



How to live your truth

Know yourself and live your life in a way that honours you and your truth

- 1 Deal with any issues you have – and we all have them – find a method of healing that speaks to your truth; listen to yourself and the person helping you, and find the way to deal with the problems and blocks and heal – and be courageous
- 2 Look after your physical, mental and spiritual health. Do what you need to do to be as healthy as you can. The more you live in your truth the easier it is to do this
- 3 Try to find work or self employment where you can follow your passion. Whether it is as a healer, growing vegetables, a creative field, sales, being a lawyer – if your work aligns to your passion you will feed your soul and find your purpose
- 4 Help – volunteer – make sure your family and friends and neighbours are ok. Once you look after yourself you have energy to help others. Do not help others to the point of harming yourself. Aim at doing one small thing at a time and building on that, if you can
- 5 Educate yourself in whatever you want, and need, to know. Find out how your government works, and ask questions of the people who are responsible for running the country. Make sure you have knowledge and facts and real information and act on it. Use your intelligence, your access to information and your intuition to make good decisions and choices. Do not be afraid to ask questions of people who are more experienced and who live with open minds
- 6 Find your joy. Find your happy. Do things you love and which nurture you and grow your soul. Let yourself be silly. Laugh. Take time to sit in nature. Take your shoes off and stand in bare feet in the grass and connect to the earth. Read a great book. Sprinkle glitter. Spread happiness. Be positive. Love yourself
- 7 Take responsibility for yourself and for your thoughts, words and actions. Do your best and understand no one is perfect. You will never fail if you at least try. You are in this life to live it, experience it and own it. The best result is that you get to live the experience
- 8 Be your own 'special person' – be your own friend. Then share yourself with others without expecting anyone else to fill you up. Fill yourself – with love, with excitement, with hope for the future. Make this your best life.