

List of 6 Core Untruths/ Core Truths

Here is a list of 6 common Core Untruths I have found most souls tend to choose to experience in physical life and the 6 subsequent Truths I have found most souls desire to embody through awareness

Untruth #1 - I am separate, alone, disconnected (from Source)

- Often feel like you need another to complete you but never actually feel complete
- Will cling to unhealthy situations because of fear of disconnection
- Can take on addictive behaviors to fill perceived empty space

Truth #1 – I am whole, perfect and complete just as I am , I am connected with Source

- When feel connection with Source, naturally feel complete
- When feel connection, naturally feel connected to others & all of life as they are an extension of Source as well

Untruth #2 - I am not good enough or worthy

- Often feel like have to prove worth or value to others and self
- Can have tendency to be people pleaser or over achiever to gain feeling of worth
- Can also go to other side of spectrum and play the powerless role of victim
- Willing to be treated disrespectfully by others and self

Truth #2 - My worth is defined within, I am inherently worthy

- Nothing you do defines you as worthy, your worth is inherent
- Realize everyone has equal worth and value regardless of outer circumstances
- Learn balance of accepting others as they are and ensuring that your needs are met
- Learn boundaries, ask for what you need, release unhealthy situations to attract in new healthy ones

Untruth # 3 - I am not loved /loveable

- Continually trying to get love and acceptance from others but never feel it
- Jealousy, deceit, protection mechanisms, self-sabotage in relationships

Truth #3 - I am love embodied

- Love is your natural state – love is within
- Fill yourself and give love to others from your overflow
- Radiate love - don't need love to give love

Untruth #4 - There is not enough

- Not enough...money, time, resources

Truth #4 - There is an abundance of all I need and want

- I create abundance through knowing abundance is my natural state
- Attract in what is needed, as it is needed through Law of Attraction

Untruth #5 – My power is outside of me

- I need outer circumstances to change to experience wellbeing
- Can take on role of victim (powerless) or bully (controlling)

Truth #5 - My power lies within

- What you DON'T have control over – outer circumstances - other people (they have free will), weather, traffic etc.
- What you DO have control over - beliefs, emotions, perceptions and actions
- Experience a sense of inner peace and calm regardless of outer circumstances
- Outer circumstances are more likely to reflect your high vibration allowing an easier flow to life

Untruth # 6 – I can't have it all, either/or

- I have to sacrifice on one thing I really want in order to get another
- Tend to focus on specifics – ex. that specific car, that specific person, that specific house

Truth #6 – I can create the essence of all I desire

- There is no either/or in the universe. If you desire it, the universe can create it in essence
- Essence is the key. Let go of it needing to look a certain way and having to come through a certain avenue. Just hold to the essence – ex. reliable car, loving partner, cozy house

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