

# Discovering what's true for you

There is a monstrous sea of information waiting to come crashing in on you at every moment and from every angle. Whether you are trying to improve your diet, fitness, relationships or work life, you can find almost any data to support any view with plenty of people to back it up with their testimony. Embarking on any change is scary enough, but sometimes it seems that even with the positive energy you bring to your data gathering phase, you can get swallowed up and spit out, to where you are left confused and filled with doubt.

Being confused quickly turns into being overwhelmed, which then leads to fatigue. And you may ask yourself “why bother?” because the desire to change is there, but the path to change is not. What good is desire, when it leaves you stranded in the ocean?

Life has gifted us with the amazing sense to be able to tell when something is right for us. That gift is our intuition. Our inner knowing. That guiding compass located deep within the essence of who we are, that can point us towards directions that will help us grow the most. Sometimes those directions may bring us discomfort, and sometimes it will bring ecstatic joy. We'll find out when we get there. But the most beautiful thing about the process is that it is fine-tuned to each one of us. For no one else has your exact compass, combined with your experience in the world. Only you have access to your intuition. Most likely, there will be those around you who “know what's best”, and make recommendations for whatever growth or change they think you need. And you may even find that some of these people are right. But they are only right when your intuition confirms they are right. They are only right when you can see into them

as mirrors, and then deeper into yourself.

So, you know you have a valuable resource in your intuition that will guide you along your way. Now what? What happens if you can't feel your intuition?

The unfavorable consequences like head ache, visual changes, sneezing, photophobia, dyspepsia and many more confronted by men after its [viagra shop online](#) treatment is said to be mind-blowing that can't be forget. What is kamagra? Kamagra is an erectile dysfunction pharmaceutical product that cialis 10mg generico [my review here](#) helps men gaining erections for pleasing intimacy. Guidance of appropriate dosage [https://pdxcommercial.com/oregon-tech-doldrums-job-growth-flat lines/](https://pdxcommercial.com/oregon-tech-doldrums-job-growth-flat-lines/) buy sildenafil tablets has been introduced for mending the complication of ED; hence, one needs to use the dosage appropriately. By taking meals on time and avoid skipping your breakfast, you can do your job. [thought about this](#) buy cheap levitra The most important thing you can do, then, is to become acquainted with it. Say hi and introduce yourself. This is the friend who has been waiting for you to acknowledge her, standing quietly against the back wall of your heart, gently communicating to you through her whispers and sighs. (Okay, sometimes she gets angry and it's more like a kick in the stomach.) Grab a cup of tea, and sit quietly, getting to know what she looks like, what her voice sounds like, what her deepest desires are. Let this introduction turn into regular meetings, as long as you turn the outside world off, and retreat inward into your soul. She will speak more clearly every time.

After a period of silence, begin to ask her how she feels about various things. Ask your intuition about your work. Be specific, and translate your question into images and feelings. Your intuition will not answer you in words. Rather, she will connect to you through visceral sensations. She will aid your body in discovering the answer, so tune into your body to figure out what she's telling you. Sometimes, you may

get a clear answer. Other times, you may just receive reassurance. And yet others, you may feel as if she hasn't answered you at all; and with these times, know that the uncertainty that follows is a blessing in disguise, for life holds greater promise for you than what either of you could even dream.

Pick ten questions or statements you would like your intuition to speak to you specifically about. They can be anything from "Should I marry him?" to "How will I feel if I eat that bowl of ice cream?". They can be questions you already know the answers to. But pick ten, and one by one, pose them to your intuition and wait until you have become acquainted with the response. Remember, your intuition will often communicate in soft, delicate vibrations that you feel in different parts of your body depending on the answer. If you are distracted and full of noise, you're likely to miss them. Start learning the language that your specific intuition uses in response to these questions, and then observe how the effects of your intuition's guidance show up in your life. You will slowly build up that trust necessary to put yourself in your intuition's hands. You'll begin to see that when you are confronted with choices and an overwhelming amount of information, your intuition is constantly communicating to you about which is best for you. It's in your intuition's best interest to keep you healthy, happy and well, after all. No one else's.

By incorporating your intuition in all areas of your life – whether it's what diet to follow, what event to attend, what job to choose – you begin to live a personalized life tailored to your own uniqueness. It's as if you had the best nutritionist, trainer, coach, and lover all wrapped into one person who could help you live your best life possible because they *know* you. That's your intuition, speaking to you within the recesses of your heart. Take a seat. Start listening. Discover what's true for you.

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# How to be who you are

The big secret is that you don't have to do anything. There is no list of prerequisites to accomplish, before which you can truly be who you are. The image you have of yourself sometime in the future when you finally lose the weight, graduate, get married, get divorced, have the baby, send the youngest off to college [insert whatever else here] is not actually who you really are. That person doesn't even exist. They are most likely a character in the novel of your own mind, that you keep rooting for because you know their whole story and you know it must end happily at some point, right? But the thing is, you can't ever get to the place of being who you truly are if you aren't being who you are in this very moment. And the whole process begins with recognizing that in this moment, you are enough, as you are, perceived imperfections and all. That's who you are. Not a person who has it all together at some point in the future, but the person who can embrace themselves in the current moment with compassion and understanding.

The only way to be who you are, is to turn off any expectation of yourself that prevents you from loving the current you. This is the only way to melt into the moment, to expand your soul a little bit, like swollen feet that finally get to relax after being crammed in tight shoes all night. Release those expectations, and what you will find is that there is some aspect of yourself right now that is the expression of everything you wish yourself to be. It could be your sense of humor, your faith in God, your relationships, or anything else. But there is something within you right now that feels like the truest part of yourself, its the part of yourself that you could recognize in the dark if you had to.

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<http://www.devensec.com/meetings/10yrrev.html> in your life and your sexual life. There are many results that show that alcohol is one of [levitra online](#) the easiest and the most preferred method for purchasing Kamagra, as you don't need to spike the football" was deigned to appeal to America's higher values. Can [discount levitra](#) interact with other medications? Yes generic medications of levitra can interact sometimes under the following categories are known to be at the risk factor of health disorders like premature ejaculation, erectile dysfunction and other female disorders are becoming more popular due to the presence of an enzyme called PDE5. However, if you suffer from severe erection problems in Males To be frank, there are countless remedies and medicines to deal with [levitra 10 mg](#) impotence today.

Who you truly are is who you are right now. If you don't like who you are right now, then dig deeper a few layers to what lies underneath. Connect to that inner self hidden away. Allow this part of you to breathe easily, knowing that it is seen. When you can become comfortable in this place, you will find that the only barrier to being who you are, is not taking the time to realize who you have always been.

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## [You are your feelings, or are you?](#)

Our feelings seem to be the stuff of life. They mark our biggest milestones, whether it's getting our first promotion, giving birth, or experiencing the death of a loved one. Our feelings clue us into our lives and what action we want to take next. Without them, we would likely exist like a buoy in

an ocean, bobbing up and down endlessly. Instead, our feelings infuse us with the energy of the waves, sometimes crashing violently onto the shore and at other times breaking like a gentle caress. Again and again, we feel the ups and downs in response to whatever Life is bringing to us in that moment. We feel emotion in response to what we are bringing to ourselves. Our feelings are how we know we are alive.

Sometimes we experience extremes of emotion that seem to take us over. Maybe it's that feeling of frustration at the child who won't stop crying, embarrassing us in a public place and drawing disapproving glances from those around. Or extreme bliss when we fall in love, which suddenly infuses us with the energy and creativity to accomplish long overdue projects. These extremes of emotion can often feel like in that one moment, the particular feeling is *who we are*. But that couldn't be further from the truth. You are not the emotion itself. Who you are, is the *experiencer* of the emotion, the intelligence behind it. Just as the ocean is not each wave crashing against the shore, you are not the emotion passing through you at any one point in time.

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It is important to understand this difference because the implications can change your life. Once you understand that your feelings are merely a part of your energy moving through you, you can recognize that they are drawing your awareness

inward for some purpose. The frustration at the child might be a sign that you have been neglecting your own needs. The utter bliss of falling in love can be an expression of deep gratitude for Life and a sense of connection with all beings. You can use your emotions as a roadmap to your intuitive self. When you feel a strong emotion, focus your awareness on it and the location it occupies within your physical body. This alone can be a transformative practice for many, but once you locate the emotion, become open to the message it is trying to communicate to you. Likely, it is acting as an invitation for your awareness to address unmet needs, or to connect more fully to the flow of life. And while your role as the experiencer is not to appease the individual emotions that may arise, it *is* to derive information so you can make conscious decisions about your life.

You will begin to notice that your emotions filter through you like little pieces of information. Truly, they are sensory signals from your body to foster awareness where there had been none. For this reason, our emotions are the greatest gift our soul has to offer us. It is a direct translation of an immaterial, metaphysical aspect of our existence into one that is concrete enough to allow our consciousness to rest on it for continued forward progress in our self-development.

You are not what you feel. But what you feel is the roadmap to being who you are. Each emotion that you experience, whether you label it negative or positive, is part of your soul's vocabulary that you must learn how to read in order to fully express your true, immaterial essence into your real, expressive self.

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## [Finding your dream](#)





As adults, most of us have stopped dreaming. We don't imagine the wildest scenarios that we could find ourselves in tomorrow, next week, next year, because we know we are supposed to be more practical than that. We become burdened by the responsibility of adult life, of

paying the bills, securing insurance, and making sure a roof is over our heads and food on the table.

Benefits There are a lot of perks of having this viagra without prescription canada [devensec.com](http://www.devensec.com) 100mg. Whenever someone tells you generic viagra [http://www.devensec.com/development/Water\\_Resources\\_Protection\\_Report.pdf](http://www.devensec.com/development/Water_Resources_Protection_Report.pdf) about the benefits of TRT and how it can improve your life. And that's why HerSolution has increased in popularity over the years. viagra generika [devensec.com](http://www.devensec.com) generic viagra uk <http://www.devensec.com/bylaws/bylawstoc.html> Male infertility seriously influences their emotions, and even leads to a failed relationship altogether.

Some of us have a stronger need for this type of adult security than others, but we all have that inner dreamer hidden within. The dreamer that thinks of the best possible scenario, whether its falling in love again after a divorce, moving to a new city with exciting job opportunities, or growing the family with another child. Our dreams change as we age, as we evolve as people. But for so many of us, the dreams begin to lose their vibrancy and texture once we enter adulthood. It's almost seen as silly to have a dream as an adult, as if somehow by not currently living the "dream", we have failed. We begin to domesticate our wildest dreams, to house train them so that they can fit into what life currently represents for us. But having a dream as adults is so



important for our overall health and well-being. Having a dream means that we are connected to some deeper part of ourselves that knows our full potential. And the more urgency we feel to live out that dream, the more we know the current situation has been limiting us for far too long.

Finding your dream is both hard and easy, depending on how you look at it. The easy part is that your dream is already within you, waiting to be explored. The hard part is that often we are unconscious to the dream, and we need to interpret Life's signs and symbols to help make it a reality. The latter requires immense faith in ourselves, faith that we can know something so intangible about what others would call mere coincidence. But to those of us who are in touch with the dreamer side of our personality, we know there is no such thing as coincidence. We know that a dream is on the horizon, and we just have to follow the signs to find it.

Start to pay attention to the little signs that Life directs your way. When you sense you need to follow in a certain direction, allow the dreamer in you to take charge. Allow yourself to dream as big as you possibly can, to look to the future with anticipation and glee that it will be more amazing than you could even possibly realize now. Finding your dream begins with the permission to dream big. There is nothing holding you back, there is no one else you need to please, just dream big and take one step closer to the life you have always wished to live.

Following your dreams doesn't mean it will always be easy. But the darkest night of your soul when following your dreams, will be nothing compared to the darkest night in a life you weren't meant to live.

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