next day.

Life, like the plane is smooth sailing.

Do you know of anyone who is flying an airplane without its components?



SIT REALLY?

“My Life Is
Just Fine.”

I'M JUST A LITTLE ANXIOUS

JOB'S NOT GREAT, BUT IT'S ALL I
CAN GET

RELATIONSHIPS, EH...

I ONLY WANT TO FAKE MY DEATH
AND DISAPPEAR ONCE IN A
WHILE

I KNOW I HAD DREAMS, BUT THAT
WAS A LONG TIME AGO

We are living in duplicity

NATURE

I'M AN ARTIST

MY FRIENDS ENERGIZE ME

SLOWING DOWN

WAKING UP WHEN I WANT

CHEERING FRIENDS ON

CULTURE

SMILING POLITELY

I NEED A BIG FAMILY TO BE SUCCESSFUL

I NEED TO BE SKINNY TO BE LOVED

I NEED TO PLEASE MY FAMILY

I NEED A UNIVERSITY DEGREE

Nature doesn't give up without a fight

IT ALL STARTS HERE

*I don't know what I
even like anymore?*

*I've always done
what I was
supposed to.*

The journey usually begins at a place where we feel lost, troubled, exhausted and unsure.

This is how most of us are living - completely misaligned.

We don't know how we ended up off course. We've all been here at some point.

- a few years into a job we hate
- relationships that aren't working
- living situation we can't stand

We ask what am I doing?



How our instincts are motivating us to change

FEELING LIKE YOU'RE WITHOUT PURPOSE

We think that this purpose is found by achieving something. What is it? That depends on your definition of value. I got the "status, and it feels pointless.

EMOTIONAL MISERY

This is your own unique brew of bad moods. You may tend towards anxiety or depression, feel hostile or snap at your kids. Think of these like wild beasts you need to tame.

PHYSICAL DETERIORATION

Your body is searching for a way out. This shows up as anything from a terminal illness to a mild headache. (Has it's own branch of medicine - psychoneuroimmunology)

CONSISTENT RELATIONSHIP FAILURES

If you're not walking your true path, you're not finding your people. If where you don't want to be, your connection to the people that are there is artificial.

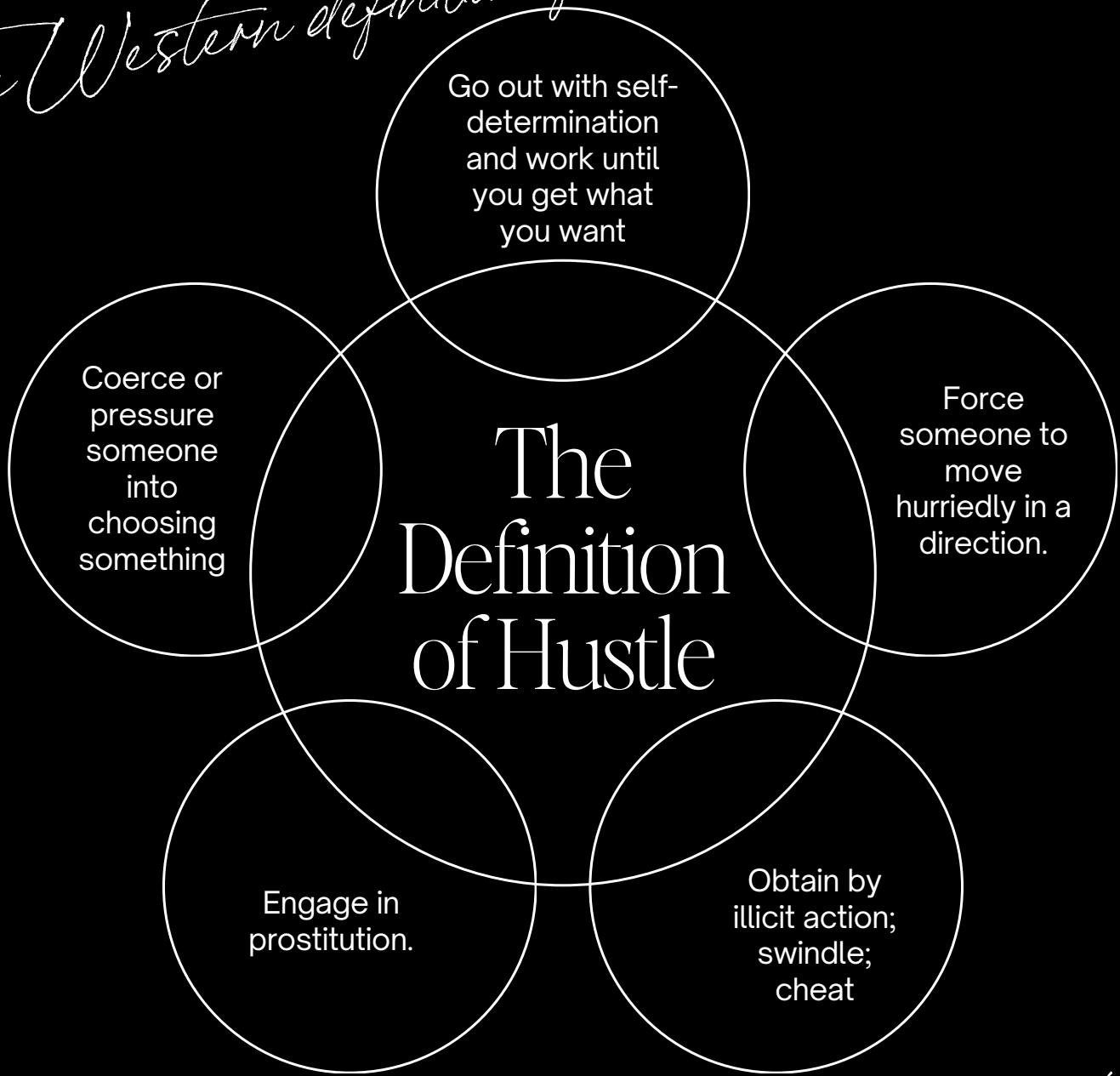
CONSISTENT CAREER FAILURES

Your talent and enthusiasm will quit because you are bored. Imagine being promoted to a management position, realizing you hate it, and then never leaving. Culture defines success are rising up through bureaucracy.

BAD HABITS YOU CAN'T BREAK

We grope for things to numb the pain. We search for a mood altering "something"

The Western definition of success



*Anything we do that is against our true nature is a hustle.
It's not bad, it just means we're cooperating with culture.*

- embodying confidence and determination
- going very fast
- getting others to do what we want
- selling ourselves
- cheating

DETECTING YOUR HUSTLE

Reflect on these questions, and really “feel” the answer.

This isn't bad", it just means you're cooperating with culture.

01 - Do you every hang out with people you don't really like? (who?)

02 - Do you consistently do things you don't want to do? (list)

03 - Are the things you do solely out of fear that NOT doing them will upset someone or lower your value in their eyes? What are they?

04 - Do you ever pretend to be happier than you really are? In what areas do you tend to so this?

05 - Do you ever say things you know aren't true, or things you don't really mean? What are they?

You may feel a bit offended or unnerved about this...

Your efforts to fulfill cultural standards aren't bad - you're doing a Herculean job of living up to standards you truly believe are right and good.

It takes HUGE self-discipline to go against nature.

BUT when you go against nature, you will HATE IT. The only thing to do is to admit that some of your actions are to fit in with other people.

So we've identified that we're sitting here

THE JOURNEY

the teacher

01 Life doesn't seem right

↓

02 Set free the parts that are suffering

↓

Tell the truth

03 External behaviour matches truth

↓

04 Enjoying everything about life





MEET YOUR TEACHER

STEP ONE

ACKNOWLEDGE YOU'RE LOST

STEP TWO

PREPARE FOR THE BEASTS

When the student is ready...

STEP THREE

LOOK FOR SOUL GUIDES

STEP FOUR

GO WITHIN.

STEP FIVE

ALLOW YOUR INNER
TEACHER TO GUIDE YOU

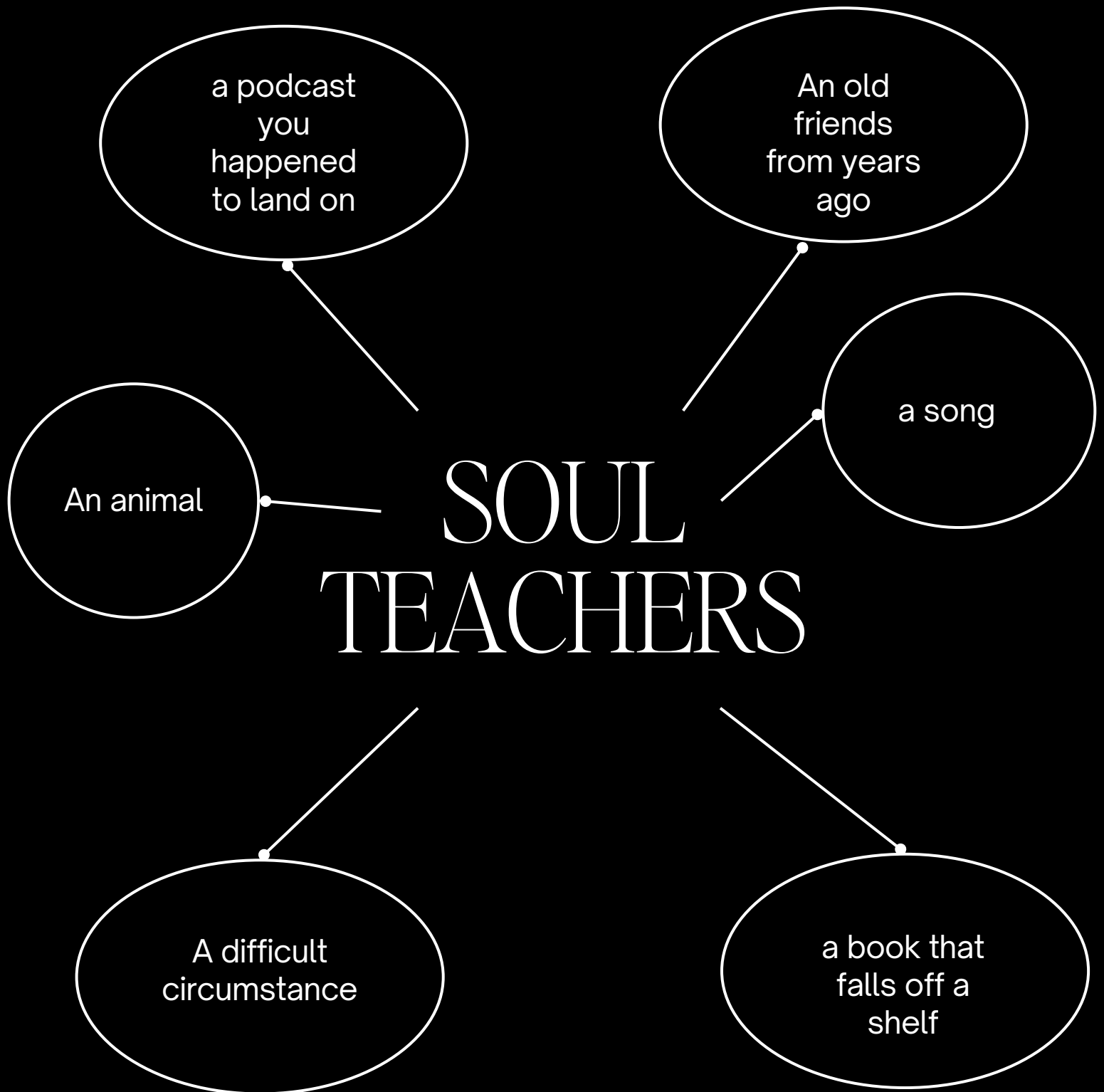
JUST WHEN THE TEACHER BECOMES NECESSARY FOR
FORWARD PROGRESS, SOMEONE OR SOMETHING
SHOWS UP TO HELP

The teacher rarely appears the way you expect.

We tend to meet our soul teachers when
we've realized that we're disconnected to
our true self.

We are looking for someone who has a
different perspective than the one that
brought us into our discontent.





*We become ready just for realizing that we're lost,
and by making a commitment to integrity.*

Single Parent Redesign

A soul teacher will
draw your attention in
a way that makes you
feel inwardly driven.

Anyone who tries to force feed you advice is not a soul teacher.

It may feel like we're being tutored by a subtle energy, beyond our control.

In Joseph Campbell's hero's journey, the hero always meets the teacher as though driven by fate, magic or divine assignment.



All streams flow to
the sea because it
is lower than they
are. Humility gives
it its power.

THIS IS HOW SOUL GUIDANCE FEELS. IT
MAY BE STRANGE, BUT IT'S POTENT - IT
CHALLENGES OUR ASSUMPTIONS, WHICH
FEELS ODDLY COMPELLING.



EVERY TRUE GUIDE WILL TELL YOU THAT
YOUR OWN DISCERNMENT IS THE FINAL

ARBITER OF YOUR BELIEFS

The soul teacher is just a milestone. Its your inner teacher that
will walk with you to the goal, for SHE is the goal.

FINDING YOUR INNER GUIDANCE

THE ONE WHO IS YOUR GOAL

This guide has been with you since before you were born and will be with you until you draw your last breath (maybe after too)

THE INNER TEACHER LIES BEYOND LABELS

You can't experience it by thinking about it, only by being it. You have to listen to this voice, to sustain this feeling not occasionally, but often, even continuously.

when no external teacher is available, the inner teacher always is.

YOU CAN FEEL THE INNER TEACHER IN ALL ASPECTS OF YOUR BEING

01

THE BODY'S

reaction to recognizing
the truth is **RELAXATION**.

02

THE MIND'S

reaction is like a lightbulb
turning on, the feeling of
“**Aha**”

03

THE HEART'S

reaction in the body is
like a **flower** opening up,
available to all emotion.

04

THE SOUL'S

response is a sense of
freedom; an openness
that includes the
vastness of experience.



I AM MEANT TO LIVE IN PEACE.

EVEN IF YOU'VE NEVER LIVED IN THIS
STATE, YOUR INNER TEACHER WILL
VALIDATE IT - AND WHATEVER IT TAKES
FOR YOU TO EXPERIENCE IT - IS THE
MEANING OF YOUR LIFE.

*So, with your teacher beside you - or rather,
inside you - let's move on.*

This step is about accepting that things are as they are, even though we wish they weren't.

*First, we
admitted that
we were lost.*

NOW IT'S TIME
TO FIGURE OUT
WHY.



APPROACHING THE GATES

*Once we meet our
Soul teachers,*

THEY PULL US TOWARDS THE GATES

WHAT'S BEHIND THE GATES?

what are your mind's most sensitive areas?

1

"I'm an alcoholic"

2

"I hate my job"

3

"I don't really love being a parent"

4

"I am living an empty existence"

5

"I'm made some terrible mistakes"

start by identifying the things you do not want to think about.

After you identify your “do not mention” zones, ask:

WHAT I'M MOST AFRAID TO KNOW IS...

WHAT I'M PRETENDING NOT TO SEE IS...

WHAT I DON'T WANT ANYONE ELSE TO KNOW IS...

IF OTHERS KNEW, I'M AFRAID THAT...



What do we do when we get to the gate?

The only thing we can do is full our attention away from the situations that exist in our hopes and fears, and put ALL OF OUR ATTENTION on the PRESENT MOMENT.

Think about these topics, feel how they feel in your body, notice your breath going in and out. On the inhale think *“I allow everything to be as it is in this moment”* On the exhale, think *“I surrender all resistance to the universe being as it is in this moment, for now.”*

**WHEN WE FEEL MOST HELPLESS
AND MUTE, A STRETCHER WILL
COME FROM GRACE TO GATHER
US UP - RUMI**





WHEN THINGS
GET HARD

I'll never have
any money.

No one loves
me!

They did this
because they
wanted to ruin
my life.

I'm stuck here
forever!

You meant to
hurt me!

It's not what
happened to us,
but our thoughts
about what
happened.

I don't have a
chance at a
good life.

I hate them so
much it's killing
me.

He made our
lives miserable.

I'm not pretty
enough

I'm not good
enough

TRY THIS ONE ON FOR SIZE...

Our worst psychological suffering comes from thoughts that we genuinely believe, while simultaneously knowing they aren't true.

I get it. **This doesn't seem logical.**

Think about sitting on an uncomfortable chair, and someone asking you if you're comfortable, you say "sure, I'm ok." But when you ask if they would be sitting in this position while relaxing at home, they would likely say "no". What people are actually thinking is "given that I've been taught to sit like this since childhood, my discomfort is easy to tolerate." Culture is telling us we're comfortable.



It's not whether what we think is positive or negative...

HAVE YOU EVER SAID:

- ☐ *I can make it work*
- ☐ My family hates me
- ☐ *I'm not smart*
- ☐ I've never been loved
- ☐ *I'm staying for my child*

*it's whether what we're thinking matches what we
deeply feel to be the truth.*

HOW TO RELEASE YOURSELF...

01

BECOME OBSERVERS OF OUR SUFFERING

You'll likely find all kinds of painful thoughts: "no one loves me... I'm not lovable... I'm going to die alone."

Maybe you just feel pain, rage or despair.

Don't push these feelings away. Pay attention to them until you start to see the specific fears that underlie your misery. What are your hell thoughts? Be gentle.

02

ASK YOURSELF "ARE THESE THOUGHTS REALLY TRUE?"

Deliberately search for reasons why your troubling topic may not be true. Organizational behaviour theory calls this "seeking disconfirmation."

You don't even have to believe these ideas, but notice how as you start pulling back, you start to feel a bit more relaxed.

For example: "My life is ruined!" Are you sure? Find all the reasons why this isn't true. Once you start questioning your demons, their days are numbered.

refer to "The Work" by Byron Katie

Assumptions that send us to hell:

*we picked these
up from others*

I WAS THE DUMB ONE

I WAS THE FAT ONE

I AM ONLY LOVABLE IF I'M ACHIEVING

I WAS BORN TO TAKE CARE OF EVERYONE

YOU HAVE TO STEAL TO SUCCEED

*all of this causes
us pain!*

Any of these sound familiar?

MY LIFE DOESN'T MATTER

NO MAN WILL EVER LOVE ME

SINGLE MOMS ARE DOOMED TO SUFFER

MONEY DESTROYS FAMILIES

I AM ALONE. NO ONE CARES.

THINK ABOUT IT

Belief is just
someone saying
something near you
enough times.

ONCE YOU OBSERVE YOUR BELIEFS,
THEN YOU START TO QUESTION THEM.

*Do I absolutely know my life is ruined?
Do I absolutely know I will never be happy?*

I can fix everything that upsets me by destroying my enemy.

ERRORS OF RIGHTEOUSNESS ARE DELICIOUS
(AT FIRST)

Is there an inner monologue restating your moral position? Are you plotting revenge? Are you communing with like minded people to voice your hatred?

By all means, react when someone hurts you. If you see unfairness in society, speak out, put your views in writing or march for justice.

But the key is to maintain a discerning mind that's open to new ideas and new information.

When your body and mind are dominated by anger, this isn't the place from which you can increase justice, love or peace.

The feeling of wanting to destroy someone is fundamentally hypocritical, because no one wants to be destroyed.

Turn attention away from arguing, and focus instead on your values and your deepest inner truth.

A woman with long dark hair is sitting on a light-colored sofa, looking down. She is wearing a dark grey sweater and plaid pants. A semi-transparent white rectangular box is overlaid on the center of the image, containing text. The background includes a painting of autumn leaves on the left and a black leather bag on the right.

how we LIE TO OURSELVES

Now it's about noticing
occasions when we cheat, lie to
and betray ourselves.

The creature most likely to kill a human is the mosquito.

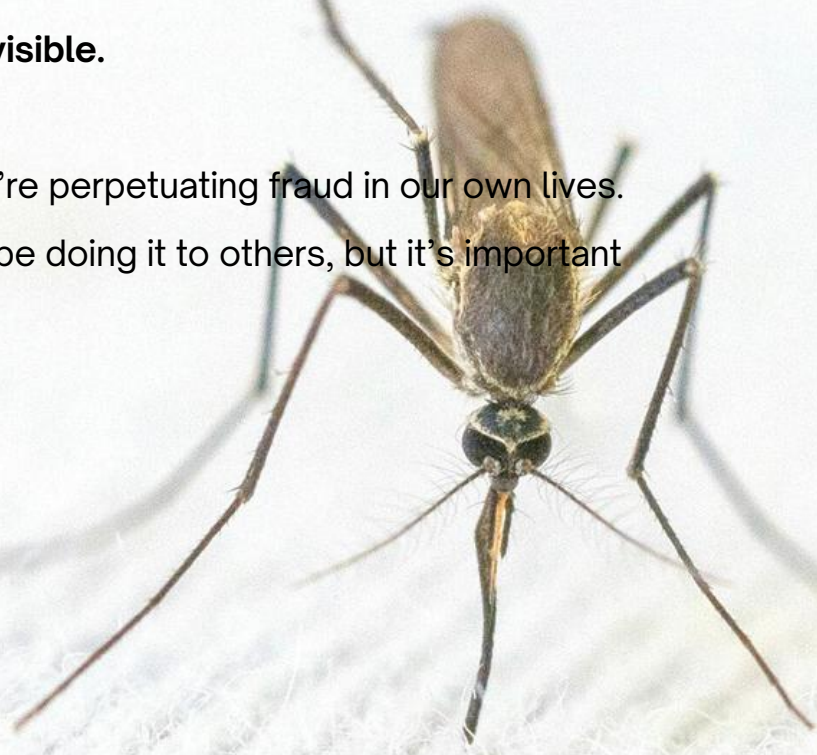
It's so small, so common, so nearly invisible.

The next step is to understand how we're perpetuating fraud in our own lives. It's just about noticing at first. We may be doing it to others, but it's important to see when we do it to ourselves.

3 kinds of lies:

- **BLACK LIES:** deliberate deception
- **WHITE LIES:** social contracts / minor fibs (often involuntary)
- **GREY LIES:** the fudge factor. (can you blackmail someone by telling the truth you're hiding? if so it's grey)

Is someone in your life hurting you? Ask yourself this: would you treat anyone else the way you're letting yourself be treated? If the answer is NO, then to stay in integrity, you **MUST** start thinking of ways to change the situation.



The high price of lying...

When we deceive, we feel forced into actions that uphold our stories. **This separation makes everything feel pointless.**

Because this dishonesty takes up so much real estate in our brains, **we have no energy left for creativity and our brains become foggy.**

It's not just our brains, **our bodies feel it. Our blood pressure elevates, cortisol goes up and we start to get a host of emotional issues like depression, anxiety and feel hostile.**



going on a truth cleanse!

Every lie you stop telling is like a layer of soil in your dig towards your true self.

The truth will make sense to your body, mind heart and soul. It may feel completely liberating but it may also feel terrifying.

IF YOU FEEL LIKE YOU'RE APPROACHING AN UNBEARABLE TRUTH OR TRAUMA, GO FORWARD UNDER THE GUIDANCE OF A TRAINED THERAPIST.

SOME LIES ARE BURIED BECAUSE THEY'RE UNBEARABLE. YOU CANNOT CARRY THEM ALONE. GET HELP.



All the cheating, the
fudging, the repressing,
is driven by one lie -
that I AM NOT LOVED.

I'm defective
No one wants me
I don't fit in

**The second we start inquiring about the truth of our suffering we arrive at
a place where we stop descending and start ascending.**

When dealing with one of these places, ask how your inner teacher reacts.
Then ask whether it feels like you're being set free or does it feel more like
you're being chained up in a personal hell.

Who do you become when you believe the thought?

Who do you become when you stop believing it?



A woman is shown from the waist up, holding a large, illuminated umbrella. She is smiling and looking upwards. The background is a dark night sky with many small, bright stars. The overall mood is serene and hopeful.

THIS IS WHEN
YOU START
FEELING BETTER



Where we've come from

✓ Accepted where we are

✓ Found soul teachers

✓ Our integrity is our guide

✓ Dissolved false beliefs

✓ Identified places where
we're out of integrity

Now... we walk the walk

BEGIN *the* CLIMB

STEP 1

Stop Lying

*may experience
chaos at first*

STEP 2

Accept Discomfort

STEP 3

Connect to What You
Yearn For

STEP 4

Focus On It And
Develop Strength

STEP 5

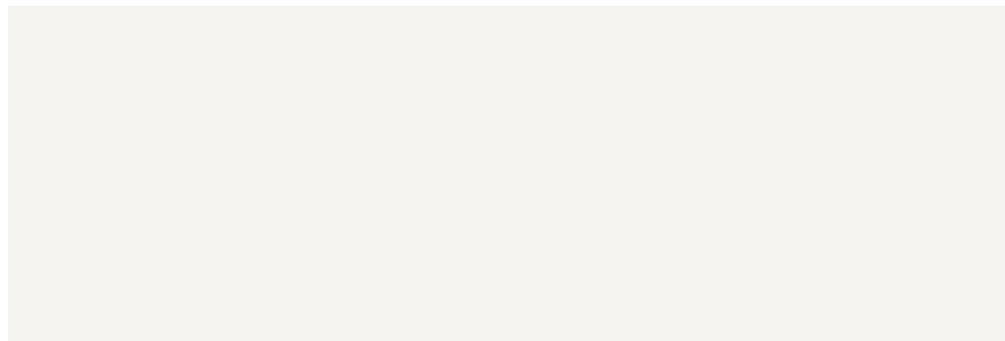
Set Yourself Free



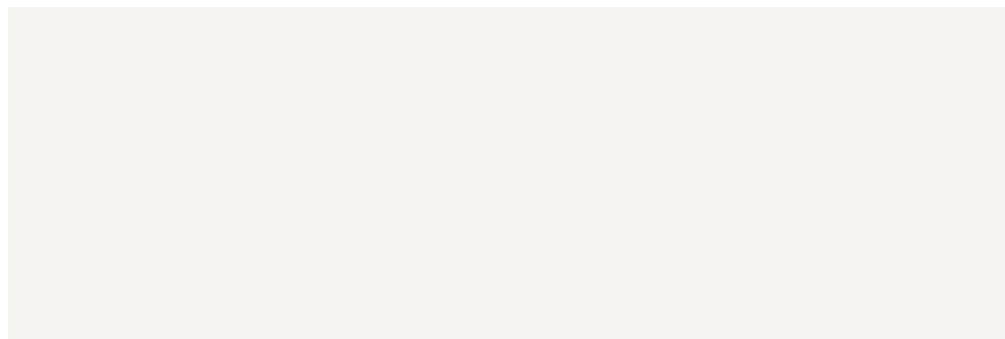
EXERCISE

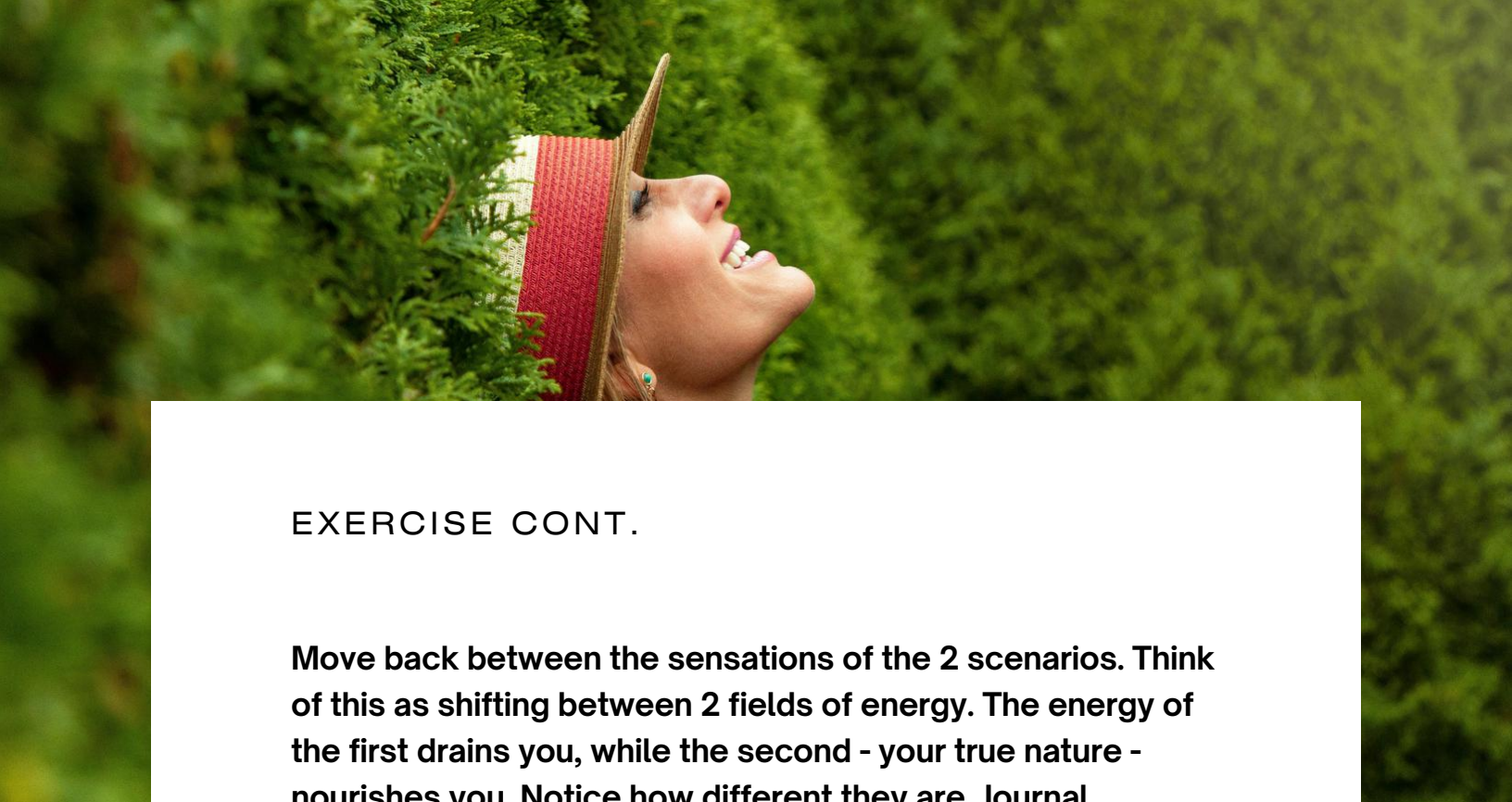
Here's an exercise to help you through

Think of a situation where you feel you can't be your real self. Identify the situation and describe the physical and emotional sensations.



You're in that same situation, but now you've just drank a potion that makes you unconcerned about other's opinions or actions. Moreover, they've also drunk a potion that makes them act completely accepting of everything that is your deepest truth. Picture yourself speaking your truth and being completely heard. Breathe in total acceptance. Write down your physical and emotional sensations.





EXERCISE CONT.

Move back between the sensations of the 2 scenarios. Think of this as shifting between 2 fields of energy. The energy of the first drains you, while the second - your true nature - nourishes you. Notice how different they are. Journal.

A large, empty, light gray rectangular box, intended for the user to write their journal entry. It is positioned directly below the first exercise instruction.

Now notice how GOOD it feels to leave culture and step into your truth. Notice how BAD it feels to hide or contract your truth in order to go along with culture. Let the feelings grow stronger and stronger each time you go back and forth. Journal your experience.

A large, empty, light gray rectangular box, intended for the user to write their journal entry. It is positioned directly below the second exercise instruction.

The NO-LIE Challenge



01

DECIDE ON A
TIME PERIOD
AND COMMIT TO
NOT LYING AT
ALL FOR THAT
TIME.

02

DON'T LIE FOR
THE ENTIRE
TIME.

03

JOURNAL ABOUT
THE EXPERIENCE.
HEALTH
BENEFITS?
IMPROVED
RELATIONSHIPS?

04

IF YOU LIE,
FORGIVE
YOURSELF AND
RECOMMIT TO
NOT LYING.

What truths must you tell to be completely honest? It's up to you and your inner teacher.

Do and say whatever feels like harmony in your mind / body / heart / soul..

You'll feel the sense of alignment that comes with it.

Things might get weird. You may spend a lot of time thinking about how to be honest without blowing up your life. But it gets easier.

If your truth telling is causing resistance from others, it's usually evidence you're on the right track.





DON'T BE DISCOURAGED

Mourning the Known Misery

When we plunge too quickly into a big change, even a good one, our bodies and minds can't absorb the shock.

When you start honouring your true nature, and find yourself missing your old culture, don't worry. Allow yourself space to grieve. Missing your old life doesn't mean you should go back to it.

Everyone will mourn the familiar past, even the dysfunction left behind.

The Next Steps

CHOICE ONE

Continue moving into integrity, at whatever speed you like.

CHOICE TWO

Stay at this level of self-disclosure that you've reached.

CHOICE THREE

Go back to all the secrets and lies you've abandoned.

A close-up photograph of a person's arm and hand reaching into shallow, rippling water. The water is a light blue-grey color with soft, golden-brown highlights from sunlight reflecting off the surface. The hand is positioned near the center of the frame, with fingers slightly spread. The overall mood is serene and contemplative.

THIS WILL HAPPEN!

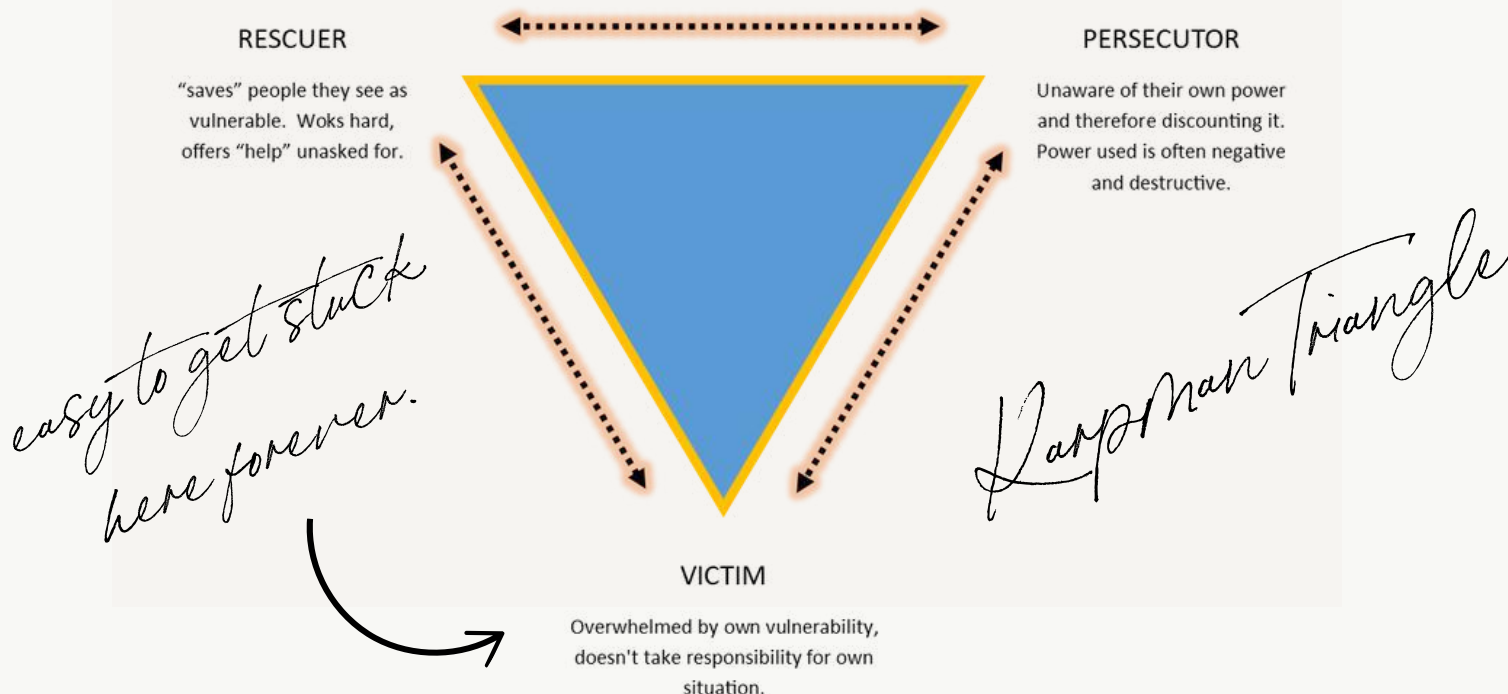
*When you embark on
an integrity cleanse,
culture will try to
control you - wanting
you to start acting like
“normal” again.*

It's natural that people around you feel that you are judging them for their choices when you go on your path to integrity.

Whatever you do, you have to refrain from slipping into a feeling of victimhood. When you feel like a victim, suspect that you may be caught in your own errors of righteousness.

Breaking the drama triangle

A triangle develops when we feel small and weak and others appear large and menacing. Others may show up as protectors. Many people look at everyone through the eyes of this triangle.



How *the* Drama Triangle plays out in domestic violence:



VICTIM V PERSECUTOR

The couple start to argue. The man (or woman) becomes so angry that the woman (or man) tries to leave.



PERSECUTOR V VICTIM

The man feels threatened and goes into victim mode, feeling the rage of a child being abandoned and physically attacks.



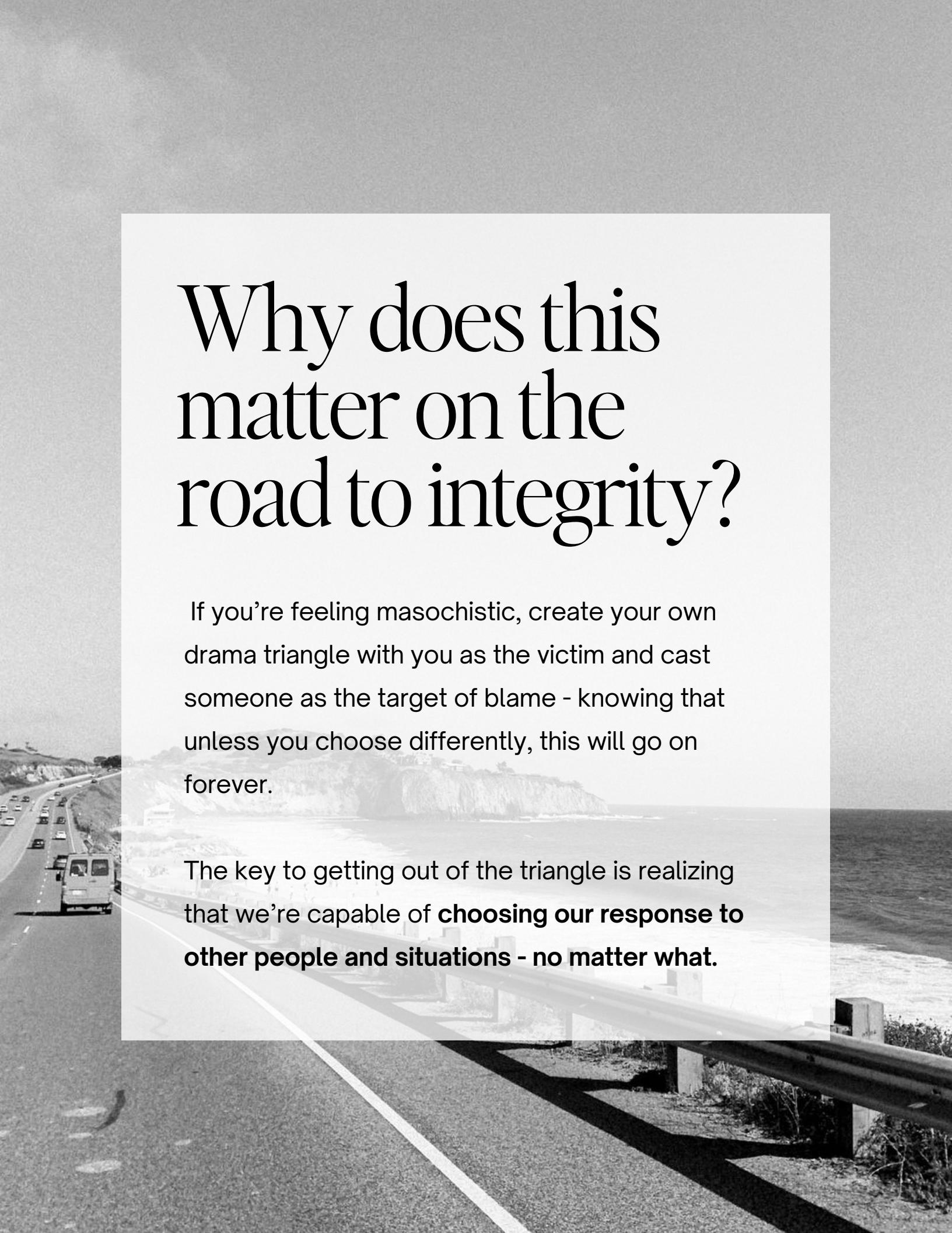
PERSECUTOR BECOMES RESCUER

Once the woman is too scared to leave, the man breaks down and apologizes begging for forgiveness. He becomes her "rescuer" when she needs it most.



VICTIM BECOMES RESCUER

She responds to his emotional distress by moving into a rescuer role. They both feel calm and bonded.

A black and white photograph of a coastal highway. The road curves along a cliffside, with a metal guardrail in the foreground. In the background, the ocean is visible, and the sky is clear. The overall tone is contemplative and serene.

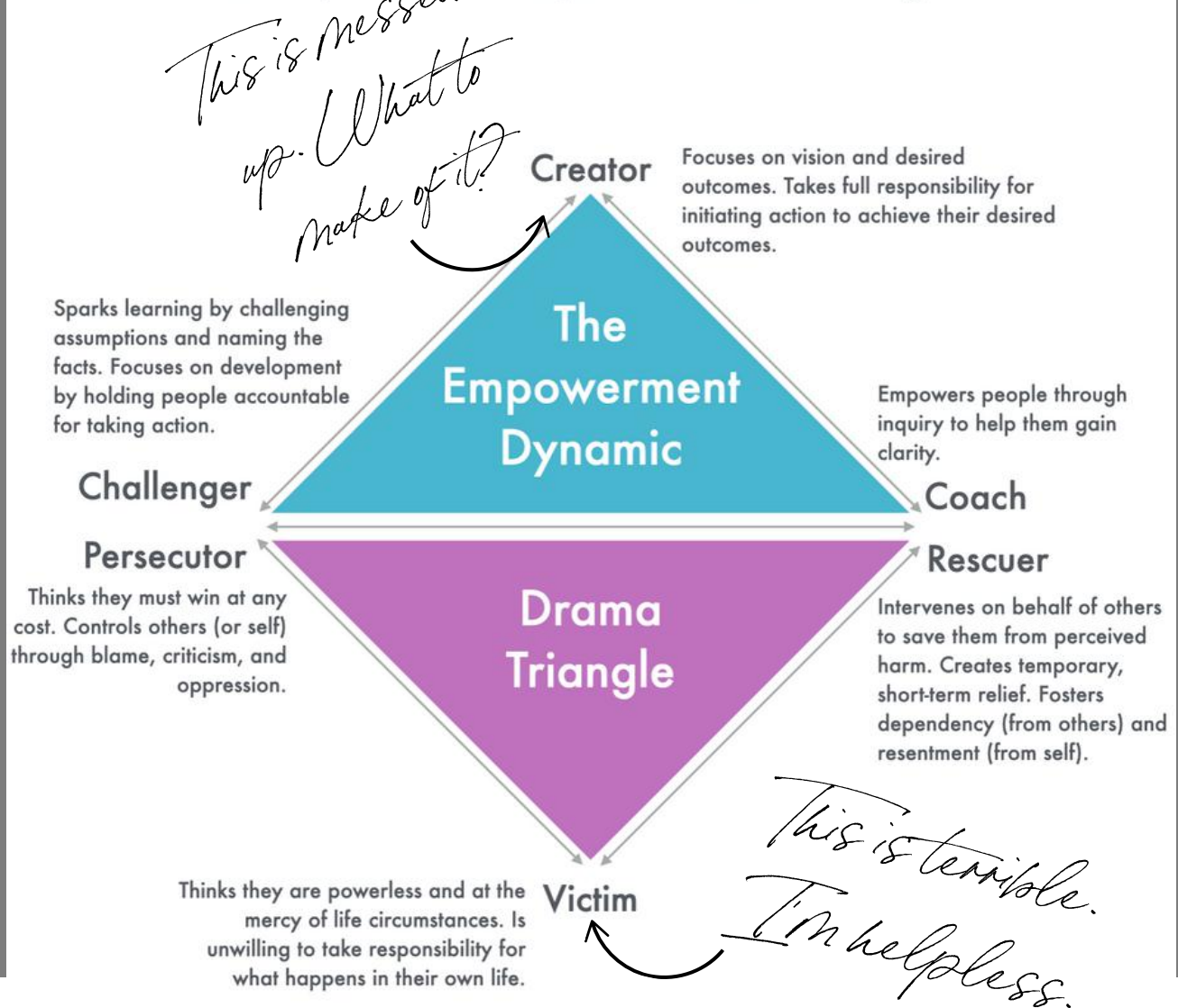
Why does this matter on the road to integrity?

If you're feeling masochistic, create your own drama triangle with you as the victim and cast someone as the target of blame - knowing that unless you choose differently, this will go on forever.

The key to getting out of the triangle is realizing that we're capable of **choosing our response to other people and situations - no matter what.**

The Empowerment Dynamic

Shift into the Empowerment Dynamic by moving from Victim to Creator; Rescuer to Coach; and Persecutor to Challenger.



The EMPOWERMENT DYNAMIC.

IF WE CAN FIND ANY WAY TO SEE OURSELVES AS CREATORS (NOT VICTIMS), NO MATTER WHAT THE SITUATION, WE CAN TURN DRAMA TRIANGLES INTO POWER DYNAMICS.

SO WHILE SO MANY ARE GENUINELY VICTIMIZED

We never have to accept “victim” as an identity. We have the freedom to respond to every situation with creative thought or action.

This could mean:

- clarifying thoughts
- speaking out
- take compelling action

Always begin by observing your raging thoughts and asking “Can I absolutely know that I’m purely a victim, with no creative options whatsoever?”

The point is to meet resistance as a challenge to find creativity and peace.



Attacks cause emotional suffering ONLY if a part of us believes them

When someone really bothers us, it's because that person believes something about us that isn't true. But shards of those beliefs are floating inside of our self concept.

When you let go of the attacker's lies, you start to see the truth beneath them. This is the point at which you tell yourself all of the things you wish to hear from others. This puts you back in alignment with your inner teacher, your truth.

When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid
- Audre Lorde

focus on creative response rather than on blame and defence



The Recap

- ☐ ACCEPT WHERE WE ARE
- ☐ QUESTION BELIEFS
- ☐ CONNECT TO TRUTH
- ☐ STOP LYING
- ☐ COPE WITH PUSHBACK
- ☐ COMMIT TO BEING OUR TRUE SELVES



Every single choice is a
chance to turn towards the
life you really want.

Repeatedly putting just a
little more time into what
you love is your next step.

START STEERING YOUR LIFE WITH A SERIES OF
“ONE DEGREE” TURNS. SHIFT YOUR SCHEDULE
BY A FEW MINUTES EACH DAY, SPENDING
MORE TIME ON WHAT YOU LOVE.

practice makes permanent

BECOMING YOUR INNER TEACHER

TUNE INTO YOUR INNER WISDOM



ASK "IF I WERE FREE, WHAT
WOULD I DO RIGHT NOW?"



DO IT!

CULTURE HAS TAUGHT US TO BELITTLE OURSELVES

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, “Who am I to be brilliant, gorgeous, talented, fabulous?” Actually, who are you not to be?

- Marianne Williamson



PEOPLE'S INITIAL REACTION IS FEAR AND SHAME AND YOU MIGHT FEEL “EXPOSED”, BUT RECOGNIZE THAT, AND MOVE ON.

How does awakening work?

*the "aha!"
moment*

- ✓ "inner light"
- ✓ deepening of values
- ✓ increased sense of intellectual illumination
- ✓ loss of fear of death and guilt
- ✓ transformation of the personality

Enlightenment exercise



SIT WITH BOTH HANDS OUTSTRETCHED PALMS UP

Activate both hemispheres of your brain. Don't skip this step.



**THINK OF SOMETHING YOU DO REGULARLY, EVEN
THOUGH YOU THINK YOU SHOULDN'T**

Obsessing about the ex, mindlessly eating. Call it the forbidden thing.



**IMAGINE THAT SITTING IN THE PALM OF YOUR LEFT
HAND IS A TINY WILD ANIMAL**

This is the part of you that wants to do the "thing". **Call it the creature.** See it looking at you.



**IN YOUR RIGHT HAND, PICTURE A TINY VERSION OF
YOUR "MOST APPROPRIATE SELF"**

This is the part of you that thinks the "thing" is wrong. **Call this the controller.**



**SEE HOW THE CREATURE WANTS FREEDOM AND HOW
MUCH THE CONTROLLER WANTS TO SUPPRESS**

Can you see how tired they both are?



CONSIDER BOTH VERSIONS OF YOURSELF

Both are good. The creature is trying to be free and the controller is trying to be socially acceptable



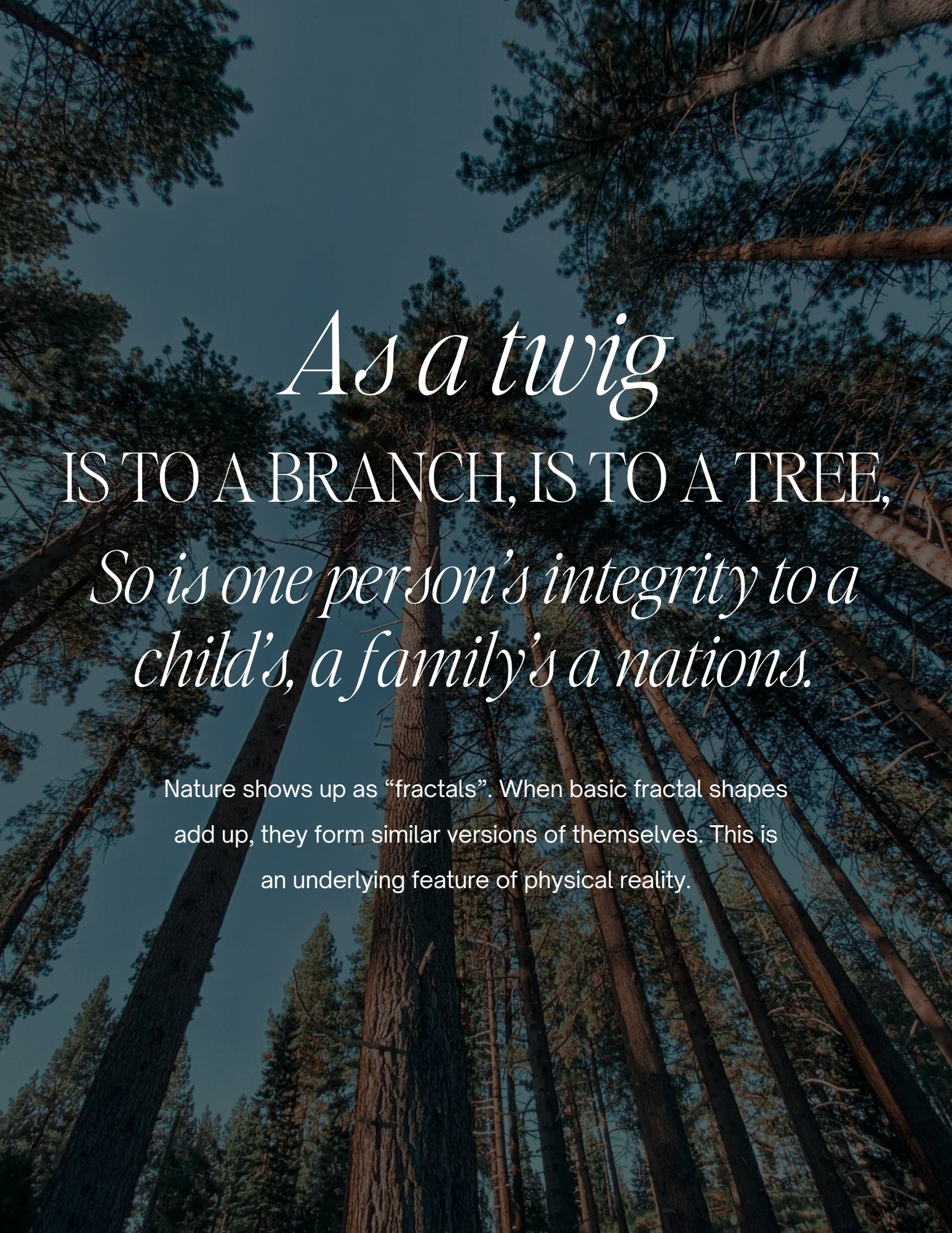
OFFERING LOVING WISHES TO BOTH PARTS OF YOU

Silently say "May you be well.", "May you feel free". Once you feel compassion for both, ask yourself "who am I right now?"

IMAGINE...

Imagine spending your whole life listening to a symphony through a broken radio. Then, imagine waking up in the middle of the orchestra. No static, no separation. Just beauty.

This is what integrity feels like



As a twig
IS TO A BRANCH, IS TO A TREE,
So is one person's integrity to a
child's, a family's a nations.

Nature shows up as “fractals”. When basic fractal shapes add up, they form similar versions of themselves. This is an underlying feature of physical reality.

Reminder list

01

**NOTICE WHEN YOU'RE NOT IN
ALIGNMENT WITH YOUR INTEGRITY**

A touch of irritation, a wave of fatigue? Any level of suffering.

02

CONNECT WITH SOUL TEACHERS

Read their books, listen to a podcast. connect in real life.

03

CONNECT WITH YOUR INNER TEACHER

Notice the thoughts that make you feel peace.

04

**IF YOU LEARN SOMETHING THAT
CONTRADICTS YOUR BELIEFS, STAY OPEN**

Have the humility to let them go.

05

REFUSE TO LIE

Say what you really mean, even if others don't approve

06

MAKE A SERIES OF 1 DEGREE TURNS

Spend your time doing more of what you love

07

HIDE LESS OF YOURSELF

You will gather a community of like minds.

08

**FORGIVE YOURSELF WHEN YOU VIOLATE
YOUR INTEGRITY**

Let go of your mistakes.

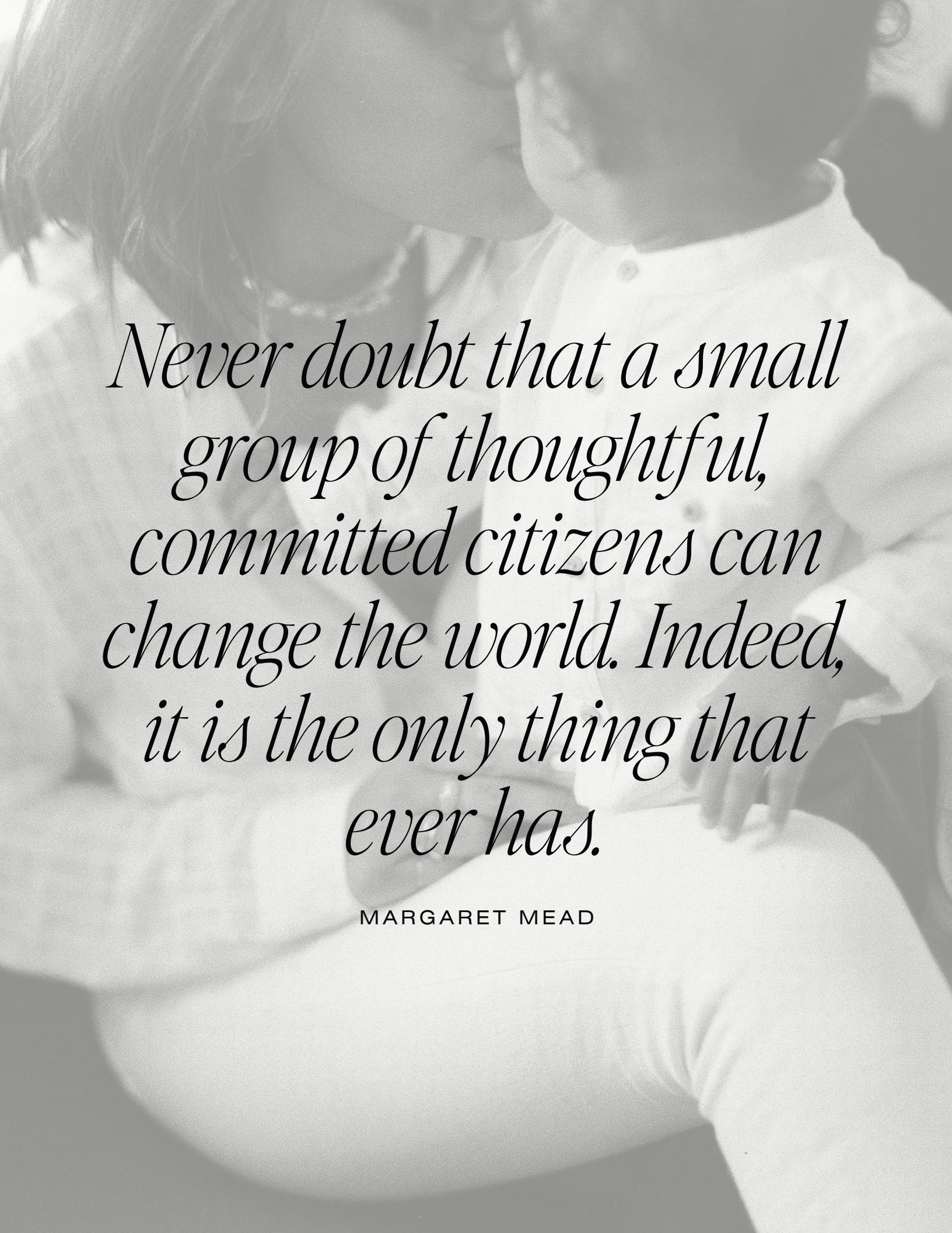


Consider this...

Look back into your memories and see yourself as a little kid, doing something that brought you complete joy.

Then you went on the path to adult life and forgot this feeling. As more and more “life accidents happen”, the connected part of you stripped away.

As you start connecting to your truth, you’ll start to see mirrors of those childhood events showing up in your life. You’ll start to see that you are here to do what fulfills your deepest yearning.



*Never doubt that a small
group of thoughtful,
committed citizens can
change the world. Indeed,
it is the only thing that
ever has.*

MARGARET MEAD

AND FINALLY



IMAGINE THE WORLD WORKS LIKE THIS

Whenever you have a longing for something, the POWERS THAT BE deliver it, immediately.

But everything we've ordered is delivered to our real home address: **PEACE**

Go back to the resonance of the statement “I am meant to live in peace” Feel the way your whole body relaxes. This is why when we struggle for things in a state of desperation, they don't come. Nothing works if we're misaligned.

It's only when we return to a total state of peace, the things we ordered can reach us.



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