

Inside The Truth Begins With You

Introduction

As a child I was said to have been very quiet and polite, a little girl with long braids and of few words. Growing up with a lot of confusion about why things happened as they did, I was ever so vigilant, listening and watching. Like many in similar situations, I ventured forth with pragmatism about survivorship—introspective—believing that no one deserves to live a life of fear. Not me, not you. As a young girl, I was developing clarity within a belief system that would drive me in my professional work and personal life. I am not sure I understood the process as it was occurring, but in hindsight I realize that I ultimately “stood tall in the face of my truths.” In my healing process, I began to offer to others what I also needed to hear: “Your strengths are more powerful than your vulnerabilities.” “You are very special. You may never have had the opportunity to believe in your specialness. You may believe in it today.”

As is true for all of us, I have had many life lessons and with those lessons I continue to listen to what has given me strength. I try to live my life “walking the walk,” hoping to make a difference in people’s lives by speaking to their hearts with words that offer love and connection. I have worked with thousands of people who have struggled for various reasons; people challenged with losses and addiction, who are angry, lost and confused, and simply afraid. Whatever the complexity of your life experience, these short statements are meant to support you in being true to yourself, valuing yourself, and celebrating your preciousness. Use this book in whatever way supports you at any given time. It may become a part of your morning or bedtime ritual. Perhaps you’ll carry it with you or keep it close by in your purse, on your desk, or in your car. You never know when you might need a moment of grounding or inspiration. I hope its pages become dog-eared, as you mark the favorites that you go back to time and time again. I can also envision the sayings offering a source for conversation among friends and family. At the back, you will find a few blank pages to note thoughts or sayings that you want to add for yourself.

My wish for you is that you find comfort, inspiration, and hope in these thoughts in a way that ultimately translates into actions that support a life of self-care, self-love, and integrity. Remember, “The truth begins with you . . . your truth.”