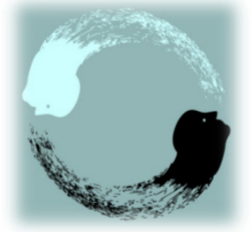


Keys to Wholeness



The key to wholeness is understanding that there are no prerequisites to your self-worth or belonging. Your worthiness and belonging are inherent, meaning the fact of it is always true. The self-condemnation shame imposes blocks you in experiencing your worth as a human being.

Thus, the primary challenge of being whole is accepting yourself completely, exactly as you are, and from self-acceptance to assert the truth of your worth and belonging.

- Wholeness is an on-going process, not a fixed state of being. The process is one of self-acceptance that embraces your strengths, imperfections, and all.
- This involves the courage to be imperfect as you launch yourself fully into the stream of life.
- The curious paradox is that when you accept yourself just as you are, then you can change and grow.
- It is the stretching and growing of becoming more and more of your innate potentialities.
- Wholeness is a direction not a destination.
- It proceeds from the understanding that what you are is good enough, if you would only be it openly.
- If you are open to your experience, willing to feel what you feel, and accepting of yourself exactly as you are, you are moving in the right direction.