

3 Essential Truths Most People Forget

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Life is a stream of experiences that help continuously shape who we are. There are certain essential truths that we acknowledge at certain points of our lives, yet usually tuck away into the depths of our subconscious minds. We are usually preoccupied with other things and don't allow the power of those essential truths to guide us as we navigate through life. That's why I felt it would be a good idea to reflect on some of the essential truths of life we often forget about.



Let's jump right into what they are.

You Are Your Life's Architect

“We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world.” These words, spoken 2,500 years ago by Buddha, are some of the most profound ever spoken. Yet, we often forget to live by them. If we lived our lives as if we were the architects of them, we would stop getting involved in self-sabotage.

You hold the power to create a life for yourself that you believe is best for you. You have the ability to respond to and engage with situations in ways that help or hurt you. There's always a choice between playing the victim and playing the victor. You are not as powerless as you may usually believe. Be brave and make decisions that are guided by your heart.

The Only Constant in Existence Is Change

Everything ebbs and flows. Things happen in cycles, following spiral dynamics and fractal patterns, within a multidimensional holographic universe. Nothing is static. Everything changes all the time. Who you are today will not be who you are tomorrow, a year from now, or ten years into the future present. Life doesn't stop, no matter how good you have it. In fact, life goes fast, and seems to go faster the longer you're on this planet.

Being resistant to change, which is the bedrock of certain belief systems, will lead to suffering. It's impossible to freeze the perpetual motions of Reality. Instead, we should learn how to adapt to the changes as best as we can. Also, avoid letting life pass you by. Savor the sublime moments and peak experiences. Acknowledge that the challenging experiences will soon pass.

Love Has to Come From Within You

People usually search for love everywhere except for within themselves. They'll look for their soul mate (or now searching for your 'twin flame' is in vogue) so they can finally feel the love they do not feel. They will fill a void with something missing they believe can come from outside of themselves. This is a fallacy of epic proportions.

True and authentic love must come from within us. There is an extraordinary Source spark within us that is the very definition of Love. Connecting with it and expanding it using heart-centered practices can help us cultivate love. We will then become a wellspring of love that pulsates and radiates outward from us.

Remember the Essential Truths of Life

These are just three of the essential truths of life, but they're big ones. Now that you've had a refresher on these, you can embody and apply them to your daily life. Become more conscious of these and take steps to further solidify them as being guiding principles in everything you do. I know that 3D life can get in the way sometimes, demanding a lot of our energy and attention. However, life is incredibly short, and before you know it, it's over. So, keep these essential truths in mind, and I guarantee your life will improve.

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Paul Lenda is a conscious evolution guide, founder & director of SHIFT, author, writer, speaker, meditation teacher, life coach, and ambassador for the New Paradigm wishing to provide an integral role in personal transformation and the collective social transformation of humanity. Paul offers private one-on-one holistic life counseling & conscious evolution sessions, via Skype or phone. Paul takes into account all aspects of the hyperdimensional matrix when providing guidance, counseling, and coaching.



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