

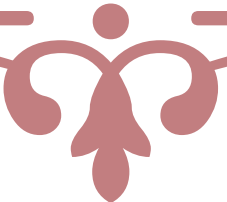


DECEMBER 2023

Truth

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*"There is only one **absolute** truth and all the other truths emanate from it.
When you find that Truth, your actions will be in alignment with it.
Human action can reflect truth, or it can reflect illusion.
Can the truth be put into words?
Yes, but the words are, of course, not it.
They only point to it".*

Eckhart Tolle – A New Earth

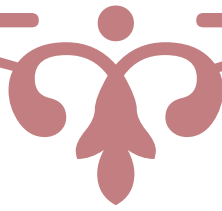
This month we explore Truth, what it is and where we find it.

Lets consider a cut and polished diamond for a moment.

Even though a diamond has many facets, which reflect it's different aspects,
the truth of the diamond lies at its core.

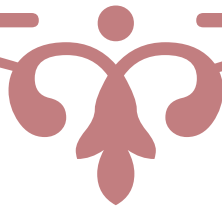
There are many ways we can look at truth, but for our journaling this month,
we will look at nine different aspects .

You have a full month to journal your way through these prompts. Its best to
work through them slowly and to re-visit them as and when you need to, in
order to gain clearer insights during the month.



NINE ASPECTS OF TRUTH

1. We are all connected
2. Change is constant
3. Your ego is not who you are
4. Your body is a sacred vehicle
5. The present moment is all that exists
6. Everything is energy
7. Our perceptions are limited
8. Pain and joy are interwoven
9. We are love



WE ARE ALL CONNECTED

When we fully realise that we are all part of one Divine Consciousness, that we are not separate from anything or anyone else, it brings a deeper appreciation of life and allows us to step into flow, without resistance.

What if you were to know yourself as one cell in a much greater body, interrelated with every other cell?

What if you were to know that all your actions ripple out into the universe and return to you?

What if the Universe isn't a jigsaw puzzle, but a giant hologram, and that every part of the Hologram contains the whole within it?

If you were to completely know this to be true, how would it change the way you relate to and treat:

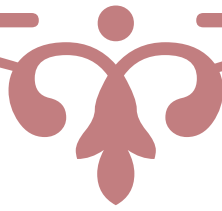
- Other Humans (even those that you don't like or understand)
- Animals
- Plants





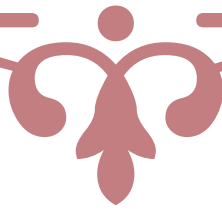
WE ARE ALL CONNECTED cont...

- The Earth
- Yourself
- How would it change the way you judge or blame others or situations?
- Would you want or need to take revenge on anyone for anything?
- Would you continue to hold grudges against anything or anyone and if so, for how long?



WE ARE ALL CONNECTED cont...

Write about any other insights you have about the aspect of Truth that says
We are all connected.



CHANGE IS CONSTANT cont...

Write about any other insights you have about the aspect of Truth that says
Change is constant.



YOUR EGO IS NOT WHO YOU ARE!

The ego is a vehicle, constructed by social conditioning and co-created for our soul's journey in this lifetime. It is made up of past conditioning, desires, insecurities and our need for experience.

The ego includes a self, made up of what you do, what you have and what other people think of you.

You are, in truth, not your name, your roles, your belongings, achievements, conditioned thoughts or your emotions.

You are the essence that animates and experiences through them.

If you were to completely know this to be true: –

- How would you view "your" thoughts?
- How would you view "your" emotions?
- How would your view "your" belongings?

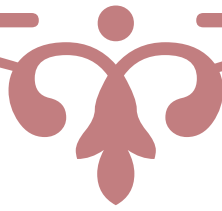


YOUR EGO IS NOT WHO YOU ARE cont...

- How would you view "your" roles?
- Would you choose to release anything and if so what?

Write about any other insights you have about the aspect of Truth which suggests that Your Ego is Not Who you Are.

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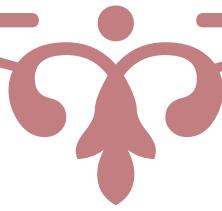
YOUR BODY IS A SACRED VEHICLE

Your body is a sacred expression of life. It has been perfectly created for the unique experiences you need to have on this journey.

If you were to completely know this to be true:

- How would it change the way you think and feel about your body?
- How would you better take care of your body through nutrition, self-care, exercise etc?
- How would you deal with any physical limitations, pain or challenges you are currently experiencing?
- How would it change the way you view physical death?





YOUR BODY IS A SACRED VEHICLE cont...

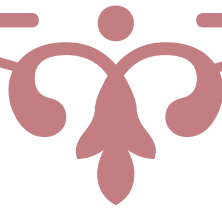
Write about any other insights you have about the aspect of Truth, which suggests that Your Body is a Sacred Vehicle



THE PRESENT MOMENT IS ALL THAT EXISTS

- How can you make the present moment more important than your story?

Write about any other insights you have about the aspect of Truth which suggests that the Present moment is all that exists



EVERYTHING IS ENERGY

ALL of life is energy and all energy is present. Energy cannot be created, nor destroyed. It merely changes form. It is the unified field that connects us to everything and everyone else. When we feel disconnected, generally some thought form has taken us away from presence and seemingly disconnected us from life.

An illusion is then created, as separation in truth, is an impossibility.

- What situations and events cause you to feel disconnected?
- How do you feel when you are disconnected?
- When do you feel most connected and alive?
- Where do you feel this in your body?
- How can you connect more fully with life?





EVERYTHING IS ENERGY cont...

Write about any other insights you have about the aspect of Truth which suggests that Everything is Energy.



OUR PERCEPTIONS ARE LIMITED

There is more to life than we can perceive with our senses. Our human senses and brains are only able to perceive a tiny sliver of the vast universe of reality. Our perceptions are dependant on our position in time and space. Whilst in human form, we simply cannot know it all.

This awareness leads to greater humility and the acceptance that we don't always know why things happen or how they fit into the greater scheme of life.

There is a divine plan that is unfolding, despite our limited perception.

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy"

Shakespeare - Hamlet

If you knew this to be true:

- How would it affect your judgements of what is "right and wrong"?

- How would it affect your judgements of yourself, others and the planet as a whole?



OUR PERCEPTIONS ARE LIMITED cont...

- Would you be more willing to listen to others with greater humility and openness?

- Would you be more open to enjoying the unfolding mystery that is life?

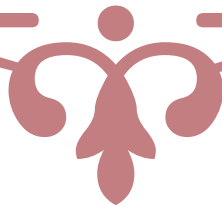
Write about any other insights you have about the aspect of Truth which suggests that Our Perceptions are limited.



PAIN AND JOY ARE INTERWOVEN cont...

- How can you be more fully present and accepting of the valleys and the mountain tops that you are traversing right now?

Write about any other insights you have about the aspect of Truth which suggests that Pain and Joy are interwoven.



WE ARE LOVE

We are pure, unconditioned consciousness.

We are truth.

We are love.

We are Divine.

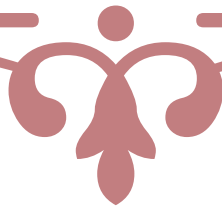
We are an intimate part of the Universal energy we call life – it's impossible not to be. This is not something that can be understood with the mind. It has to be felt with the heart. The more we practice presence, the more we live from a deeper space of love.

Love is your felt sense of Oneness

If you really knew this to be true:

- Would you view your life story differently?
- Would you view others differently?
- Would you view and treat yourself differently?
- How and what would change for you?

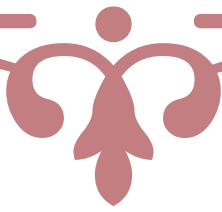




WE ARE LOVE cont...

Write about any other insights you have about the aspect of Truth which suggests that We are Love

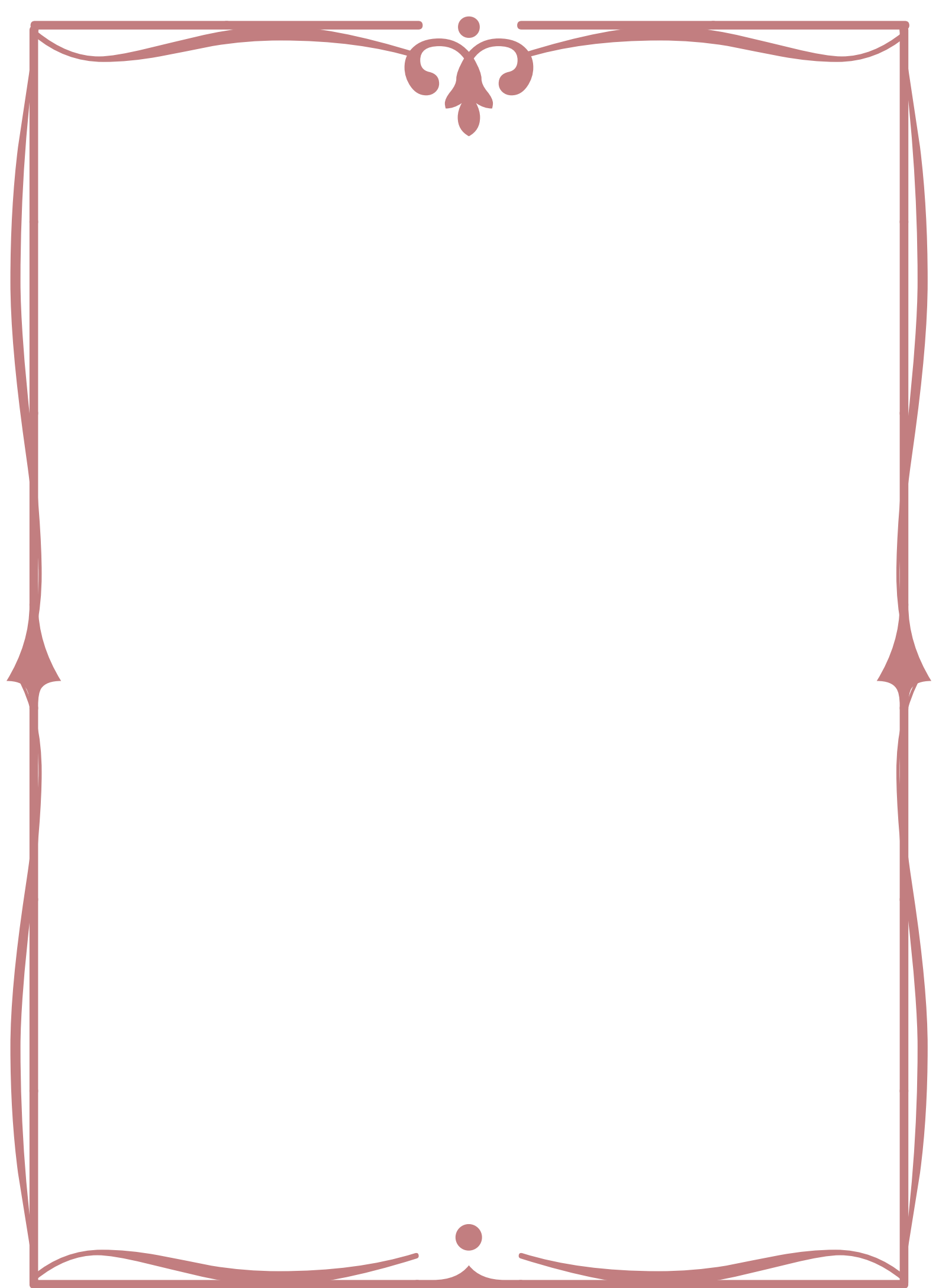


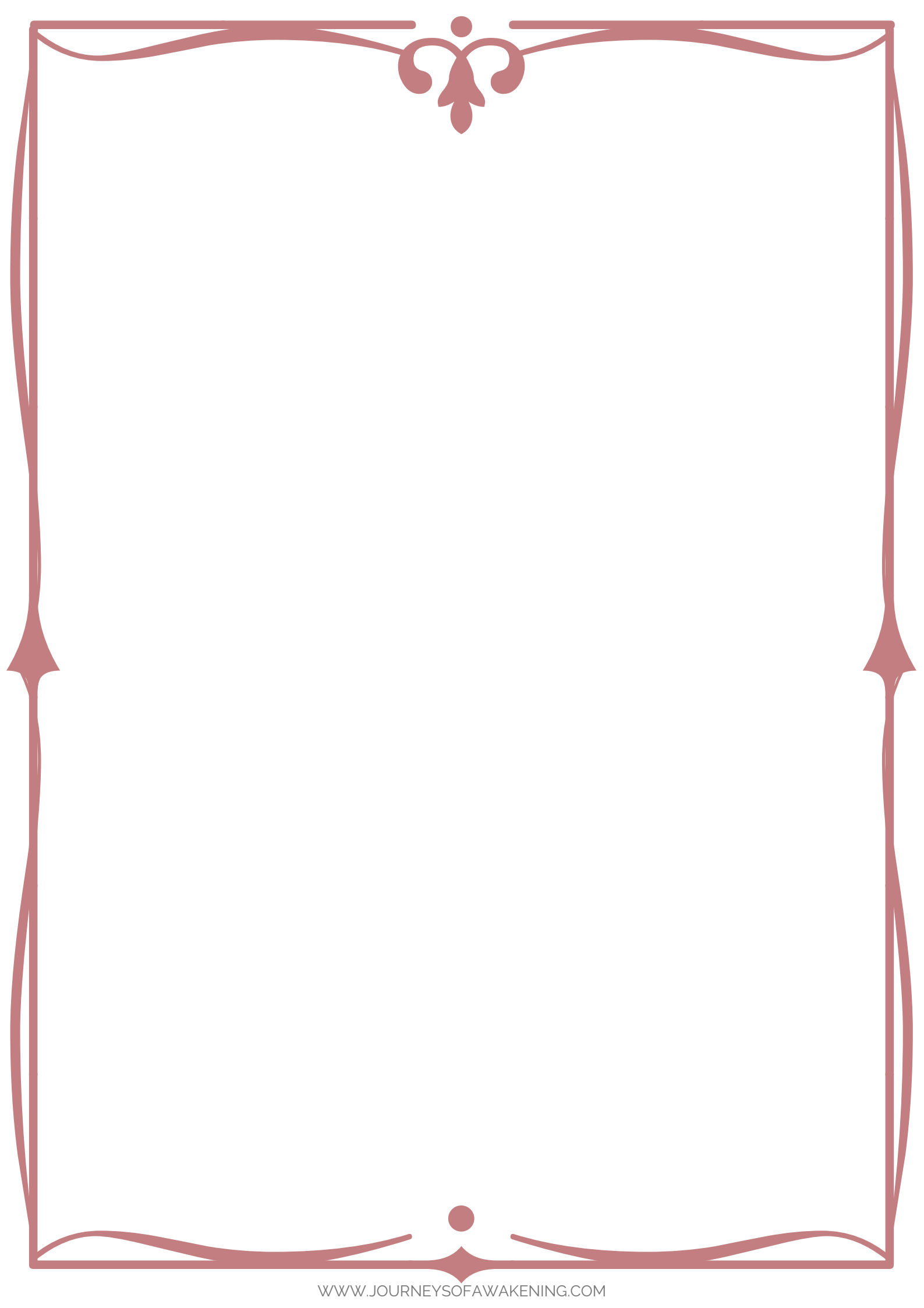


END OF MONTH CHECK-IN

Have you gained any new insights about Truth and if so what have they been?









Thank you