



*A Message
from Elaine:*

*Aug/Sept
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It's an exciting time of year as we move through the final days of summer and transition into the fall. Nature is always reminding us that **SO MUCH** of life is about **CHANGE**: Inner Journey Coaching's theme this year! Last issue, we explored why people fear change. Today, we'll discuss how important it is to **HONOR the MOMENTS of TRUTH** in our lives!

Living a life of **TRUTH** is essentially about "**being in integrity with your higher values, full potential and deeper humanity.**" Learning how to recognize and honor our Personal Truth is a significant life-long lesson that takes great courage. For each of us will face many **MOMENTS of TRUTH** along the way. These moments represent critical **CHOICE POINTS** that will give rise to *either* **great JOY** (when we honor our truth) **OR great PAIN** (when we deny or resist our truth).



So why is Personal Truth SO important to our QUALITY of life? To deny our truth is, in essence, to deny ourselves! That's because **TRUTH** comes from our **SOUL**, the most sacred and powerful part of us. Our soul is like a persistent and loving parent who is constantly reminding us of **WHO** we really are, the **COURAGE** we have within us **AND** the life we **DESERVE!** **When we are living our truth, we are honoring ourselves at the highest level.** Consequently, we feel good about ourselves; recognize our own value; can give and receive love easily; and know our life has meaning and purpose. We also feel more centered, empowered, compassionate, grateful and at peace. This is what our deeper humanity is **ALL** about -- it is **WHO** we truly are inside. No matter what challenge we may face, **TRUTH** is always there to guide us. For truth is our **SOUL'S** way of ushering us to the life we were born to lead -- one full of self-discovery, choice and growth!

How do you KNOW when you are NOT living your truth? One of the primary signals is when we are in a state of **CHRONIC** emotional pain. This can show up as sleepless nights becoming the norm, emotional knots in your stomach or throat (our choice and will centers), feeling constantly exhausted **OR** stuck in a cycle of negativity. **Our physical and emotional energies become CONSUMED because we are doing everything we can to NOT FEEL or DEAL with our pain.** We can try to ignore, resist or deny our **TRUTH**, but in the end, we can never **OUT RUN** or **OUT SMART** it. Eventually it hits our physical health, emotional well-being or quality of life **HEAD ON!** This happens when we've given our soul **NO** other choice than to use **PAIN** to get our attention. Our soul will lovingly persist until we make the necessary changes to live the life we **DESERVE!**

So how do you FIND your Personal Truth? To understand and clarify our **TRUTH**, we need to connect with our **DEEPER** selves. **REAL truth can only be found on the INSIDE of us, nowhere else!** For most, we start by getting off the perpetual treadmill that so many of us are on these days. This is a **MUST** as the busy-ness of our lives only **DISTRACTS** us from the truth we seek. By quieting our mind and connecting with our heart (where the soul's wisdom can be heard), we begin to clearly distinguish between the **TRUTHS that are bringing us JOY** and the **NON-TRUTHS that are causing us PAIN.** This level of self-honesty and awareness is necessary for discovering **TRUTH.** Otherwise, we stay on the

painful treadmill of NON-TRUTH where resentment, exhaustion and hopelessness reap havoc on our body, mind and spirit. That is, until we WAKE-UP to the power of our own truth!

Let's put this into a more personal perspective now. **Like you, I have had my fair share of MOMENTS OF TRUTH.** One such moment occurred 12 years ago when I was 34. My marriage looked quite perfect on the OUTSIDE but on the INSIDE we were living "more like roommates" than husband and wife. We married young, I was 22 and he was 25. You change a great deal from your early 20's to your mid-30's. **During that same time, I did a lot of self-development, inner work and emotional healing.** As I grew emotionally and spiritually on the INSIDE, what I needed in my closest relationships also began to change. **I realized what my heart needed most in my marriage was a greater sense of depth, warmth and emotional connection.** Although my husband was (and still is) a good man -- hardworking, honorable and compassionate -- we were *emotionally* worlds apart. It's not that my husband had these qualities and chose not to give them. He just didn't have them to give despite the counseling work we did separately and together.

So there I was at 34 with a critical choice to make -- a MOMENT OF TRUTH to face. I could DENY the truth that my husband and I had grown apart and IGNORE the pain of not having a deep emotional connection with my life partner OR I could FOLLOW my truth, FACE my fears about uncertainty and BUILD a new life for myself. That powerful MOMENT of TRUTH led to the life I am living today and more importantly to the person I am now. The greatest gift of honoring my truth has been finding my REAL self and living the life my SOUL has always wanted for me. Through it all, TRUTH has remained my HIGHEST personal value. It has shaped and blessed my life in ways I could not have imagined. **The more I trusted and followed my TRUTH, the MORE truths I found along the way.** One was realizing that the "unresolved pain" of having an emotionally-unavailable father followed me into my marriage so I could come to terms with that pain. **Remember ALL relationships teach us something we need to learn or heal within ourselves.** To this day, I consider my ex-husband a GREAT soul-mate and life teacher, one I am privileged to have shared my life with.

TRUTH has many benefits in the way it shapes who we ARE and the direction our LIVES take. **For it is TRUTH that uniquely:**

- empowers us to learn, grow and eventually SOAR
- connects us with our HEART (the wise messenger of our soul)
- liberates us from fear, doubt, shame and powerlessness
- teaches us the power of being courageously honest AND
- brings us deeper levels of inner peace, love, joy and gratitude

By having the courage to LIVE BOLDLY from our Personal Truth, we show others it CAN be done! **Today, a large part of my coaching work is helping people embrace, honor and celebrate their own truth.** By giving them a safe, loving and compassionate place to explore their INNER TRUTH, they begin improving their lives in ways they never thought possible. It's a remarkable journey to make with people -- one that gives my life great meaning and joy!

Let's close with a few questions that will loving CHALLENGE you to LIVE more powerfully from your INNER TRUTH:

- 1) **What do I need to forgive MYSELF for in order to move forward?** (This is where Personal Amnesty comes into play. Remember to answer with your heart, not your rational mind.)
- 2) **What do I specifically need to forgive OTHERS for?** (Remember this is about FREEING you from the past versus condoning hurtful behavior.)
- 3) **What TRUTH am I denying, avoiding OR trying to out run in my life?** (Think about what keeps you up at night, feels like a knot in your stomach/throat OR is at the root of your perpetual busy-ness.)
- 4) **What do I need to DO to HONOR my deeper TRUTH?** (Focus on taking the *actions necessary* to live the life you deserve - embrace YOUR moment of truth. When we honor OUR truth, we honor others as well!)