

Trust Your Truth



Trust Your Truth sounds like one of those slick slogans we hear on television that is meant to motivate us ~ for any number of reasons ~ into an action of some type. And, *Trust Your Truth* might be a phrase to help us as we seek information to guide us in our Search for Self. Waith has much to say about trusting Self and forming our own truth.

During his class, *How to Convene a Meeting of the Dimensions of Self*, Waith counseled:

Waith: *"You need to trust that you are within Self and that you are receiving the information you need to receive so as to respond on a daily basis."*

One of our greatest challenges comes in learning to trust Self. As we become more trusting of Self, we are able to trust our truth. When we trust our truth, we are able to better express our truth to Others. And, when we can express our truth to Others, we are responding ~ rather than reacting ~ to the world around us.

I Trust my Truth when a challenge is presented to me because I have learned from experience that no matter the difficulty, I will respond in a way that brings growth to Self. I have physical challenges to both feet. I trust my feet will have what they need to bring growth to my entire Self. This is a Truth that I hold and it brings me freedom ~ and, as Janis Joplin sang, "Freedom is just another word for nothing left to lose