

## Awakening Your Everyday Wisdom: Video #2 – Truth

### Here are Some Suggestions to Help You Access Your Everyday Wisdom:

1. Question and observe everything, discover what offers logical, mathematical, and scientific proof over time, possibly leading you to objective truth.
2. Question your own thoughts and beliefs. Why do you think and believe what you do? We humans can easily deceive ourselves and each other.
3. Examine the sources of your thoughts and beliefs; recognizing the safety of believing what you were first taught, even if current facts might challenge your early lessons.
4. Trust yourself; trust your intuition and your inner knowing, leading you to your subjective truth, which may be more real than objective truth.
5. Trust the part of you that some would call your spark of Divinity, leading you to your spiritual truth.
6. Meditate and pray for truth to be shown to you and inner wisdom to be given to you.
7. Notice what feels “right”; what opens doors for you; and what guides your behavior and experiences, leading to your empirical truth.

### Affirmations

1. I trust my internal knowing.
2. I am capable of discerning truth.
3. My heart is filled with peace, joy, and love.

### Messages – Inspired by Pamela Eakins PhD – *Tarot of the Spirit*

- Do we believe what we see or do we see what we believe?
- Look for glimpses of truth and light amid haphazard, incomplete information.
- Take all sides of a situation or information into consideration.
- Do not believe anything blindly, rather demonstrate the truth to yourself.
- Nothing is true except what we make it so.