



THREADS OF TRUTH WOVEN INTO THE FABRIC OF LIFE

A series of ideas meant to deepen your inner journey

NUMBER THREE

THE TRUE SELF LIFE

The previous *Wisdom Weaving*, “Learning to Grow in Your Soul,” contributed by Tom, got me thinking about my persistent tendency to fall back into my “pre-adolescent stage of development.” Whenever I think I have learned to cope with all of life’s dramas and difficulties, I have to remind myself that I am not there yet. I am perennially in the development stage and the “False Self” is waiting in the wings, ready to step in and act as my surrogate. But that is not who I really am, not my “True Self.”

The idea of living out of one’s True Self is not the way most of us understand life. We meet precious few individuals who are fully aware of their shadow side where the False Self resides; only a few people who can name their darkness and then walk out into the light. We are grateful to them, for they give us hope and show us the way to living a True Self life.

As Tom posits, real character development happens at the soul level and requires a cognitive curiosity—the conscious willingness to change. Experience tells us that the shift toward True Self living is dramatic and happens only after someone has had a life altering experience, or a deep revelation. People don’t just wake up one day and start living the life that they were meant to live.

The people who come to us at WisdomGuides are ready to set a new direction for their lives. These wisdom seekers have come to the realization that they don’t know everything they once thought they knew. They are

wondering what life is really all about and hope that we can help them find what they are looking for. The truly fascinating part of this is that many men and women we work with don't know what they are after, but they know that what they have is not enough!

E.A.

Something to think about:

- o *What am I really looking for?*