

TWELVE

# Simple Truths

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COACHING

**We all carry the wisdom of the universe inside of us.** When you develop the awareness and skills to access that wisdom, you learn to guide your own way through life and find fulfillment at every stage – in alignment with your soul's design.

In my many years as a coach, I've learned that fulfillment comes down to a few simple truths and practices you can implement to connect to universal wisdom – *your wisdom*.

**01** We make up stories about our circumstances. Most of the time, these stories are based on old perceptions. But it's important to make a distinction: Our circumstances and our stories aren't the same thing.

The good news/bad news is that we don't experience our circumstances. We experience our thinking of our circumstances. Our stories feel real, but they're not the truth. They feel real because we feel our thinking through our emotions. When you tell a story, use neutral language. It will help you see more clearly.

**02** Most of the time, we listen for what is right or wrong. We also listen to ourselves from a place of right and wrong. Remember to listen to others neutrally.

**03** Everyone is looking at the world from their unique perspective. We actually don't have a clue what they're seeing. That's because every person has a unique soul design. Get interested or curious in what other people are seeing. When you do, you just might find you're able to see what they see.

**04** People are always doing their best. Whatever looks like a good idea at the time, we'll do. Because people, including you, are doing their best, practice forgiveness for yourself and others.

**05** If we think a situation is undesirable, or a person is wrong, we close ourselves off to what can be learned from them. When we find things interesting, instead of wrong, we become curious to see what new understandings life has to offer.

**06** We may think we can't handle what life serves up. But we're equipped to handle whatever comes our way. It's built into our system.

**07** We have a knowing for what is right for us. But when we have too much thought, we can't hear our knowing. We're the only ones who know what's right for us, and what's right for us isn't right for others. When a solution is complicated, it's our personal thinking. When we hear the truth, it's always simple.

**08** When we take things personally, it's a guarantee that we're not seeing things clearly. When we feel love, compassion or understanding along with a good feeling, we can know that we're seeing things clearly.

**09** We have built-in well being. When our thinking quiets down, our well being is there. In fact, it's always there beneath our wild storms of thought. This well being is designed to come into balance on its own.

**10** Our natural state is a clear mind. What takes us out of a clear mind is our thinking. We go between these two states all day long. If you aren't clear about a situation, don't respond. Wait to respond until after you're clear.

**11** Thinking is simply thinking, whether it be positive or negative.

**12** The nature of energy is that it always changes. Energy doesn't have a size, shape or color. Energy isn't right or wrong. Only in thought do size, shape, color, and right or wrong exist.