

Wilhelmina McKittrick shares valuable information to help guide you on your path to self-awareness. Her connection with source and her higher self have given her tools to share and assist mankind on their conscious journey in the New World. The wheel towards self-awareness is used as a guideline through the important steps to reach full circle within. Learn to find and use the key to all that is.

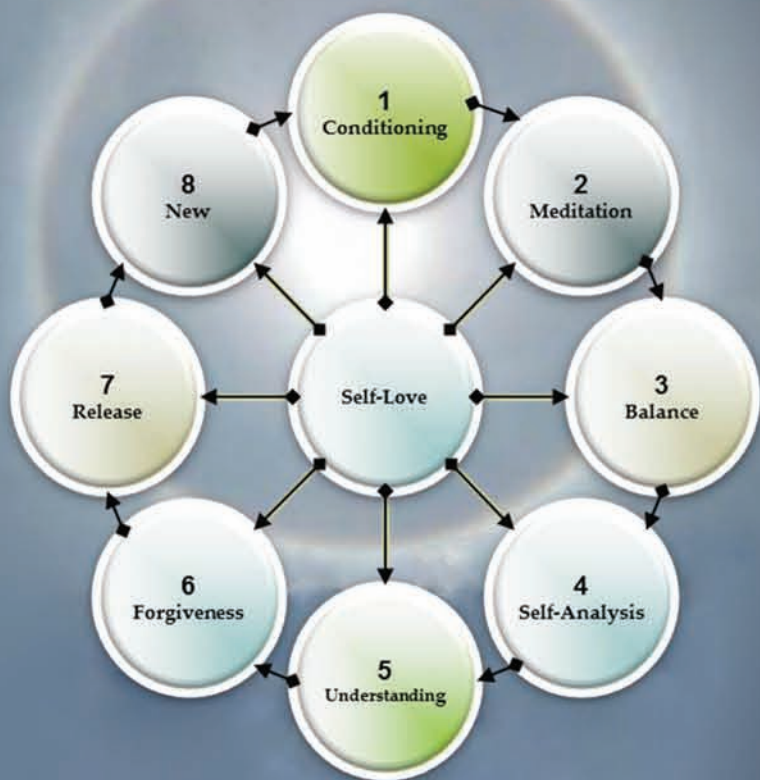
Self-Awareness - Re-Discovering Your Truth

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/5014.html?s=pdf>

Self-Awareness

Re-Discovering Your Truth



Wilhelmina G.I. McKittrick

Copyright © 2010 Wilhelmina McKittrick

ISBN: 978-1-60910-563-1

Everything that is written in this book comes from my place of truth and is not a substitute for appropriate mental and physical health treatment.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from Wilhelmina McKittrick.

Printed in the United States of America

Contents

Author's Note	xiii
Introduction	1
The Wheel towards Self-Awareness	4
Wheel towards Self-Awareness.....	7
Chapter I – Self-Love	9
How to Love yourself?.....	13
Resonance.....	14
How to connect with your heart?	16
Emotional Independence through the wisdom of silence	17
How to reach universal truth?	20
Practice.....	22
Unconditional Love.....	23
Become the parent they need you to become	28
Responsible persons	31
True love	35
How do you know that you truly love yourself?	37

Self-Awareness

Chapter II – Conditioning..... 40
 Roadblocks 41
 How can living in the now eliminate judgments? 44

Chapter III - Meditation..... 47
 The importance of meditation 47
 How to get started 47
 Example of tools 48
 Different ways to meditate 51
 Silent meditation: Deep meditation within silence..... 51
 Practices..... 52
 Interconnection Sessions 53

Chapter IV – Balance..... 57
 Example of daily report: 58
 Example of affirmations:..... 59
 Spiritual Imbalances 60
 Connecting to the Universe 63
 The Search 64

Chapter V - Understanding versus Knowing 65
 Understanding why certain things happen in a certain way
 and within a certain time..... 65
 Tunnel of life 68

Re-Discovering Your Truth

Knowing based upon scientifically proven facts or based upon inner knowing and inner trust 69

*Knowledge...? 70

Chapter VI – Forgiveness..... 72

 How do you forgive yourself?..... 72

 Seek not to judge, Seek to embrace..... 73

Chapter VII – Self-Analysis 76

 *Working on our Self 76

 How do you get started?..... 76

 How do you know that you are on the right path? 77

 When are you done? 79

 Example of Analyzing:..... 83

 Do’s and don’ts when starting to find yourself: 85

 *Relationships seen from an evolutionary perspective 86

 Letting go of the old to make way for the new:..... 87

 Analyzing expectations..... 88

Chapter VIII – Neutralization and Release 90

 The Virtue of letting go of the old..... 90

 Neutralization; how can you do that? 91

 Examples of affirmations to release old patterns: 95

 Release of karmic ties 96

Chapter IX – The New 98

Self-Awareness

Our Higher Self	98
How to connect to our higher self	100
Shifting consciousness.....	101
Chapter X - How to implement Self-Awareness in your daily life	102
*Integrating Spirituality into a hectic life... ..	104
The silence in the New World	107
Chapter XI - New World's communication and perception ..	109
Perceiving is Believing and Believing is Perceiving	111
Restructuring.....	112
The grid and the life forces within it	115
How can you enlarge your own sensitivity?	117
How to communicate with beyond.....	119
Vibrations and frequencies.....	122
Telepathic communication	126
Communicating with double layers.....	127
Understanding the words: it is meant to be.....	129
Ego	134
Chapter XII - Messages	139
He, she, it, they.....	139
Coming Home	140
Conjunction.....	141

Re-Discovering Your Truth

Inner You	143
Reintegration with fragmented parts of Soul	147
Your Key.....	148
Today.....	150
Rise without expectation	151
Where do you want to be	153
Personal Truth	155
Gratitude.....	156
Truth & Our Future.....	157
Inner Freedom.....	160
Criticism.....	161
The importance of Unity.....	161
This World	163
Eagle Spirit.....	165
Tiredness	165
A lot of new understanding is coming my way.....	167
Catching up with your soul's intent.....	168
The true you is arising from deep within.....	168
Extra Note:	170

Chapter I – Self-Love

Self-love is the core of the wheel towards Self-Awareness as it nurtures and supports every single focus point mentioned in the wheel.

Loving ourselves has been a neglected focus in most of our upbringing for centuries upon centuries.

An often sent out misconception has been that the focus needs to be on others first. The focus has been on what others think of you, how others can be assisted, how others can be pleased etcetera.

Neglecting one's self in this process can make us weak and confused.

We become weak, when we allow all our positive energy to drain out, in these unnatural circumstances. We become confused, when we are not walking our own path, feeling our own rhythm, hearing our own heart's truth, and remembering our true self.

We are born into this world with full connection to our higher self. The higher self that has all the knowledge we need in order to have a balanced life. Our higher self cannot exist within an unnatural flow in our energy field, and will then exit our body. The higher self holds the

Self-Awareness

blueprint of our lives and is directly connected to the source of our existence. Connected with our higher self, we will walk the path that was chosen by our spirit, without confusions and disruptions. Connected with our higher self we will be within emotional independence and clarity.

As a healthy baby, we know what is good for us. Eat what is good for us and do not overeat or deliberately starve ourselves. Everything we do is according to our truth and requirements to grow and be healthy and happy.

As soon as we start to listen to others and implement their rules and truth in our believe system, there is a chance of creating an unnatural flow within, unless we make it resonate with our hearts first and only implement it when it feels right.

Young toddler's, mostly until they reach the age of two, have that strong tendency of only doing what feels right for them. People are looking at this in different ways. Some think this is smart, others think they are being stubborn or bad listeners. The parents that put down rules and punishments for certain behavior, often are starting to instill in their child what is instilled within them.

It is important to realize what conditionings you transfer over to your child. That is another reason why it is important to know or learn to know yourself, so you are

Re-Discovering Your Truth

more conscious of your actions and can help guide your child(ren) better.

Questions would be; do you really want to create what you are bringing forth and why did you adapt to it in the past? Is it really your truth or is it holding you back somehow and do you need to release it out of your system?

Why these young toddlers make this decision to go their own way is because they are still using the purity of their heart, and only do what feels right for them.

When they are about two years old, they outgrow the stage that protects them from outside influences. The characteristics that form their opinion and the experiences they will be exposed to will further form them in the way that fits them based upon conscious or subconscious choices and conditionings.

Self-respect and self-love is important to understand and have, and in my opinion should have the greatest emphasis at early age as the world we are living in is still radiating a different truth.

Our source is love. It is important for us to love ourselves so our inner light can shine outwards and inwards to help co-create better lives for everyone. Others will be helped better, when we are within our own energies that has been maintained out of love for ourselves. The love that

Self-Awareness

we feel for ourselves will radiate outwards, feeding, healing and teaching others in silence, wherever we go.

How to Love yourself?

We all have love for ourselves. The level of love is not always as optimal as needed.

In case self-love is lacking in your life, you have made a start on increasing this level, the moment you felt the need to put more energy in self-growth. You have felt the need to change things around for yourself. You have felt the incompleteness within, out of love for yourself.

By becoming consciously aware of the feeling that has been within, or has been lacking to a certain extent, and by understanding the importance of self-love, we will automatically start working on increasing this through the power of intent.

Once you have established self-love, your love will grow into Universal love. Universal love is the connection that exists between all that is.

You will be feeling love for a stranger as you feel it for someone close to you. You will be feeling love for everything and everyone you meet unconditionally - without expecting something back in return.

This universal love is the essence of the fabric of our souls. It shines, guides, teaches, nurtures and nourishes us. The more we allow the flow of the universal love to enter, the more we are benefitting from it.

Self-Awareness

Conscious connection with the universe starts with connecting with your inner-self.

Resonance

Whenever something or someone resonates with you, you know this happens for a reason.

We resonate with people and or things because it carries similar or the same vibration we have chosen to walk and live in. It can mean that we have something unsolved or we still choose for or have newly chosen in our life to experience and learn.

It feels right, as the energies are not conflicting with each other. The similar energy that comes on your path and feels familiar, makes you feel at home, feels good and or makes you happy. This energy is recognized as one of your own, and is one of your own by choice.

Conditioning that turns into habits and patterns of our own only happens with our permission; consciously or sub consciously. When we are conscious of it, we do this because the same truth lies within our mind and or heart.

If it is truly the right thing for us in the end, we will find out along the way. When our mind is still overruling our decisions and if we have not come to that place yet of

Re-Discovering Your Truth

connecting with our soul through our heart, chances are bigger that the choices were based upon conditioning, chosen out of fear or any other lower emotion, or based upon truth of someone else.

It is very important to connect with your own heart, as only you know what is best for you.

When we start this life, we have the intention to learn and rid ourselves from old conditionings, old ways and old choices; to grow and evolve into the human beings we are ready for.

Our soul is light, we are light. The brighter the light the closer our soul gets to its goal of enlightenment.

When we choose subconsciously, we are led by either our own soul and guidance or other spirits, which we have allowed in.

When we resonate with something or someone, it tells us a lot about ourselves. Read into that. Read into you. Self-analyze by looking at yourself, your past and or present choices. Look at the people that are around you and were around you during specific periods in time. Look at yourself objectively and write down what you see, feel, understand to get to greater understanding about yourself, your true self that we need to acknowledge in order to live a pure life with freedom and fulfillment within. This subject will be further discussed.

Self-Awareness

How to connect with your heart?

We connect with our hearts through the power of our intent. Out of love for ourselves, this is facilitated quicker, as this love intent carries neither blame nor guilt of avoiding our own truth. Blame or guilt towards ourselves for whatever reason you can think of, withholds us from reaching to this deeper place. It withholds us from loving ourselves truly, and keeps us from opening up and releasing what needs to be released as it has outgrown us.

First, feel love for yourself, breathe it into your body and out through the heart as often as is required. Allow yourself to feel loved by You.

You will know when you are feeling it; you will know when you are encompassed with this love, as nothing else will be distracting you anymore that you have not consciously allowed.

When you are within this loving feeling, and you are connected to your heart; ask yourself the question that requires a truthful answer. What comes first in the mind will be sent from the heart. Feel the answer and see if you feel the resonance.

If you do not get an answer yet, let it go. Know that it is not time yet to know. Know that other things, situations, and or choices need to be made first to clear that specific

Re-Discovering Your Truth

channel that will lead to the answer or destiny of that specific situation.

When we are irritated and want to force ourselves to know, we are not within the energy of love. *Always remember; from love we came, within love we learn and grow.*

The more you practice this, the easier it is to stay within it, and eventually reach emotional independence.

Below you will find an article I wrote in 2004 *.

Emotional Independence through the wisdom of silence

When we are in search to become stronger human beings, when we are in search to become closer to our Selves, when we are in need of assistance and guidance, our ultimate goal is to reach emotional independence.

This may sound cold hearted and impossible at first glance.

How can we become emotional detached and not love others and ourselves?

When I talk about emotional independence, I talk about coming to grip with ones mistakes in the past. Learning to understand the true essence of ones feelings, becoming

Self-Awareness

one with the universal bliss of love and motion that carries only those who are disconnected with ego and control their mind forces from the source of love that burns in their hearts.

Why do we feel emotional attached to people, animals, places and things.

Does it give us a feeling of safety through confirmation, acknowledgement and conformities?

Do we want to be able to control their courses of life, making sure they are safe and sound out of fear for the worst?

Isn't it, because we have grown attached to habits and ways that give us a sense of security that our minds seem to be able to control?

Fact remains in my eyes: people, animals, places and things are not the foundation that keeps us together from the inside. You are what is keeping You together from the inside.

From trusting in the greater good out of love and a deeper understanding of our inner selves we will become emotional independent and at the same time closer to each and every one that surround us. The closeness will be based upon universal love that carries no blame, no status nor failures. It will carry out your inner Light that will feed others in need to create neutral grounds.

Neutral grounds will be the foundation of our new world and lives.

Re-Discovering Your Truth

Do not wait to receive love from others. Love yourself and shine your light upon them in need.

Do not cry over uncontrolled matters; come to grip with your inner-self and learn to see the greater picture.

We are all here to learn, experience and grow. How and when we do it and what we come across to achieve it, is all based upon choices of our hearts. Give each other the space and respect to create their own life path and to grow within their own pace and time.

Radiate your Light and love without expecting to receive back in any way or form.

Become the Light that is needed for silent guidance, and silent protection.

Our life exists out of different roads that provide us the situations and experiences that are required to evolve. We can take the straight road to our destiny or take the windy road that eventually will reach its goal, but only in the time that is allowed in by our choices.

Before we started our life, we planted the seeds. What we will become is the plant that will blossom within the enlightenment of the soul and spirit, when we reach full circle.

Self-Awareness

How to reach universal truth?

Universal truth is knowledge available for everyone and everything.

The door to this truth can only be opened with the key of purity and truth that are carried forward by the love energy we came from.

When remaining within truth and purity of the heart, the road to this door is being created by you.

Any impurity will build up in your essence and keeps your light dim. Your inner light can be seen as a road map that will lead you to this metaphorical door of universal truth.

The purer your thoughts and actions, the purer your essence is and the brighter your light and connectivity ability to higher vibrations becomes. This makes the road you walk on clearer thus easier to follow.

Any impurity brings baggage to your essence that dims the light one way or another. In other words, it makes the road to the doorway harder to find.

When you are within the purity and whenever you have accessed the universal truth, the same "rule" counts. Remaining within truth and purity are the only tools that will keep the stream of knowledge going.

How do you know you are accessing universal truth?

Re-Discovering Your Truth

The knowledge that will come through you can be compared to the experience of reading a book with valuable new information that resonates with your heart.

However, the information that will stream through you when requesting this - by asking a question, or a question being asked to you about a certain subject subconsciously and or consciously, will only be recognized as such when you learn to listen to your inner voice.

Your inner voice, best known as intuition, is one of the most used medium for the incoming messages out of the universe. Other messages can come in through our other senses, depending on the development and sensitivity of these areas, like visions through sight, clairaudience, and clairsentience etcetera.

As mentioned before, trust is one of the most important tools for translation and acceptance of the flow of universal truth. Trust in you and trust in the higher energy's, God, The Light, Allah - as you wish, is mandatory.

Often when we learn about new ways our curiosity and urge to control or our disbelieve takes over. Whenever we start thinking within the process of receiving, the reception will be interrupted and confusion or even disillusion can take place within the translation of the incoming energy flow that is universal knowledge. A lack of trust allows your mind to disrupt the flow.

Self-Awareness

Practice

Make a heart connection. Some people can do that instantly with their intent. Others may need some practice to establish that.

I.e. Say the affirmation: "I Am (followed by your name). Within my power I grow", then place your intent to connect with your heart. Feel the energy flowing through you, and feel your heartbeat. Give yourself the time to feel yourself breathing, and feel love for yourself flowing through you.

With the heart connection, look at yourself in the mirror and tell yourself from the heart: "I Love You". Feel how it feels. Notice how easy or not it flows out of your mouth, and practice this. Learn to understand why – if so – it is hard to say it. Break through the wall that is not serving you.

Look yourself in the eyes and get in touch with your essence. How easy or hard was it to say to yourself, "I love you?" The answer to this question will give you more insight in where you are and what needs to be healed or further released to establish full self-love.

Make notes, as what is not clear now, will be clear when the time is right.

Re-Discovering Your Truth

You can learn a lot about yourself by practicing the above. Take your time and try to be an observer while practicing.

Unconditional Love

Loving someone and something without needing something back in return happens naturally when we become parents, the love we have for our children goes beyond measurement.

Love, what does that mean to you? Is it a feeling, a sensation that keeps coming back in certain circumstances or is it always within you for that specific person, situation or even thing?

On our search for inner completeness, many people are drawn to one another as they can receive something back that will help them one way or another. Whether it happens consciously or sub-consciously it happens for an important reason.

Many different connections that are made, like various kinds of relationships and friendship, but also seemingly unimportant daily interactions with strangers, happens in our life to stimulate growth and joy in life, as our emotional, physical and spiritual senses are activated

Self-Awareness

within these experiences that flow out of these interactions.

Some people only want interactions and contact as it will give them something in return. They may not be consciously aware of this, but it shows as these people lose interest in the person when the specific action, reaction or things changes or stop coming.

Whom do you think you love unconditionally? Would you still love them if they would hurt you physically, spiritually or mentally?

Look in your circle of friends and feel if you love unconditionally, and how often this is felt.

Unconditional love will always exist, no matter what time passes, no matter what situation occurs, no matter how you grow or the other person grows. No matter how stagnant the person is etcetera. The love will be truly unconditional.

There are many people out there that are running away from loving their true self unconditionally, embracing their true self. In the course of this escape, they focus on helping others, because it seems easier. For them it is easier to love others, then to love themselves, as they are afraid of being able to give to themselves what they truly need. Honesty is key. Are you being honest to yourself? If not, you are not honest to others as well.

Re-Discovering Your Truth

Are you presenting yourself with a mask that covers for example your sadness, disappointments, fear etcetera, about yourself or anything that was and or is related to your life experiences or feelings and perceptions? These situations and experiences are blocked out of your mind mostly, as they are too painful to confront. Take the time to observe yourself to find out how and why you are presenting yourself to the world in this manner.

Do you love the person you were in the past and allow yourself to be in the present?

If you do not like your present interactions and confrontations, change your approach towards life. The people and situations that come on your path are there as you are open to them or it, one way or another. It radiates out of your essence as it has been kept within by choice. What you are you attract.

How do you treat yourself, do you care about your body, do you care about your happiness, health or anything that is of importance to grow spiritually, mentally or physically?

Do you have respect for your whole self? If not, how do you expect to attract people that respect you? It can happen that you find a person on your path that respects you for you, as it is time for you to receive this interaction. This happens when the time is there to make you aware of how it can be. Most of the time the people you attract, are the people that are dealing with similar

Self-Awareness

life lessons as yourself and live within similar truth as yourself. Other times they are the complete opposite, as the interaction will help you see what you have chosen to change within.

Take time to allow silence within. Often we run away and keep ourselves busy. Remember that you are only busy because you allow it. Know that there are always ten minutes that we could use to our benefit, if we would only allow it. Often we create excuses not to be in silence as we are afraid to find out what we feel what we truly need, and or who we truly are.

What are your complaints and excuses?

Fear belongs to the lower vibrations of the old world. Once uniting with the higher frequencies which the new world is carrying, dishonesty cannot exist. The people that have embraced the higher frequencies do not battle with their ego, nor are they dishonest. They do not wear masks that cover their true reality, nor their true face. They do not try to convince others about their intentions, ability or truth. What you see is what you will get.

Once you have embraced the higher frequencies you will recognize instantly when you are being lied to. The lower frequencies will be revealed instantly, and will bounce off without affecting you. It will not have any effect on you as you have come to this place of unconditional love for yourself and others that carries forward self-respect and respect for wherever others have chosen to be. Joy is felt

Re-Discovering Your Truth

and positivity, instead of judgments, blame, guilt, anger or any other negative response.

Life within unconditional love for yourself and everything around you will be heavenly when you go past the pain of disappointment, when you are confronted with the interactions that carry lower vibrations and do not fit in your life anymore. Letting go of the old, this could be a person or situation, is of importance.

To truly cross the bridge to the higher frequencies, we need to release the old permanently. Often we go back and forward. We allow our environment to pull us back. Many people choose to be stuck in the lower frequencies of the old world. What is your choice?

Situations that are brought on their path that make them face the mirror of life; can only benefit them if they choose to look into it.

The energies of the new world will create a greater push for the stubborn ones to make the shift. More and more people will cross the bridge to the higher frequencies the new world is carrying. As they do, new communities will be formed, new experiences will come on our path, new types of lessons will be learned from, and new growth will be achieved.

Crossing the bridge to the new world will create a shift in our consciousness.

Self-Awareness

Become the parent they need you to become

Many people, many ways. What is good and what is not? What do we need to teach our children? Why do we need to protect them? What should they eat and what should not they eat?

Questions answered differently by everyone. Different people have different interest, different mentality, different beliefs and values.

What we like, dislike, do, not do, feel, sense and love are all a product of our upbringing, our genes, our history, experiences, heart and soul that have conditioned us to act, feel and be in a certain way.

We all came to this world with a goal to reach; to grow more towards the light, to evolve more, to be more enlightened, to help and assist and so on.

We need to make the hearts choice to do so.

How can we make the hearts choice, how can we reach our own heart?

Through finding the core of oneself based upon love. In other words; by reaching true self-awareness out of love for the self. This will guide us to the life style that truly fits us and to recognition of all the people that truly belong to our hearts.

Re-Discovering Your Truth

Through self-awareness, we will learn about ourselves and will see the larger picture around us. The ways we transferred and are transferring information and ways to our children, willingly or unwillingly, deliberate or not, conscious or not, will become clearer. We will see what needs to be done to help others, we will know what needs to be given to help guide them, and change our own actions.

We cannot and do not need to change anyone. We merely can guide them to the inner freedom and self-love, to make the decisions, that belongs to their heart, themselves.

Your children are your perfect mirror. They show you yourself, your desires to become, your buried happiness, your truth and path, if you only know how to read between the given lines.

What do they want to achieve, or have achieved? Mirror that with your own wishes and feelings. Remember your inner child so it can be re-awakened. Embrace the simple joys of life. Play and you will remember how to sense the love that surrounds you, in anything that you touch, see, feel, taste, hear and intuitively know.

For our children the change we have craved for is easier to accept and implement. Learn from them.

Self-Awareness

Take the time to sit down with them and have conversations with them. LISTEN to them when you ask them about their feelings, interest and roadblocks.

LISTEN AND LEARN.

Look at your parents. What were or are their wishes, goals and desires? Mirror that back to yourself as well.

Anything that you dislike in anyone that you come in touch with, says something about your own inner wishes you have, in order to learn and evolve. That is why you are confronted with these interactions.

As an observer, learn through the eyes of your child and your parents, and even your siblings, as they carry similar strands that were chosen to overcome, learn from and outgrow.

When you have more patience with one child than another, look closer at the child that you have less patience with, and you will find characteristics of yourself, that you want to change and sometimes even have ignored.

Often we erase things out of our memory, as it is annoying, painful and hard to overcome. Yet necessary to remember so you can put it in a place of peace instead of ignored turbulence. Ignored turbulence builds up inside; anger, distress, irritation and even hate is felt in these cases, for someone or something, that does not make sense in de head, as it is based upon lower emotions

Re-Discovering Your Truth

ignored before and expressed to who-ever is available because an outlet is needed.

Be truthful and allow in your memory what has been forgotten.

Responsible persons

Becoming responsible persons; means for me acknowledging every choice we have made.

Being able to acknowledge the so-called good and bad decisions requires honesty and trust. Honesty towards ourselves, leads ultimately to honesty towards others. Moreover, it will lead to trust in what lies ahead.

To be able to trust, we need to come to greater understanding about ourselves.

Learning to know ourselves does not only require understanding about our past. It also requires full awareness in the here and now.

What is our goal for today, why is it our goal and how are we going to achieve it?

If we start with understanding why we are doing certain things and why it is of true importance to us, we will start

Self-Awareness

making an effort in finding true appreciation thus love for ourselves.

It takes some effort in the beginning, as we need to re-program ourselves. We will see our way of thinking, habits, beliefs, disbeliefs and our priorities through different eyes.

Evolution of the mind in conjunction with the heart is the true evolution that time allows in the new world, to be present in the here and now.

When you are in tune with your surroundings, and know or feel thoughts of others, it is important to understand how to stay within balance with unexpressed emotions.

We live with people not always necessarily in tune or in balance and ready to embrace the new truths of the new world. *Once opening up to deeper knowledge we are inclined to maintain ourselves in a certain flow that captures both sensors of old and new worlds captivation that is not yet been understood.* In other words when we start opening up to our deeper self, we often go back and forward between the frequencies of the old and the new world, as we allow our mind to alter our inner truth and thus goal. This happens because we do not fully trust our true self.

In the new world's frequency, the true self operates in a different mode than we are used to. The knowledge of the mind is not mandatory in order to be within peace or fulfillment. Not knowing about everything is fine in the

Re-Discovering Your Truth

new frequency, as you know that you will know when it is relevant for you.

Letting go of the urge to know, can only be done within the trust that you have for your own capabilities, choices and actions.

We cannot escape, nor can we longer be fully at peace with it. Know that these circumstances and people remain in our surface of understanding.

Your own structural changes cannot come full circle when you attach yourself or hold on to the structure that is outgrown.

Essential is to maintain in a frame of time where you cannot illuminate your own truths for the sake of harmony that is not your own.

Let go of humans that are within different structures by choice. Help humans that want to change and shift into the prognations the new world carries.

It is not important to express your emotions for it to be heard or seen by others the way you know is best. Your truth that carries no pain, no lower emotions is not justified when understood by others. It no longer needs to be justified nor understood by others as you trust and flow with it, regardless the choices of your surroundings.

This is one of the important truths to be understood fully, to embrace emotional independence.

Self-Awareness

Eliminate distress that is carried forward by someone else's persuasions, understanding and translation of things, situations and or you. The heart knows the truth; the mind carries blurriness that holds truth to justify thoughts or feelings made within the structural membrane of the old.

Release yourself from that structure, that truth and understanding by solely becoming you.

Can we live with others that still carry the old structures?

You are living with them and cannot live on a deserted island. The time is near to surround yourself again with humanity. The time has come to become you in a new membrane structure that is unspoken of.

My partner, friend, spouse, child, or colleague lives a truth unheard of in my life or world. Can I be or stay with him, her, them, or should I release myself from him, her, or them?

It is essential to stay focused on different angles that matters more than the one you are in or are questioning. The right answer will arise, when you do so.

When we give food for the thoughts that carry no light rays, we choose to remain in the structure of the old world. When blending the old with the new, we capture the sole interest of growth but we cannot bring ourselves around the corner where full circle can be reached within.

Emotional distress is a sign of letting go of your own balance for the sake of things, situations and interactions

Re-Discovering Your Truth

your mind and ego has found relevant to admit, adjust, become, and experience.

Release yourself consciously from ego. Visualize yourself going out of the head and into the heart. Breathe out the old beliefs and longings, breathe in the new you. Hold yourself dearly as you become one with the universe that holds no expectation, no blame, and no sorrow. Experience freedom, and become who you intended to be.

They that judge you through the mind eyes are no longer relevant. They, who want to know the true you, will in the structure we call the new, but truly is the only place of existence, once you unite with the horizon that has no end or beginning.

Amasra devotu jerusaim

True love

Do we truly love ourselves, our partner, our family our friends?

What does truly loving someone means?

Do you love to not let go again?

Do you want a partner; as that is the way you feel it is needed so you will not be out of the social loop? Do you want to grow old together with your partner, be together always without losing interest, or have your partner lose

Self-Awareness

interest, as that will devalue your presence or identity in any way or form?

Why did not you allow yourself to feel free, to be free?

Do you love out of love or out of ego?

Often it happens that people do not want to be seen as different as the rest. "The rest" whom they see as more important, as that has been their focus, more so than their own truth or feelings.

True love is the natural flow of our essence. From Love we came, within Love we grow, I always say.

When thoughts and ego patterns are allowed to intertwine with love, the true love connection is broken. True love can eliminate fear of walking grounds that are never explored before by humankind.

When you unconditionally love, you truly love without conditions. When you love unconditionally, you love without the fear to lose the bond that you have with someone dear.

Love is groundless and fearless. Lower emotions are no longer needed when true love has found its home back in our hearts.

Humanity has longed for most of their existence to feel complete and was looking for completeness in the wrong directions. They were eating and nurturing the wrong fruits.

When you are ready to connect truly with your heart, you have allowed the old structure to be broken. The old

Re-Discovering Your Truth

structure can no longer hold fruits from the past, as crucial membranes for our current existing being.

The ego cannot hold you locked in the new structure that no longer holds the value of the song of your current soul's mission.

Old fear for resolutions is no longer a problem now, as it will be recognized as being just a mere illusive dream projected by the minds membrane that no longer solely can keep fruits contained or fresh.

Fruits of the core of our being; new fruits from our soul that is connected to source are granted to us in this new structure.

Fruits belong there but not nurtured they turn bad. The source beholds the scepter of Love that contains the valuable ingredients. In the flow of true love from source fruits flourish and bring forward rebirth that aids in our existence.

Live free from depletion, primly there to enjoy, nurture, and flow freely into life festivities. Festivities crowned with joy out of love for the selves.

How do you know that you truly love yourself?

There are many ways to feel this out.

One way to do it is to investigate your thoughts when in love.

Self-Awareness

Do you love this person ultimately for his or her opinion, thoughts, or drive? Do you care for her or him as she or he needs your thoughts, drive, and persuasion to become whole and or this person completes another part of yourself that is missing?

Often we are lacking love for ourselves and others that love us help us value ourselves more. They make us see who we are, as we have not taken the time or interest to find out.

Many interactions, connections and experiences become revelations and can or are aiding in opening up to ourselves again. Why? Because that is the next step in human evolution.

When you truly love, you love out of love for yourself and the universal bliss without a needed focus. What and who is needed will come and will be recognized without any lower emotions attached to the connection.

No matter where and with whom you are, you will feel you and know that love exists within you always and ever as strong, as allowed by you in connection with your heart and soul, not by the minds threshold that ego had put into its control before.

When you can say from the heart: I know I truly love. You know that because with or without him or her, he or she will be in your heart. If he or she loses interest in you out of love for someone else, it will be understood if true love was allowed in before. In the flow of true love, ego does not rule; your heart does, as you have opened up wide to your true self and all your relations..., which is

Re-Discovering Your Truth

everything, and every being in the universe and far beyond time.

This never-ending flow is felt and kept alive, as you have allowed yourself to be alive.

Break through the structural grounds that have barriers around you, limiting your essence as it becomes integrated in the mind maze that has a lot, which no longer belongs in your structure of Today.

May the blessing of all kinds be in your soul membrane as time evolves in you as no longer existing. Materialize the greater you that stands no longer on the cusp of belonging, just becoming fully aware of the essence that cradles ones souls ability to shine and become your true love awaking.

Wilhelmina McKittrick shares valuable information to help guide you on your path to self-awareness. Her connection with source and her higher self have given her tools to share and assist mankind on their conscious journey in the New World. The wheel towards self-awareness is used as a guideline through the important steps to reach full circle within. Learn to find and use the key to all that is.

Self-Awareness - Re-Discovering Your Truth

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/5014.html?s=pdf>