

## ...eldermuse.net... Truths

Real Truth is always free. The Teachers always give freely of what they know to be real, to be true. Granted, you may find it in a book that you paid for, or the words of a song you paid for, but once you encounter Truth, you will hear it over and over and over again. For free. Keep recognizing it.

I believe that by the time a woman turns 50, she is charged, for the sake of other women and especially younger women, to know what is true for herself. My hope is that women will know the truth of their equality. The truth of their strength and beauty. The truth of their ability to change the world. When younger women see strong, loving, thriving women over fifty, they have a profound model of what they can be. Presently, half of the world's population is deprived of seeing themselves fully because women do not constitute at least fifty percent of the public sphere: business, politics, places of power, all types of media. We do not see models of what women can fully become.

**eldermuse.net** asks **YOU** to begin right now to acknowledge what you know to be true.

### My Truths:

We are all One.

Life and Love will always win over death and fear.

Hate is fear.

Change is constant.

The world progresses in justice and mercy.

The true purpose of life is Love.

Have humility and compassion. Humility for life to change unexpectedly, so we are all truly powerless. Compassion for ourselves, our souls, our bodies; and compassion for others.

Have integrity. Be true to your word. Be authentic.

Love yourself. With full humility; love Yourself. Honor what you do well. Find the things you do well. Find them, acknowledge them, and honor them.

Human reciprocity. Most Humans will reciprocate your behavior towards them. Most people, most of the time will treat you the way you treat them. Act with love and respect, and you will have it returned.

Love your body. Honor and Respect your body. Have compassion for your body. Want for your body, exactly what you would want for your child. The very best that you can.

Teach others what you know. Tell your truths to others. Honor what you know. When you honor yourself, you honor All who make up who you are.

Seek out Joy and Happiness. Find it. Share it.