

These 10 Absolute Truths are presented in a developmental sequence and in my professional estimation, happen to everyone—period. This means everyone starts out the same. We are only different as human beings in the content and interpretation of our stories. It is from this compassionate and ethical context I want you to learn to view your life.

Make note and internalize this...what happens to us first matters! The problem is, most of us are not viewing life from the beginning. Instead, we're trying to make sense of things after several events have occurred. As I note on my website, when we're off by one degree on a compass, the further we get from our starting point, the more lost and confused we become. In my teachings you will come to understand that most people are using the ego as a default guide NOT their true compass. This single shift in perspective is huge – the same as knowing the earth is round versus flat! As you read these absolute truths, feel free to ask questions. Let me know how I can best mentor you. This is why I am here! Let's move forward together and discover your life as intended. Believe it or not, it is waiting for you!

## **10 Absolute Truths**

### **1- Everyone begins as a burst of light and is a hopeful expectation for the future.**

Premise: Science instructs that life is adverse by design. To anchor itself and assure continuity, life increases the probability and possibility of surviving simply by increasing the odds statistically. In this way, each time life is created and succeeds at anchoring itself, all living things (especially YOU) become a hopeful expectation for the future.

### **2- Everyone carries a concentrated 'spark' of consciousness that is uniquely their signature expression.**

Premise: At the moment of fertilization, the 'spark' monitored is a drop of collective consciousness. In a subjective Universe, and because there is something that it is like to be 'the life' that is you or me, we are both conscious. This consciousness wants nothing more than to be its fullest expression—as life intended. Its expression is 'signature' because it is separate from our ego identity and instrumental in helping us discern (observe and interpret) our subjective experiences.

### **3- Everyone is a feeling-sensing-experiential being that re-acts to the present.**

Premise: Upon conception we arrive fully present-tense and with our feeling re-actions intact. These reactions are paired with thoughts, become beliefs and later categorized by the ego (as emotions or re-enactments) at the onset of language. Thus, for two+ years human beings are egoless and have a spiritual (i.e. feeling) relationship with the world. Everyone has a precognitive memory of this period of time (in their body) and only needs to be remembered!

### **4- Everyone has three organs of perception through which to view their lives.**

Premise: These organs consist of the human spirit (feelings), ego (adaptive function), and the heart (human compass). Our feelings (re-actions) are intended to provoke the ego to awaken to the heart's intent and be present. Instead, many of us are 'stuck' in the provocation, interpret this as angst, which causes depression or anxiety. We are intended to use these re-enactments (emotions) to self-correct and awaken.

## **5- Everyone undergoes the illusion of separation from their intelligent ‘spark’ to life.**

Premise: Initially synchronized with the heart of the creator and life itself, our physical arrival into the world is registered by the body as separation. This is later reinforced by the collective ego as a ‘fated break’ from the source. In Western thought, this makes life a failed experiment and people are part of the mistake.

## **6- Everyone is divided by a psychological reality which places them in the unavoidable dimension of guilt and shame.**

Premise: Because it is impossible to be a spiritual (feeling) being born into a psychological reality and not experience self-blame, self-punishment (guilt), and self-loathing (shame), we are left with the message that there is a right-wrong to ‘be’ in the world. The illusion of separation is merged with division as one event.

## **7- Everyone develops an ‘adaptive angst’ to cope with their feelings of separation and division.**

Premise: The natural resting state of the human ego is anxious (based on lack) while the heart’s natural state is idling (based on longing). Human beings are taught that these two organs of perception are in competition with one another when in truth, their relationship is symbiotic – designed to be mutually beneficial to the other.

## **8- Everyone has to learn to manage the emotional volatility relative to their ego’s adaptations.**

Premise: Because feelings (re-actions) are often overwhelmed by the ego’s emotions (re-enactments), they are thought to be the same. This can take us away from the immediate moment as the ego tends to live from the past and/or worry about the future. It is unable recognize the ‘sacrifice of presence’ as a maladaptation. The deeper the sacrifice is felt, the more intense the emotional re-enactment. The fear, anger, and grief around the frustrating loss of self (i.e. signature expression) dictates the volatility of our emotions.

## **9- Everyone has four ego states through which to observe their subjective lives.**

Premise: While the observer (signature expression) utilizes our feelings (spirit), adaptations (ego), and navigational accuracy (heart-body) to witness our lives, its observations can be complicated by four ego states or perspectives: counselor, critic, mediator, and bully. These lenses of perception are acquired (or not) from the personal and collective culture.

## **10-Everyone ultimately seeks or desires congruence between their inner and outer worlds OR suffers from not knowing how.**

Premise: Life as intended is sacrificed (unknowingly) for life as it is. This unconscious decision to accept a psychological reality over a spiritual existence is ‘felt’ internally by everyone as incongruence. Once our internal and external worlds conflict, the ego looks outward to solve the problem (to make the pain stop). It has yet to learn that the only universe human beings can control is the one happening inside of them. Restoring balance between these two worlds is an inside out process NOT the reverse.