LIBERATE
YOUR TRUE SELF

DISCOVER YOUR HIGHER PURPOSE

Illuminating Insights From The Guests of Self Discovery Radio

Edited by Sara Troy
Book One in the Series

Self Discovery series

BOOK ONE

Liberate

Your True Self

Discover Your Higher Purpose

Edited by Sara Troy

Founder, Self Discovery Radio

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Introduction

Sara Troy

When I started on this journey of radio blog interviewing, I could not imagine how awe- inspiring it would be. Over the last five years, I have interviewed many amazing souls who embrace a life of authenticity and meaningful purpose. My own process of Self- discovery has been deepened by my guests' inspiration, courage, and inner strength, which continue to invite me to embrace my own.

Now in their true calling, with tools and skills gathered along the way, these amazing individuals share their wisdom with us on the pages of this book. Their words will inspire us to liberate our true Self by redirecting us toward our higher purpose in the world.

Sometimes it is just one foot in front of each other, as life reveals itself along the way. All we need is the willingness and openness to all that is possible.

So come and hear what these liberators of 'true self' have achieved and let them ignite your passion for true Self-discovery. Read their chapters in this book and then click over to Self Discovery Radio and listen to the full interviews I had the pleasure of conducting. Their stories flow in an organic conversational format, delivering gifts of wisdom to all who are open to receive.

Share the EBook with others, come and hear their inspirational stories, and see what tools they have for you.

Enjoy and discover your own Self in the process. Sincerely,

Sara Troy
Founder and Host of Self Discovery Radio

Honour the True Self

Amelia Kemp, PhD, LMHC

As a psychotherapist and ordained metaphysician, I am often asked what I've learned and gathered in my own personal journey about the *true self* that might uplift another soul. As I share in my book, *From Psychotherapy to Sacretherapy: "I learned that we discover and honour the true self by paying attention, clearing everything through our inner knowing and learning how to trust and respect its counsel . . . honing in on our divine sensing and willingness to hear the sacred call. And in so doing, we come to know who we are . . . trusting the clues that we are heading in the right direction . . . accepting that there is more to the self than our physical beingness . . . and allowing that inner nudging to prompt us into investigating the layers of what it means to be a soul-filled being . . . acknowledging that this inner knowing is like an oracle with prophetic sight revealing the way, offering life- changing, dead-on guidance . . . back to the true self."*

For me, the *true self* was discovered when I understood that the *true self* is the spirit within, which came into our body-temples to share something beautiful. And that beauty is greatly manifested through our strengths and talents, not just our most raw, vulnerable selves. I observed that many believe that the *true self* is only "authentic" when one shares their deepest insecurities and weaknesses. That perception is fragmented when one believes that "authenticity" focuses only on the frailties of the human experience.

That insight caused me to reflect on the exact moment in time and space when I ceased being afraid to show all of me—the insecurities, yes, but more importantly, my strengths. Showing my strengths was harder, because I was ever-so-aware of the unspoken rule in society that says, "You don't talk about your strengths without being accused of being conceited or arrogant." The rule was to be humble—and let other people point out your good qualities,

not you (which is such a minimization of spirit). I recalled that day because it was when my *true self* emerged, informing me that my self-esteem and happiness depended on me allowing "the fullness of my being" to be expressed, which included honouring my light and gifts.

What a day of reckoning that was. Prior to that, I almost believed those who insinuated that God had given me more than my fair share of gifts. Having been chided with comments such as: "Don't think you are all that—because you can sing" or "Don't think you are all that—because you can write" or "Don't think you are all that—because you're smart, cute, and so on." Those diminishing statements were "a lot to live down," but somewhere around my thirtieth birthday a wonderful neighbour said to me, "Wow, God just got off on you lady, how nice to see!" And I smiled the biggest smile because for the first time that I could recall as an adult, someone was blessing me for my gifts and not shaming me for them or warning me to minimize them. It was the beginning of a turning point in my life: I was given permission to let my light shine!

Shortly after that, I read Marianne Williamson's quote that "our deepest fear is not that we are inadequate, our deepest fear is that we a powerful beyond measure," which fortified my ability to stop minimizing my gifts to make other people feel better. Nevertheless, it still took a few more years to fully integrate these new permissions within a society that disapproves of the slightest stench of someone displaying "too much" pride in their own achievements. Some folks call it having a "big head" and other negative phrases, which make it hard for many people to discover their *true self*. A denial and minimization of the gifts we all have evaporates in the wake of such comments as, "Who in the world do you think you are?" Fortunately, I finally came up with an answer to that crazy question and decided "I'm an individualized expression of God and try to act like it most of the time."

I also learned, as a psychotherapist, about toxic conditioning and memes and their impact on self-esteem. All of which shed a light on just how lowly mankind could be taught to view themselves, and how highly we were trained

to view the talents of others, especially those who were popular or famous. I realized that many had been conditioned into a false sense of humility, taught to subdue their own authentic talents and gifts. This, of course, had been passed down by well-meaning parents, teachers, and clergy who had also been conditioned to subdue their light.

In time, I became accustomed to watching people trip over the "line drawn in the sand" that indicated where "that's too much light" was shown. But I noticed the "line" only applied to those who were not famous or rich, since the rich and famous were allowed to shine their lights as brightly as they wanted. No one says to them, "Why do you keep showing off, making more movies, songs, and businesses?" In fact, it's just the opposite, since they are often asked, "When is your next song, movie, or business coming out?"

So I got to thinking: *How do I help the rest of the world understand that each and every soul is "equally valuable," not just the famed or rich? And how do I get them to stop valuing a person by their wealth or popularity? And how do I get them to know that they don't have to be popular or famous to share their talents?* There had to be a way, and it became my quest.

I saw how this squelching of the *true self* went beyond just the individual to the collective, where it led to envy and a lack of self-confidence globally. Nations are run by individuals who resent what they think others have that they don't see within their country or themselves. It appeared to be a global crisis of humanity's need for permission to live the "esteemed lives" that I believe are ours by divine right.

I felt there needed to be an unleashing of the spirit from underneath this cloud that had kept the majority of mankind's talents and genius contained, preventing them from seeing the *true self.* So I wrote a book to help mankind understand their value and worth, especially those who had been diagnosed with a mental or emotional diagnosis. I saw how devastating the stigma of a diagnosis was to self-esteem and how just my declaring to them that, "You're not sick—you're sacred" made them sit up a little straighter and that saying,

"It isn't too late to live the life you were meant to live" put the sparkle back in their eyes.

As I traveled, lecturing on the book, I met people of all nationalities. And many told me about the permission and encouragement the book gave them to be their authentic selves. Most surprisingly were the comments I received from people who had *not* been diagnosed with any mental or emotional diagnosis, but read the book because they heard it would remind them of who they truly were at their core! Their comments reinforced that we all can learn to value our true Selves.

The book had obviously hit a nerve, but I wanted to get the message out to the masses—those who may not take the time to read an entire book. I decided to use my talent as a singer/songwriter and I perform as *Dr. K's Music Therapy.* I write songs and psychodramas that heal and remind mankind of our equal and sacred connection to the Source of our being—from whence our *true self* and strengths come. As a psychotherapist, I noted that underneath just about all the symptoms I had treated were remnants of some form of low self-esteem. So one of my most repetitive sentiments in trying to convey to people their worth was telling folks, "You are too"—a valuable, important soul who is good enough!

I went to my husband and told him I wanted to create a psycho-spiritual arts project to uplift the self-esteem of humanity on a global scale and awaken regular people all over the world. He offered to help me and we launched the project, called "UR2.Global" and currently have liaisons on five continents helping to spread the message that "UR2" (you are too!) EQUAL to every other soul on the planet. We emphasize that you don't have to be famous or rich to matter and share your talents. We believe it is your divine right to live as esteemed beings!

I felt that utilizing the arts would best portray and convey the message of self-esteem. As such, UR2.Global is a not-for-profit project that works to uplift self- esteem by showcasing original music, spoken word, poetry, drama, art,

and photography by amateur and professional artists. We also give guaranteed awards. And we also review and exhibit music and arts by popular artists that uplift self- esteem, since we feel that famous artists are equally wonderful! We love it when they also understand that *all* other souls are equal to them. We decided to select a popular artist each year—who we feel exemplifies this understanding and appreciation for their fellow mankind—as our honorary artist-in-residence to help us get the message out.

We recognize that, until all human beings understand that they don't have to be famous to matter, the masses will temporarily continue to look to those highlighted by the media. However, as we magnify this benevolent invitation to feel the equality—to "BE ALL"—that we came into the physical realm to be, my hope is that our great-great-grandchildren will grow-up in a world in which high self-esteem is the norm—where every soul is honoured and applauded for their gifts, making projects like UR2.Global unnecessary.

And so it is! Namaste!

Dr. Amelia Kemp, Ph.D, LMHC, Holistic psychotherapist and
Founder of UR2-GLOBAL self-esteem platform.

More from Author

Healing Illusion

Jacqueline Ripstein

Life is a spiritual journey . . . a never-ending search for the eternal Light within us. It can take years of painful tests, tears, and falls for us to understand that we are not darkness . . . we are Light, and when that Light is finally ignited, our lives change, and we start making a difference in other people's lives.

All experiences happen for a reason; there are no coincidences in life. We are where we are because we need to attract to us specific experiences. As in school, we are constantly being tested, at the same level of awareness that we are vibrating at that moment. Each life experience we encounter gets us a step closer to discovering more about who we truly are.

Every decision we make leads us to a different path. Every action we take shapes our lives. In our every act, no matter how small, we are sculptors, chiselling bit by bit. Just as a diamond takes form out of a piece of dark coal, and the inner beauty of a precious stone is revealed when subjected to high temperatures and incredible pressure, so too is our inner light released from the dense iron grip of ego. That is, like the diamond that is cut and polished by outside forces so that it may shine, our lives are also shaped and polished by life lessons. Intense pressure, followed by cutting and shaping, is what brings forth the diamond's energy, its angular facets reflecting and refracting Light.

In the same manner, a human being is polished and the ego's darkness dissipates as we learn from the many challenges and lessons of life. Each test reveals our inner strength as life provides a continuous circuit of tests, one embedded within the next until we pass the final test . . . and realize who we truly are, reflecting the Light of the Creator within us. We live in a very stressful world, and then we add our own noise; this noisy environment nurtures our fears, and we become strangers to the world where Spirit soars, a world

of peace and silence. We need to learn to listen to silence, to understand that noise distracts us and prevents us from connecting to our only reality.

The Light shines in the darkness; every shadow has a light behind it, and every pain holds the possibility of a cure. Every tear is a comforting way of expressing pain, but we also cry from joy. Tears of joy help us welcome God into our lives; they open a portal where tears of sadness are converted into strength. As they flow, they restore our lives, our faith, and our true identity, and the dark ego vanishes under the rays of the divine Light that shines within us.

How can we heal our lives if we see them through the veil of illusion?

We are deceived the moment our brain "interprets" what is "supposed to be real." And now science is researching invisible realms, and going beyond the physical body in order to find the truth. Is the brain a receiver of consciousness or is consciousness a product of the brain? Who is the real driver behind our lives? Where does our energy come from? When we are afraid, we are unaware of how we attract situations that cause us to be in pain and more fearful. Lack of love—including fear, low self-esteem, depression, and ill will—attracts some of the stones and potholes that we encounter along our path, and we continually trip and fall over and into them.

But they do serve a purpose: they test us, and we either become paralyzed, having surrendered our inner strength to them and failed the test, or we overcome them in a triumphant way, passing the test and coming out even stronger to overcome the next one. Just like the diamond that is released from coal under great pressure, with each lesson learned, we gradually emerge. With each breath, we are given the opportunity to grow, to awaken to our true BEING, to start reflecting our inner light. Have you ever wondered what the gift is behind a sickness? There is a purpose embedded in all challenges we go through; behind the visible world, there is an invisible world.

Sickness has the purpose of awakening the Soul; it's a silent call to STOP the

noise! A clear signal is given to us through illness. We are living in very challenging times, pressured for survival, and under constant stress. Healing is a process of awareness. We need to align with our body, balance our lives, and realize that we need a change in our lives. Hardship is not meant to make us bitter; its true purpose is to make us stronger. If a challenge comes into our lives, it's because we need to become more aware of the things that truly matter in our lives. All life tests show us that we have the capacity to deal with them. The more inner strength . . . the stronger the challenge!

What are the lessons to be learned within life challenges? For me it's been very clear: How much do I believe in me? Do I love myself? Am I aware of my inner being? So many questions to be understood at a deeper level than which I have been living my life.

There are ways to defeat a challenge:

- Convert all negative thoughts and feelings into positive ones.
- Challenge negative situations with hope. Remember that hope moves mountains!
- Have sell-confidence.
- Use your creative forces to visualize a healthy situation and make it happen.
- Learn to love yourself—true love starts within us!

Life teaches us that we are much more than our eyes can see. The invisible world is the place from where we manifest our reality, our health, our wealth and most of all . . . our lives.

One day, I woke up and realized I was not able to speak with fluidity. Distressed, I fought the idea of not being perfect! I questioned myself: "Am I disconnected from the Matrix?" I was confused, in despair, not understanding my actual situation. And that confusion, deeply imbedded in the Matrix, trapped me even deeper into it! I resisted, and even though "I knew" that

resistance creates more pain, is as if I had blocked part of myself. My life was turning upside down! A quick fall into the spiral of illusion . . . or maybe . . . a way out of that same illusion? I isolated and guarded myself from judgment . . . I had enough on my own! I needed space to understand how the whirlwind had caught me. An easy challenge? No! Was it worth it? It all depended on what road I decided to take: the one of being the victim or the one where I would flow and let God guide me to a path of illumination. So, at the point where the path splits, I started remembering everything I had faced in my life: how I learned to surrender some of my fears, how I stood up in front of tragedy after the man I so loved was shot to death, and how I survived many more stray bullets at the same time. I understood that people can only react from the level they are vibrating at. I realized how many battles I had already won. How many times I stood up after adversity hit me. How I fought to raise my two daughters by myself. The moment I accepted and understood that all is in perfect order. That in reality, as my outer voice weakened, my inner voice started to come out stronger than ever. Nowadays I wonder: Is a disability meant to help us find a certain 'ability'? Is disability in reality a weakness or is it a hidden sign of a potential seed to develop inner strength? Complaining about the problem focuses our energies on expanding it, and as we get more of it and attract other ailments and people that fit perfectly into those lower vibrations, we fall blindly into a deeper trap.

If we learn to focus in the Light and not the darkness of a life trial, then we are giving that trial an opportunity to reveal to us its hidden purpose. Our creative powers contain the seed of the power of creation, with them we co-create our lives every second.

Through our emotions, thoughts, and actions, we either create joy or we create sadness. Using the energy of our creative minds with awareness, we are then living the lives we are meant to live.

I realized how blessed I had been to receive gifts from God and that I needed to share with humanity these gifts without material expectations, making a commitment to inspire one or many—it doesn't matter! As long as I shine

my light with humbleness and gratitude, I know I'm making a difference in this so stressed and needful world!

Our lives last indeed but a brief second in the universe. I want my second to be an Eternal Light gift, not a temporal illusory one, trapped by the holographic Matrix. So now my inner self speaks louder than ever! Joyful to be recognized, loved, ONE with me and with the Universe. It is truly important to understand that when we decree or say an affirmation, we are, in a way, "imputing an order into the Universe" . . . ***so please choose your words wisely***. The Universe cannot perceive negativity; all in the Universe follows a perfect rhythm! The word "no" is not heard. So when we pray, invoke, or ask, please be careful what you say. For example, praying: "Please, God, don't give me this sickness (or situation) . . . heal me," the Universe hears: "Please, give me this sickness (or situation)! An affirmation is a mix of positive vibrations that includes emotions, thoughts, and words. Once proclaimed, we broadcasted it to the Universe.

Mastery of life is . . . to be aware of our body, our thoughts, our emotions, and our actions.

Jacqueline Ripstiens, Invisible Art & Light Technique Inveighs Images in Multiple Wavelengths With the Vibrational Power to Heal Instantaneously

More from Author

Retire Your Inner Critic

Nanci Adair

Are you an artist who doesn't paint, a screenwriter who isn't writing, a musician whose guitar is leaning against the wall? You're not alone. You've got an inner critic, the kind that besets most of my clients and indeed was for many years my own obstacle to creative expression and a joyful spirit. Please read my own story of self-discovery so you too can retire your inner critic.

My name is Nanci Adair, owner of UKandu coaching services. I am creator of the GoalModel method of life coaching, as well as a public speaker and executive producer and host of UKandu radio on the Amazing Women of Power Network. There is a virtual alphabet soup before and after my name. However, academic accomplishment was never enough to conquer the low self-esteem that plagued my existence and curtailed my artistic expression for years.

Raised in an abusive, alcoholic, and drug-addicted family, I favoured fantasy over reality and retreated into a world of art. Inspired by Crocket Johnson's *Harold and the Purple Crayon,* I believed I could create a world of my own simply by drawing it into being. But while art became—and remains—my passion, wishful thinking alone just didn't work.

Like many members of my family, I found myself following a path into the dark woods of addiction.

We all know the phrase "Sticks and stones will break your bones, but names will never hurt you" is a lie, right? I vividly remember when, as a chubby pre-teen, I had one of those alienating, painful experiences caused simply by words.

It was down to the last pick by team captains for a game of capture the flag. Yellow and Red team smocks were being handed out. Two of us were left to

be picked, and one captain chose the spindly young girl awkwardly standing beside me. The captain who would be left with me on his team announced, "You can have her, too" and threw the remaining yellow smock to the ground.

How humiliating! I was already a full-blown food addict and on my body this addiction— unlike drugs and alcohol—was visible to all the world.

When I was only sixteen years old, my mother died of a heart attack. As the last child at home, the prospect of remaining with my dad, who dove even deeper into his Scotch after my mother's death, was not inviting.

I quit high school, moved several states away, got my GED high school equivalency diploma, then worked during the day as a dispatcher for a local Meals on Wheels while taking community college classes at night. At sixteen, I applied for early admission to University of the Redlands in California and got in! But my dad told me he would only pay for colleges in New England. So I returned home and, in a demonstration of anger, submitted ten very expensive applications. I was accepted by all ten schools, including the Rhode Island School of Design. But it delayed my acceptance until the January term, and because I was so anxious to leave home again, I turned down this amazing opportunity to attend one of America's most prestigious art and design colleges.

Instead I chose South Hampton College and, succumbing to my father's belief that I would never make a decent living with my art, I decided art education and psychology would have to be my way of earning an income.

Here's another reflection of how simple words can, and did, crush my young spirit.

One of my first classes was Drawing 101, taught by Bob Munford, a world-renowned printmaker of Barnum & Bailey circus posters. Each day Munford would rip newsprint from a student's drawing pad and staple it to the critique wall. Eventually the day came when Bob selected my newsprint rendering of the nude, and I heard him announce, "This is the worst preconceived

notion of foreshortening I have ever seen." As my lips began to tremble, he asked my name, demanded I stand next to him in front of my peers, and said with disdain, "You're not going to cry, are you?" At which point I said, "No" and burst into tears.

The fact is I became one of Bob's favourite students and studied under his amazing tutelage for the next four years, but it has taken many more years to overcome the trauma and self-evaluation that I was not good enough.

I was twenty-four years old when my father passed away at fifty-four. Though he had financed my studies with some of the finest teachers and purchased the best art materials in recognition of my talent, he was a businessman and held the all-too- prevalent belief that one can not make a viable living in the arts. And in those days I believed my father.

Recently I interviewed Anna Eleanor Roosevelt, Eleanor Roosevelt's grand-daughter. Her life has followed a similar trajectory to my own, first attending art

school and then going into business. During our conversation about inner critics, Anne shared how her grandmother had *Grizelda* moods. I researched the word: it has Germanic roots in two words, Grist and Hilt, meaning dark battles.

It helps me to know that bright, accomplished, historical figures like Eleanor Roosevelt suffered in the trenches of dark battles. Oprah also calls these her "basement days."

Another reflection from my adulthood: It's 2008 and I'm writing my book, *Achieve the Summit of Your Dreams*. I walk into my office and say to Ed, a fellow clinician, "Who am I kidding? I'm a high-school drop out. I can't write a book." To which he replies, "You're a high school dropout with a Master's degree. Get over it."

I respected Ed's clinical summation and wanted to follow his advice. But how? How does one get over low self-esteem in adulthood? How can each

of us put an end to the inner critic before the inner critic puts an end to us? I came to call my inner critique an "inner terrorist" because my inner critic would settle for nothing less than complete annihilation. If not the physical death of me through addiction, then certainly the death of my dreams.

In one of my recent webinars, "How To Retire Your Inner Critic," an attendee said she has a whole team of inner terrorists.

This reminded me of how lonely it is when we listen to those negative, critical, persistent inner voices. Have you ever experienced this downward spiral of self-condemnation? It may start with a disappointment. You want to call a friend, so you look through your contacts, and your inner critic tells you that you really don't have any friends.

I so wanted to "get over it," as Ed suggested, but how? Finally, the answer came: I'd actually written it into my book.

The answer is not an attempt to banish your inner critic. Just like our fears, when we try to ignore them, they grow stronger. In fact, in my book I call the voices engaged in these inner dialogs "fear leaders." The answer is not in trying to get rid of your fear leaders.

The answer is also not thinking positive thoughts, reciting affirmations and incantations, or doing visualizations. Albeit all these tools can be effective, they are not the answer.

The answer is not trying to reach the summit alone. And remembering that It's a journey, not an event.

It's not about reaching out . . . it's about reaching in. Reaching in to your own team of **GoalModels.**

Among the greatest of human needs are to be heard, to be seen, and, most importantly, to feel part of something greater than oneself.

My GoalModel method of life coaching is the way to transform that inner dialog.

In *Achieve The Summit Of Your Dreams,* you create your own team of GoalModels: people you admire, such as historical figures like Eleanor Roosevelt, celebrities like Oprah, leaders in your industry, even a remarkable family member or an amazing friend. The best part is that you can begin in the privacy of your own home. Introverts and extraverts alike can create a GoalModel team.

I've had the unique pleasure of listening to remastered audios of Napoleon Hill's original radio broadcasts from the 1930s. Hill was responsible for the popularity of Mastermind team building in the coaching industry. To my delight, I discovered he had his own imaginary team, similar to my GoalModel invention. Unlike Mastermind group members, GoalModel team members don't have to be people with whom you have frequent contact—or even any contact at all. In fact, GoalModels can be fictional characters like Harold in *Harold and the Purple Crayon*.

My first GoalModel team consisted of ten laminated photos of people I admired. I hung these photographs up in my shower. During my morning routine, I began asking one or more of my GoalModels a question and imagining their response. This way, each and every day, I started my day inspired.

In fact, when I started promoting my GoalModel method of life coaching, I ran a contest for a month of free coaching. The question contestants had to answer was why they wanted to be in my morning shower with me. I received some pretty comical responses.

Interestingly enough, many of my original GoalModels were comedians.

One of my earliest GoalModel method clients came up with the idea of putting images of her GoalModels on mugs. She starts her day by having a cup of coffee with one of her GoalModels.

Today I am free from addiction. I love my body, and I don't miss anything about excess food, weight, drugs, or alcohol. My life is full of love, laughter, creative expression, and spirit. This is not to say that life is perfect or without

tragedy. It is simply that we don't have to face life's trials alone.

My Self-Discovery . . .

The answer is to create a new dialog in your brain, a new way of being where we do not fight dark battles alone. We come out of the basement into the light. The new dialog doesn't fight the inner critic(s). The new dialog is all about compassion. We develop compassion for the way we talk to and about ourselves. We show compassion to the inner critic. We retire the inner critic with a gold watch, symbolic of no more time to waste. We thank them for their service. We surround ourselves with cheerleaders in the form of Goal-Models and we celebrate a new beginning.

Rev. Nanci Weston Adair, MA, LCPC, ACC is an award-winning host and executive producer of UKandu Radio part of the Amazing Women of Power network.(Ukando Radio)

More from Author

Map Your Freedom

Fatemi Ghani

The joy of living a fulfilling and accomplished life comes by making a difference in the lives of others, and this mostly comes from the act of giving. For many years, I persevered in learning what most people need. Like many people, I myself was trying to discover and could not find the answer in my job.

I am a happily married man with a wonderful wife, and have four loving sons, who have blessed my wife and me with beautiful grandchildren. I began my career as an aerospace engineer; I worked in the aviation profession for nearly thirty years, but always felt as if I was working only for my family and myself. I wanted more. I found exactly what I was looking for when I discovered my new career in network marketing. My new love has given me the opportunity to reach out to people globally and help them. Today, I am a happier man because of the love and blessings of my many new friends—I am blessed to have an extended family that consists of people from all over the world.

A country may get its freedom, but individuals may not still be free. When I endeavoured in the journey of network marketing, I found people facing innumerable challenges and looking for solutions in the areas of health and financial wellness. I remember growing up in the 1960s, and I recall the world being more peaceful and individuals healthier and happier. There are numerous problems affecting individuals today, but the biggest problem that the world faces is lack of opportunity and high unemployment rates. Even those who have their so-called secure jobs can get fired in an hour's notice; there is no such thing as job security.

I found the solution I was looking for in 2003, and I am thankful to God that I am fortunate enough to share that solution to many others, who also

have found their answers. I started travelling around the world, and the more I travelled, I found more people who needed what I had. It gives me utter pleasure to help many around the world and see their lives change in a positive manner.

I have conducted thousands of seminars, conferences, and workshops and have guided people to what they are looking for. I have travelled to five continents and forty-six countries with the message of health and personal freedom, and have helped more than 100,000 individuals globally.

I am happy to share that an organization approached us to help children with night blindness (cannot see after dusk) in 2012. Malnutrition is the culprit behind night blindness. With the help of few philanthropists, we started a pilot project of fighting night blindness with fifteen children, and in less than six months, we saw the wonderful results of these children getting their eyesight back. Today, about a thousand children have gotten their eyesight back through this program. This is where the joy of living is when you do something for people who will remember you always.

In order to reach out to millions of people about what I practiced, taught, and witnessed through my proven system, I decided to write my first book, *Map Your Freedom*. It was written for people who are struggling in their lives and are looking for their own freedom. It is a guide that not only provides people with a map, but also the compass that dives deep into what it takes to become a successful entrepreneur. In my travels, I used the Map Your Freedom system to promote financial freedom to more than 100,000 people worldwide, and used the exact same system to open up in six new countries with this global opportunity—and more are in the pipeline.

Today, I am in a position to help thousands of people around the globe. I can help people live a healthier and fuller life, spend more time with family, explore new experiences in new places while traveling, and achieve total personal freedom.

Map Your Freedom was published in 2013 and is now available in three lan-

guages: English, Spanish, and Urdu. I published my second edition last year because of the success people experienced using this book.

The key to success in life lies in having the right coach and mentor. After coaching many successful entrepreneurs and leaders, I discovered that only through personal coaching can I build the trust and relationship necessary to help people take action towards their goals. I tailored a coaching program specifically for people who want to go further in their lives. Each one of us possesses different levels of knowledge, but sometimes our knowledge base needs to be put in the right order. I explore the needs of people and help them define their strengths and weaknesses. People are introduced to the proven system, and they learn how to implement it into their daily routine. My personal coaching, as well as a benchmark and accountability process, ensure success.

After achieving the topmost position in my company and personally having helped thousands of people globally, my mission in life today is to help millions using my online coaching system. If I can do it, others can do it—and you can too!

Fatemi Ghani speaker, trainer, success coach, and author.

More from Author

Make Your Dream a Reality

Jenifer Noel

Do you have a dream but are struggling with how to actually make it happen? Sometimes it can be intimidating to start your own business, write that book, or take that leap of faith to pursue your true passion in life. So here are three very simple strategies you can use to create success doing what you love!

One: Recognize the Incredible Power of Baby Steps

Whenever I set off to accomplish a seemingly impossible goal, such as writing a book or restructuring my company, I would initially approach my objective like a deer in the headlights. I would spend long hours "enjoying" a state of utter paralysis while contemplating the immense job looming ahead.

However, I learned that anything in life can be broken down into a series of very manageable baby steps.

If you want to write a book, write a few sentences every day. If you feel daunted by the idea of getting in shape, commit to a ten-minute workout per day (or even commit to just getting dressed and showing up at the gym!).

All of your baby steps will add up to create incredible results and before you know it, your dream will take on a life of its own! I have been amazed at how well this simple strategy works to help me break through the "deer in the headlights" response to big jobs!

Embrace What Success Means to You (Not What Success Means to Others!)

If you want to be successful doing what you love, take a moment to really define success for yourself; it may not be what you think.

Have you ever heard of the fulfilment curve? One of my favourite concepts from the book *Your Money or Your Life* is the idea that spending *too much money* actually reduces your fulfillment in life.

When I started asking myself, "How much fulfillment do I actually receive from this purchase?" my expenses went down and my fulfillment actually went up. I discovered that success (to me) actually meant greater fulfillment in life and not necessarily a large sum of money in the bank.

Understanding my own definition of success actually created *more* freedom to do what I love because I wasn't stymied by the pressure to conform to some arbitrary standard of success.

Follow Your Heart (and Gut) . . . ALWAYS!

When embarking on the journey to create a business doing what you love, you will be faced by an incredible amount of decisions. Do you need a graphic artist, a website designer, or some help around the office? Who will you work with and what's the best way to invest in growth?

The biggest mistake I have ever made was *not* listening to my heart (and gut) when faced with major decisions. For example, if you are looking to hire someone, pay close attention to how you feel around potential hires. If they look good "on paper" but you don't have a good feeling around them, your innate wisdom is trying to tell you something! I've learned the hard way what happens when you *don't* follow your heart and gut—utter disaster ensues!

The biggest key to success in life is
to follow your heart . . . always.

Jennifer Noel Taylor of Love Incorporated which is a guide for anyone that feels stuck in a mundane job that has little meaning.

More from Author

Your Choice Revolution

Rico Racosky

Nearly 500 years ago, after many years of careful observation and mathematical calculations, astronomer and mathematician Nicolaus Copernicus (1473-1543) concluded that the bulky and cumbersome "Earth-centered" explanation of how the planets and sun revolved around the Earth "just didn't add up"—*literally*. According to his careful calculations and observations, the sun was at the center, and the Earth and other planets revolved around it. So in 1543, just before his passing, Copernicus published a breakthrough 400-page guidebook to the heavens, titled *On Revolutions of the Heavenly Spheres*, which detailed a complete flip in thinking from the "old" Earth- centered view of the cosmos to the "new" sun-centered view.

When it came to *revolutions,* as Copernicus knew and used the word back in 1543—its meaning rooted in Latin "to turn" (as in planets turning and revolving)—he had no idea that his book title had just introduced a second, even more powerful meaning into the language. From his book forward, the word *revolution* would now become associated more frequently with huge "turning points" in history—times of huge human transformation—such as the Agricultural, Scientific, and Industrial *Revolutions*, and on into the Information Revolution.

Yet, as huge an impact as all of these previous revolutions have had on humankind over many centuries, recently another far-reaching *revolution* has been born that will again exponentially transform humankind's understanding of life—the *Choice Revolution*. Like a giant tidal wave of new thought, the Choice Revolution is sweeping people up worldwide into the clear understanding that choice "activates" every person's life instantly—recognizing that every choice counts, because all of life is "powered by choice" and happens at the "speed of choice." As a result, people are understanding that when

they master their daily choices, they can master their lives! The simple, binary process for mastering these daily choices is to take the "choice view" of life using the phrase: *Just 2 Choices*. By knowing and using the clear-cut phrase *Just 2 Choices*— combined with the simple acronym of C.H.O.I.C.E.—anyone can learn to ride the massive incoming "tidal wave of new thought" for life transformation during this awesome Choice Revolution.

C: CLARITY—Is It a "New and Better" or a "Same Old" Choice?

Clarity comes with paying attention to your choices, both small and large. Every choice is made at the "Choice Point"—the point at that "Y" in the road where you choose to go in one direction or the other. Simply stated, at each Choice Point, that's where you will choose to move either in a "new and better" direction to achieve what you've always wanted (extraordinary health, relationships, finances, career, business) or in the "same old" direction, thereby continuing to get what you've always gotten, including more frustration and setbacks. So be aware! Raise your awareness about the *clarity* of your daily choices and transform your life by simply asking yourself several times daily: "Is this choice 'new and better'—or—is it a 'same old' choice?" *Just 2 Choices!*

H: HAVE FUN Learning about Your Choices

Learning through having *fun* is so much easier than having to work at something. As you pay more attention to some of your daily choices, you might find yourself being surprised at how often you say, "That's a 'same old' choice!" Whenever that happens, just smile wide and keep it light-hearted. Think of "recognizing your choices" as a game . . . about life. Also, notice that not every "same old" choice is a bad thing. Some of those "same old" choices are beneficial. Be glad that you have them as habits. As you continue to play this little light-hearted game of paying attention to your choices, you'll see which "same old" choices you will want to keep and which you'll want to switch over to "new and better" choices. Just have *fun* with it!

O: OPPORTUNITY for Outstanding Options

As you increase your clarity of understanding of your choices, you'll start to see how every choice is actually a new "opportunity" to make a "new and better" choice; and as an added bonus, you'll also see that every choice is a new "opportunity" for creating new and better options for fabulous living! Basically, as you start to recognize more of this, new opportunities will suddenly pop up and reveal themselves. This is a signal that your mind has made the natural shift of a flip in thinking—*from* making the "same old" choices *to* now making "new and better" choices—and that positive shift, that "aha!" that comes with recognizing these new opportunities. So there's nothing mysterious or complicated about making choices! All of life for every person on the planet is powered by the choices they make, all day, every day. Just follow the same simple *Just 2 Choices* process. Since there are *Just 2 Choices* in every moment, choose to "invest" your choices in positive opportunities that will create even more "new and better" opportunities and outstanding options for fabulous living.

I: "I CHOOSE TO . . . "

Up to this point with the C.H.O.I.C.E. acronym (C-H-O)—Clarity, Have Fun, and Opportunity—the focus has been to increase your awareness about how much choice is available in your life every day and how you actually use your choices. With the remaining three letters in the acronym (I-C-E), the focus is on raising your awareness of how your choices "activate" the energy in your life. Three powerful, yet easy-to- remember phrases that help you connect with this "activate" idea are to say:

1. "I choose to . . . ";
2. "I choose to appreciate . . . "; and
3. "I choose to tell my New Story of . . . "

Say phrase 1, "I choose to . . . " throughout the day as you do *anything*. This will raise your awareness of how many choices are all around you all day

long. Use phrase 2, "I choose to appreciate . . . " to acknowledge the many positive choices you're *already* making every day. (These positive choices are often overlooked.) Use phrase 3, "I choose to tell my New Story of . . . " whenever you feel overwhelmed or challenged during the day. Since there are *Just 2 Choices* in every moment, choosing to talk about only your New Story directs your energy toward only the New Story—which pulls the plug on sending energy toward your Old Story. Thus, you live your New Story every day instead of your Old Story. No doubt you're familiar with the phrase from *Star Wars*: "Feel the Force flowing through you." As you can already sense, by using these three "I choose to" phrases, you'll be able to "feel the *Choice* flowing through you" as you *feel* your choices "activate" the flow of energy in the direction of your New Story, your New direction in life.

C: CAN-DO with Confidence

Just as you can feel how you "activate" the flow of your energy with the "I choose to" phrases, you will also be able to feel that same energy naturally lift you up into a "can- do" outlook in life with increased confidence. This Can-Do with Confidence is a bonus outcome of your increased choice awareness, because you understand more fully that all of life is "just a choice." That is, based upon which of your *Just 2 Choices* you make most often each day—"new and better" choices or "same old" choices—and that is what becomes your life. Life is neither mysterious nor complicated unless you *choose to* make it mysterious or complicated. The "new and better" choice is simply to make the choice to have a can-do, confident outlook. Sounds too easy? Then what's your other choice? Life truly is a fast-moving, nonstop, seamless sequence of choices—lived and transformed, choice by choice, all day every day. It IS that simple.

E: EXPAND Your Life by Telling Your "New Story"

Life really expands into more fun and freedom when you begin to live it by *conscious* choice. Think about it: life is like a story that you tell yourself repeatedly with your thoughts and words every day. Your "new and better" choices are how you "activate" and direct your energy into your New Story—while your "same old" choices are how you "activate" and keep alive your Old Story. Notice that as you make each choice, your energy will "activate" *either* your New Story *or* your Old Story, *not both* at the same time. The double benefit to this is: you keep telling your New Story about your new life the way you *want it to be* and that energy goes only to your New Story, while none of your energy gets diverted to your Old Story. This means that your Old Story, because you are not "feeding" it energy, will "starve," shrivel up, and go away. As a result, all that will be left is your New Story, because the more frequently you tell your New Story and send your energy in that direction, the more life energy you "feed" your New Story to expand and grow.

Remember: choice is so primal to life that you can't "turn off" making choices, because even *not* making a choice is still a choice. Choice is life, life is choice, and all of life is "powered by choice" and at the "speed of choice." Life always has been happening all along *by choice*, both conscious and unconscious. Now you can wake up, awaken to being conscious of the quality of the choices you make. Every choice counts and will take you either *closer to or farther away* from what you want. Only you can use your choices to "activate" the flow of energy to whatever you *want* (your New Story) or *don't want* (your same Old Story). To help you master your daily choices, you can use these three quick and easy memory tools:

1. Keep in mind during your day the idea of *Just 2 Choices.*
2. Do a simple flip in thinking to keep choosing your "new and better" New Story ideas (as Copernicus did!).

3. Draw on the ideas in the C.H.O.I.C.E. acronym to help you stay on track. No need for paper, pen, or computers. Simply use your mind and memory, and observe how quickly you transform your life with all of your "new and better" choices.

Start you own little Choice Revolution today to transform your life by *conscious* choice. The Choice awakens with *Just 2 Choices*—it's a way of life—it *is* your life. And "May the Choice be with you!"

Rico Racosky, a piolet, an author of
Philosophy of "Just 2 Choices:"

More from Author

The Alarm of the Crying Heart

Tony J. Selimi

The seat of knowledge is in the head,
of wisdom, in the heart.

—William Hazlit

History is equally full of atrocities and great deeds committed in the name of love and God. There are, have been, and will be many philosophers, writers, scientists, and people from all walks of life and professions who devote their lives to the evolution of the human consciousness.

This amazing quote above by William Hazlitt, who was an English writer, drama and literary critic, painter, social commentator, and philosopher, born on April 10, 1778, in Maidstone is one of the many quotes that inspired me to step out of my busy mind and step into my grateful heart.

Every teacher, healer, and person who fortune put on my path helped me find my life's purpose in helping others maximise their human potential through balancing their mind and awakening their heart's wisdom and intelligence.

Many people, despite being aware of the healing power of love, gratitude, and speaking their truth, continue to suffer in silence, remain in relationships that deep down they do not want, and daily go to jobs they do not enjoy.

If you ever wonder why is it that, despite the global awakening, billions of people are unhappy with their lives, experience physical, mental, and emotional pain, and live in poverty—then don't stop here, keep reading.

The truth is we are experiencing a global epidemic of a human-made emotional virus that is fuelling further segregation, creating a strong web of doubt that captures and imprisons millions of people in the darkness of their mind, and giving a rise to even more concerns, worry, and planetary issues that are threatening our very existence as a human species.

Mass media has a lot to answer for, as its polarized views unconsciously encourage people to point their fingers outwardly with blame for the things that they created inwardly.

Deep inside our mind, heart, and soul, there is a voice that wants to be heard. This is the voice of our inbuilt intelligent ALARM that knows when we are not truly aligned to our inspired purpose, dream, vision, and calling.

When we are not listening to the voice of this inbuilt ALARM, we are ignoring our heart's cry for help, and we are denying our soul's yearning to manifest its infinite gifts into this physical reality.

On my journey through a storm of life adversities that hit me from a very young age, I came to understand the main reason that keeps us trapped in the illusion of our creation.

It is this discovery that inspired me to break free the nine-to-five mundane way of living, write two best-selling books, and pursue my entrepreneurial path with a mission to reach, educate, and elevate the minds and inspire the hearts of one billion people.

I learned through personal hardship how each life adversity taught me things I previously knew nothing about. It also fine-tuned me to listen better to what was going on in my scattered mind and the vast ocean full of pain-generating emotions.

You may be at a point in your life where you are focusing on finding the reasons you are in the situation you may be currently in. Some of you may be looking for answers in the actions you took that created those situations you are trying to change. Some of you may be at the point where you are

wondering what you can do next to get out of this situation and put yourself into a more favourable reality.

Or are you perhaps someone who has reached the point in your life where you have acknowledged the truth that resides in your heart?

If so, then you know the reason why you created the reality that now you are desperately trying to change. This is the time for you to voice it, hear it, and take action to honour it.

Whatever point in your life you may be, your heart consistently knows the truth, which your dark mind is trying to conceal with a thick veil to prevent you from seeing the beauty in all that you create. The question you may want to answer is: "Are you listening to your heart's knowing?"

Unfortunately for many people out there, we are not taught to embrace the wisdom of our hearts that knows love is pain and pleasure in equal measure.

For this reason, we are constantly fed the illusion of a one-sided, favourable reality, which can encourage polarized thinking. It is this chasing of a one-sided fantasy— happiness without sadness, wealth without poverty, and wanting without giving—that is polluting the collective consciousness and making our minds dark and our hearts cry.

I wrote what have now become international award-winning books, *A Path to Wisdom* and *#Loneliness,* with a mission to help people on their journey to find balance, become healthy, and find inner peace so that they can listen to their heart's wisdom.

It is on this journey to quieten my mind and listen to my heart that I also created the TJS Evolutionary Method, which I share in more detail in my first book, *A Path to Wisdom*.

The main message behind the five-step methodology is: "When we truly acknowledge love, we achieve astronomical results that we call a miracle of God."

I believe we are all born as equals, and the very same intelligence that created us all is in us all. It is only what happens to us from the moment we are born that we start to forget the power we all have within.

Acknowledging this knowing in my heart, coupled with thirty years of research, study, and experience is what gave birth to this unique methodology that millions of people are now using to illuminate the dark parts of their minds and listen to the messages that stem from their crying hearts.

As I gave myself the permission to bring about the miracles my heart desired, I started to listen to the crying voice of other hearts.

When you do not listen to your own crying heart, it is impossible to listen to the crying sounds that come from the people with wounded hearts.

But if you are like some of my clients who are students of wisdom, while you are evolving along the journey of creating your dream, you acknowledge to yourself that occasionally you do run into mental, emotional, or physical roadblocks.

In doing so, you start to accept how these roadblocks or hindering states of challenge or chaos arise from listening to the external polarized voices that intoxicate your being.

You know that these roadblocks stem from not hearing your hearts ALARMS that know when your mind and life are not organized and prioritized in such a manner that you have assisted yourself in attaining or fulfilling your desired mission, vision, and purpose.

Many of my clients who have completed The Vital Planning for Elevated Living five-day intensive created the breakthroughs required to allow them to listen to their crying hearts and honour the voice of their body-mind.

These five days of intensive learning focus on how to illuminate the dark parts of the mind so that the heart can stop crying. I have seen it over and over, how my clients create the shifts required that makes their heart smile

and their being shine.

You know from experience that when you feel good, others around you are inspired, and they pick up the love radiation that you shine.

Entering this new vibrational frequency that makes your heart smile creates the conditions where life just starts to work better. You start to show up at just the right places at just the right times to listen and speak to all the right people about all the right things, and you simply are in flow with life.

To help you on this journey, learn how to use the twenty-five conscious engineering steps of the TJS Evolutionary Method and the ALARM to balance your eight key areas of life. The more balance you experience within, the more life and the universe start to work better for you and those around you.

Listening to the messages of your inner ALARM is what unleashes the power of your inner being. It is in going through sexual abuse, bullying, civil war, living homeless on the streets of London, and climbing the corporate ladder that I watched with amazement how the world around me reflected the ALARMS that feelings in my body kept creating.

Despite the many setbacks, I never stopped searching for answers while I was building a very successful IT career. I became passionate about learning more about personal, professional, business, and spiritual development.

On this journey I learned how we can't fake what we feel inside. I also learned how our outer reality of life and every person who we encounter is simply the mirror representation of what is going on within us.

In the process of healing many of my life traumas, I started to access higher states of awareness, alertness, and advancements, which I decided to share in my latest book *#Loneliness—The Virus of the Modern Age*.

As you learn to go through all the things that life brings to you, you build a wall of resistance to feeling great about yourself, to sharing yourself openly, and to connecting with others in a very authentic way.

Many of you identify yourself as fighters; you take pride in the pain and carry on. Well, you also know that that way of concealing your pain burns out pretty quickly, too.

The more I used the TJS Evolutionary Method to help thousands of people navigate through an ocean of adversity, the more they came to realise that the world was not doing any harm to them, but it is the perceptual filters through which they observed the world that created the pain and emptiness they felt inside.

Having gone through this journey many times, I now help people by being a clean mirror for them, reflecting the light in which their dark mind loves to hide.

This was the case with Paul, a client of mine who came to see me to help him cure his twenty-three years of living with the pain of having hundreds of symptoms of OCD (obsessive-compulsive disorder).

I remember seeing him for the first time in the room at Body Mind Festival at London Olympia, where I was giving a talk, "How to Be in Flow with the Rhythm of Life." He was timid, introverted, and did not like to communicate much with people. It was when he approached me to book a consultation and buy signed copies of my books that I heard his heart's cry for help in his voice.

As he embarked on his coaching journey with me, he started to observe how the more layers we unravelled within, the healthier he started to feel inside. The more he started to follow the path of his heart joy to heal OCD, the more he desired to become a beacon of light and a teacher who supports other OCD sufferers in the world on their journey to perfect health.

Paul started to see the world around him as a reflection of his inner space to learn from, grow, and evolve. I remember the moment he stopped fighting and started listening to the apparent resistance around him that, in fact, it stemmed from within.

As we traced each resistance, pain, or frustration he felt within or was appearing outside back to the roots in him, he found lots of stories, beliefs, and injected values that kept him in a never-ending cycle of feeling ill and unworthy of love.

It is those stories that we tell ourselves and the beliefs about things we hold so tightly that prevent us from truly listening to the cry of our heart.

Yet when we allow ourselves to go through the process of exploring those truths in the presence of a heart that shines love and light, we see these suppressed truths that bring the pain and make our hearts cry.

When there is pain, there is blindness to the wholeness of your creation. It is your ego that conceals the pleasure that lives on the other side of the pain. The more I used TJS

Evolutionary Method on every pain that Paul shared with me in his sessions, the more we neutralised the one-sided emotions that kept fuelling his OCD.

As he started to follow his inner navigational system, he started to honour more and more what his heart loved. The more he did that, the more his physiology started to get back into perfect health.

Paul's behaviours changed, as did his mindset, and the way he would respond to outer criticisms. His heart stopped crying for validation, attention, and acceptance by others and instead it learned to radiate love and light.

It was this shift that created the inner conditions required for him to heal more than two decades of living with the pain of OCD.

Paul's story inspired me, and in turn my business partners, to film his journey in a unique real-life coaching documentary capturing the healing journey through OCD with a mission to educate, teach, and support millions of OCD sufferers on their journey to perfect health.

Stories like this from the thousands of clients I have helped bring to life the miracles they desire is what inspires me to wake up every day, do more, love

more, and contribute more.

What about you? Do you know what is your heart crying for? If not, take a moment, go within, and listen to the hidden messages of your crying heart.

To help you on this journey, here are few suggestions:

1. Acknowledge the power that lives within. To do so, grab a copy of the international award-winning book *#Loneliness* and start learning powerful life principles that show you how to shine light on parts of your brain that may be in the dark.

2. Love the unlovable. This is the hardest concept many of my clients had to grasp in order to heal from within. There are many methods out there to help you do that. TJS Evolutionary Method has been tested many times on many people and with a variety of issues that impact each one of us. Grab a copy of *A Path to Wisdom*; for your convenience I have made sure that the book is available in every convenient format so that you can focus on your learning.

3. Achieve a state of inner mastery. You could continue to discover the power you can unleash when you start to listen to your inner ALARM. Don't just read the book, do all the exercises and learn how to use the TJS Evolutionary Method to balance your perceptions that cause you pain, segregation, and isolation.

4. Results are your creation. Accept this fundamental truth and identify what results you may wish to create in all of the eight key areas of life and use the wisdom shared in both books to help you create unshakable foundations for the life your heart is longing to create.

5. A miracle is what you are. Learn to unleash all your mental faculties to support you in hearing the cries of your heart and

turn the voices into actions that drive the purpose of your life.

The question now is: "How long are you going to wait before you listen to your heart for help? Before you demand the best for yourself and in no instance bypass the discriminations of reason?"

By design you have been given the principles that you ought to endorse, the ALARM you ought to listen to

Thank you for your time in reading this chapter, I trust it has inspired you to listen to your heart's longing, and infused you with infinite love and blessings.

Tony J. Selimi is internationally known as a Human Behaviour, Cognition and Emotional Intelligence Expert.

More from Author

Being Invincible

Kim Karrington Cartwright

I WANT TO SHARE WITH you about the journey to personal freedom, self-worth, invincibility, and resiliency. It is about releasing the ties that bind and becoming so strong at your core that you stop vacillating as to what is truly right action. You stop asserting yourself against the world and its conditions, being in its face, and taking on the heavy burden of saving everyone and everything because you do not believe that anyone else will step up to the plate. It is being strong and supple, as the water that passes over the rocks and branches along its path. It is not attacking problems; it is controlling them by swinging, swaying and swimming with them.

Water changes, flows, and adapts to circumstances and its environment. It is about my book trilogy, *The Taste of Freedom*, and knowing that once you taste the freedom of being in all its magnificence, you can never forget it. You can claim your self-worth, wholeness, and inherent value and make choices from living in that valued space and identity.

I feel it is important to share a poem of mine, entitled "Invincible." It speaks to my deep and abiding desire to help others find a "Plan B" or a "Plan C" so that they can avoid suffering and pain and find an easier way to cope, survive, live, and thrive. Through all of my creations, I address the journey to self-worth and one's intrinsic and unique value as a child of the universe with a purpose and expression that matters. In this human experience on this earth at this time, we are confronted with many challenges and distractions. When we learn new ways to navigate the twists and turns in life, we are able to share our epiphanies with others so that their paths become easier to follow and their burdens are lighter.

We each have a mission we are meant to fulfill in the life we have chosen. We have the choice to stand still, to move forward or back, to help expand

or contract the energy in this world. We can choose to repeat the same old, same old or bravely venture out to engage new possibilities, break down barriers and walls, jump over fences, and grasp the golden ring of our highest potential, and align ourselves with our highest destiny. Fulfillment is known at our deepest soul level. No one can judge another person's journey unless they have traveled the exact same road and walked in their shoes. The measure of one's life is known in the simplest terms: whether you did all you wanted to do, released all you wanted to release, and lived and loved to your highest capacity.

Invincible

So many times I hit a wall Could not find an opening Had a terrible fall

But through it all I could not quit

My body was aching, my heart ripped and split Yet my spirit was Invincible

Invincible, Invincible

My soul was forged again and again Through ferociously flaming fire it survived It was strengthened beyond measure

Unyielding in consistency, stability, and insight In determination and love's energy it thrived

There was a reason why I came here A destiny to be fulfilled

A purpose for my life, to lessen suffering

And help others find their inherent value, freedom, and highest will

Before I leave this earth Before my time is done

I must feel my life mattered That my best race was run

That my words were etched in stone and rocks My pictures broke each and every clock

All who suffered would suffer no more Strength, supply, and joy would be restored

That my songs healed hearts, my art and stories changed lives That I could help others not have to plead, struggle, and strive That the winds of my compassion would spread through every land To make the leaves of despair and pain scatter

To uplift, through their dance, the soul of every child, woman, and man To unfold and reveal the secret that allows one to be present in peace

Perfect satisfaction ever-expanding so that the past holds no charge or pull and Conditioning and beliefs that bind and repeat are forever released

To move fear and doubt as clouds quickly passing through the sky

So that each future nanosecond with ease, abundance, and grace arrives

No matter where my being shall travel Or whose hand or heart I shall touch

Let the resiliency and indomitability of my soul Bring love, hope, and blessings of the highest good

To all I reach so they shall have souls invincible, content, and whole.

My life has been an endless loop of discovery and understanding—the urge to discover and the desire to understand, the need to be free on all levels, to be complete and whole, and the willingness to purge myself at the deepest levels, risk everything to let go of the ties that bind, and engage in illimit-

able self-reflection and introspection. I reached a plateau of feeling content and aware, only to be pushed off the edge and fall into deep and treacherous canyons, where I am rescued by a grand and triumphant eagle who carries me to a new and higher mountain. Sometimes the fall is quick and painless; sometimes it is not. Sometimes a lion of strength breaks my fall or as I plunge into the water, a dolphin lifts me up and carries me on his back so that I will not resist the water's flow. When I reached the top and realized I was at the bottom of a new mountain, I had to make peace with that process.

Everything I do as an artist is aimed at uplifting someone through beauty and the most powerful and passionate levels to touch the hearts and souls of others. As I write and bring forth my creations, I experience everything at the most raw and fundamental level and as I do, healing energy manifests that becomes infused in the creations.

My creations are about the journey to personal freedom, self-worth, invincibility and resiliency. I write about releasing the ties that bind and becoming so strong at your core that you stop vacillating as to what is truly right action. You stop asserting yourself against the world and its conditions, being in its face, and taking on the heavy burden of saving everyone and everything because you do not believe that anyone else will step up to the plate. It is being strong and supple as the water that passes over the rocks and branches along its path. It is about being heart-centered and making your life decisions based from that pure place and trusting your intuition and instincts at all times.

It is recognizing when you are affected by another's energy and opinions and you get off center. When this happens, you forget to breathe deeply, your essence starts feeling smaller and smaller, you second-guess yourself, and start feeling vulnerable and unsure. Even though your gut is screaming that something is wrong, you see with your human eyes a picture that is coloured by what others say and do and their opinions.

You ignore all the warning signs that are going off in your body. You get pulled away from the truth of your being, and feeling cut off and in a vulner-

able state, you make decisions that may not be in your best interest.

So I try to express in my works ways to see with your inner eye when something does not feel right, so you can become more aware of when you get pulled off center and learn to be vigilant in staying in your own soul's integrity and heart space. I create poems to help you process your emotions and evaluate your alternatives. My photographs are meant to take you on magical, powerful, and wondrous journeys. My songs take you through unforgettable melodies into all the varied aspects of love and relationships. Everything is meant to soothe you, inspire you, or fill you with the energy of the dance of life in all its excitement, intrigue, and passion. My paintings and art lead you to other worlds and allow you to see something new every time. My creations are imbued with a sense of familiarity and comfort so that even if you are intrigued by them, you will always find a state of feeling at home and understood. They let you dream and take flight with your feet on the ground.

My book trilogy, *The Taste of Freedom*, is a grand journey to self-exploration, an adventure based in practical spirituality so that you can live in this world but not of it, not pulled down by it. It helps you keep your peace when confronted with things that can move and shake you. It helps you reconnect to your Source and heal heartache, understand the process of forgiveness, and claim your self-worth and freedom.

Each chapter builds on the next and leads to a transformative experience. One can also read whatever chapter one needs at the time, based on its theme. The Chapter titles are based in nature. Each theme matches the embodiment of the chapter's title; for example, "Night," as being the "dark night of the soul" and all the things one goes through during that period—suffering, abuse, breakups, and how to get through them with dignity, strength, hope, and a plan for the future. The "Stars" chapter is about all the various aspects of love . . . of friendship, romance, self-love and acceptance, and love of the divine.

In *The Taste of Freedom Trilogy* I have addressed many scenarios one can encounter in daily living that yield the emotional experiences of grief, heart-

ache, pain, abuse, forgiveness, and dealing with bullying, greed, arrogance, trauma, and so on. There is guidance to help you maintain peace and a positive outlook. There are poems, prose, and stories that are meant to be read aloud to help process and clear the emotions that arise in various situations. There are photographs that match the meaning and intent of each poem. By viewing the photo at the same time as reading the poem, you obtain a visceral experience that moves the energy in a powerful and constructive way.

My intention was to have these books be a sanctuary that gives readers a place to visit where they can feel a sense of relief that they are not alone in their pain and discover ways they can overcome their problems. I want the books to give the reader courage, insight, clarity, and comfort. I endeavour to have each poem and photo lift them higher and higher, and each time they read or view them they gain a new awareness, "aha" moments, releases, and gains, all towards a happier, freer, more content and valued life, whether they are by themselves or with others.

These books are meant to be read out loud by yourself or with a group of friends so you can share and explore your experiences and achievements together. *The Taste of Freedom Trilogy* is a transformational journey about love, loss, and restoration. They are works with a powerful simplicity and inspiring wisdom that is lush, evocative, and deeply moving.

Once you taste the freedom of being in all its magnificence, you can never forget it. You can claim your self-worth, wholeness, and inherent value, and make choices from living in that valued space and identity.

Kim Karrington Cartwright, singer, writer, author, photographer,
and poet, Kim shares her art to live with us.

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Next Book in the series coming in the summer of 2017