

FAULTS AND MISTAKES

We talk about our DARK SIDE or SHADOW, but we have WRONGLY JUDGED! No matter who taught you this about life or about you, consider the bare fact that . . . **THEY WERE WRONG!**

We need to STOP FEARING our SHADOW or DARK AREAS! We have withheld and punished these parts of us for far, far too long!

All this is, are things you MISJUDGED as a “BAD” or unwanted parts of you that you don’t accept, or couldn’t accept during an intense time of your life, THAT’S ALL! In overwhelming times, we all SHAPE-SHIFT, doing or being things that are not our authentic self. There are endless reasons, from desperately wanting acceptance and approval to doing whatever it takes to SURVIVE! It’s totally human to suppress or HIDE these things because we know it’s not safe or we did not feel capable at the time.

And so, we tucked it away in the dark or the shadows, to shelter ourselves or others. We were just trying to SURVIVE the upsets or uncertainties or DOUBTS IN OURSELVES and get through life, whatever they were— THAT’S ALL!

THE REAL REALITY

“Back to REALITY.” One of the worst phrases on the planet! People just say it without thinking . . . and when did the world flip to what kids call “Opposites Day” anyway? By the way, KIDS KNOW. They are not delusional yet, so please listen to them! ASK THEM for advice on days you can’t get clear. THEY DO KNOW WHAT’S REAL! Let them HELP YOU REMEMBER!

The more society and others’ beliefs get lodged in our head, the farther we get from REAL. We can get back to it though—instantly, if we want. Here’s the OPPOSITES WORLD we live in:

INSTEAD OF

WE FALL INTO

God/Love/All That Is	Fear/Hate/Anxiety/Separation
Natural Healing Tools	Mostly Poisonous Symptom Fixers
Taking our Body’s Signals	Finding Everything Wrong with It
Comforting Our Minds	Treating it as an Enemy & Suppress
The Soul’s Joyful Easy Way	Lies that It’s Hard and Not Fun
Knowing What’s REAL	Making Life Miserable as Our Real
Trusting Inner Guidance	Following Those Completely Lost
Looking for the Higher Good	Getting Stuck in the Human Details
Accepting What Is	Saving/Fixing or Sacrificing Ourselves
Focusing on Our Learning	Judging Ourselves and Others
Being Ourselves	Hiding Behind Excuses and Others
Loving Ourselves	Seeking Acceptance from Others

The only thing true about what most people refer to as “REALITY” is that they’re choosing it as their current state of being—their way of living. Why? Because that’s what everybody else is doing, and that’s about it! Even if EVERYONE around you is doing it, please don’t follow directions from the lost