

Living Our Truth



Mushiba: Call it *Intuition*, call it a *Gut Feeling*, a *Little Voice* or just a *Feeling*. Whatever it is called, it is a signal from Self that usually relates to Concrete Self's behavior. How many times have you said, "I wish I had listened to that little voice." How many times have you berated yourself because you did not follow your instincts? My answer to those questions is a resounding, "Many times!"

Living our Truth is about lesson learning because it certainly is easy to view the abstract concept and much harder to *Act* upon that concept. Waith has much to say about the Truth of Self. Here is an example:

Waith: "We begin by emphasizing that you must follow your own truth. The imbalance comes when you attempt one of two things ~ to follow someone else's truth that is contrary to your own or, to impose upon others your own truth. Both actions create an imbalance in your Soul. As long as you follow your own truth, there will be harmony within Self. There will be points, of course, when the harmony will be out of balance because that is part of the learning that all energies take on. However, it is a Universal concept that an entity must follow and Live its own Truth."

“This is not as easy to do as it is to say because there will be many entities who will try to impose their truth upon you. And there will be many of you who will feel that you have truly found the way and will try to impose this upon others. You would, then, be behaving as others who would try to impose their truth upon you.”

Living Our Truth, I believe, is not about shouting from the rooftops. It is about quietly living our beliefs. As we grow, our awarenesses change, and thus, our truth changes ~ so *Living Our Truth* is also about change and Self’s fluidity with change!