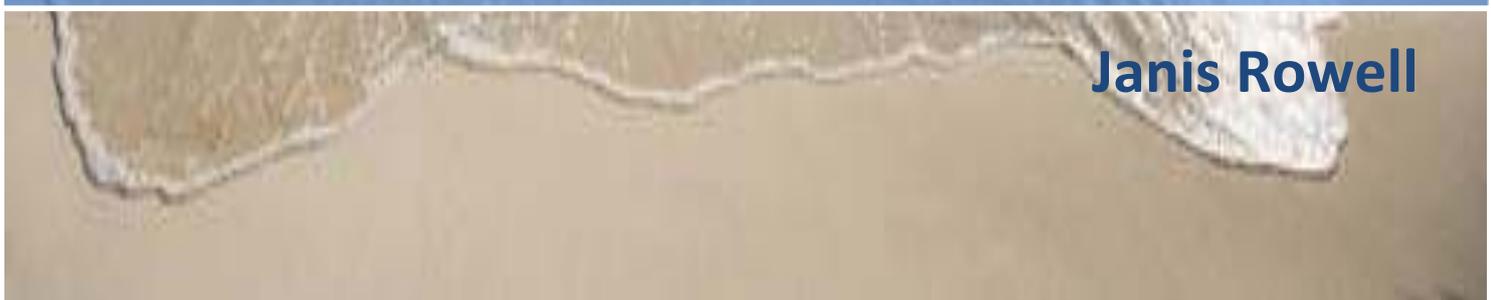
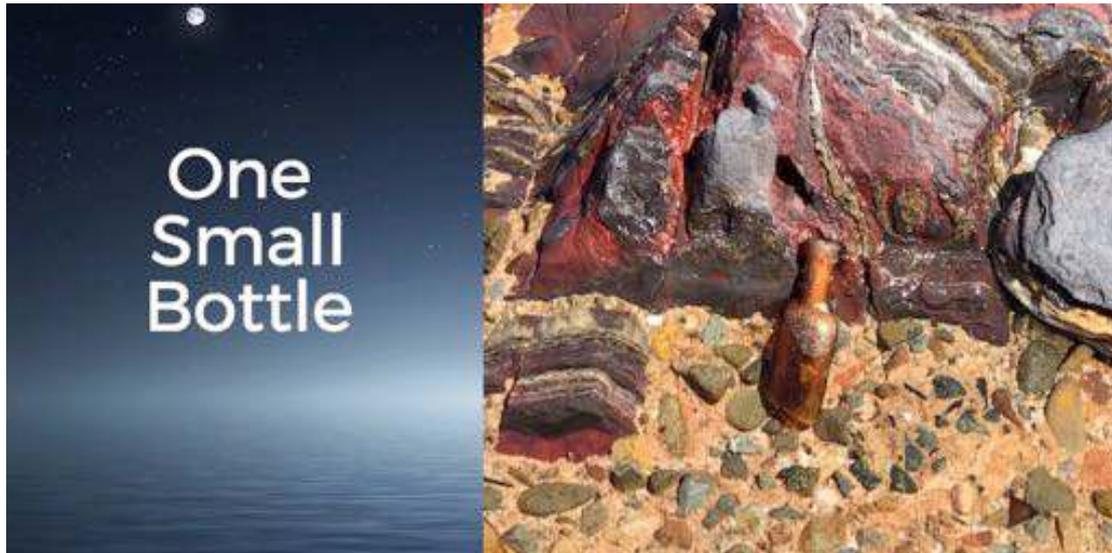




True Life Journey Manifesto

Janis Rowell





True Life Journey Manifesto

This ancient small glass bottle was found by my friend and handed to me as we walked along the beach. The sea normally covered the beach we were walking along, but because of the full moon and really low tides we found ourselves fossicking among the rocks that were normally being pounded by very heavy waves.

This ancient glass bottle was probably lost by an early settler, or maybe left from a shipwreck long ago.

It got me thinking about how our ancestors survived such hard conditions and how lifetimes come and go with each and every race of people.

What is it that drives people to live their lives with fulfillment and how come some people have 'easy' or pampered lives and others find their lives hard and fraught with sadness or danger.

How do life journeys start and how do they end? Do we have some form of control over the outcomes of our lives?

Some people ask this question in different ways like "What is my life purpose?" or with statements such as "I feel so lost and do not know where to go from here?"

Your life is your own true journey it starts from the minute you are born and continues until you draw your last breath.

In truth the decisions that you make each and every day is what directs your life. If your thinking or decision-making is swayed through old or learned habits, and if those habits are not in your best interest you will experience difficulty in finding the right path to take or make the right choices.

This may make you feel lost or uncomfortable or you may end up suffering from anxiety, loss or feel defeated if every turn you take seems to be the wrong turn.

With this understanding and a quest for living a fulfilling life - which is my belief of the meaning of the Holy Grail – I share with you my findings, thoughts and challenges throughout my lifetime in the hope that they may make a difference to you in your lifetime.

From the far reaches of your mind - which is vast by the way. Take a hold and hang on for the ride.

Your creation or manifestation of your life is what you think or expect. It is important to remember that, in your everyday actions and behaviors.

It is your belief system that causes your behaviors and actions.

Your Belief System is:

'What It Is - That You Believe'

You do have beliefs – your deep down opinion of yourself – that is your Ego.

If you want to change your beliefs then you need to tackle your Ego. Your Ego looks after you and tries to protect you through what it has learnt in the past.

Automatic defense systems will jump into play without you even realising it creating repetitive reactions. Your ego will not like change as it only likes to follow what it is used to.

However you can change your beliefs, it is not set in concrete that you must always believe what you have been taught or that you cannot change what you have picked up along the way.

New belief systems can be created which are more suitable to your life now.

Once you have these beliefs in place – the correct beliefs – not the misaligned or false beliefs that have kept you where you are in your life now.

Once you have these beliefs in place – all your thoughts will be directed towards the same direction.

Which means that your creation or manifestation of your life will be on target for what *you want*.

So if you are feeling, lost, disjointed, out of alignment, then look inside towards your Beliefs and correct the ones that are holding you where you are now.

By that correction you will be able to move forward – onward and upward towards the life that you desire.

“Identity” – Identify yourself as yourself and not in relation to your job, your partner, your children, your failures, your success.

You are you – good, bad or indifferent

How you project yourself is your choice – good bad or indifferent

Face your challenges head on, clearly and with foresight. Accept the outcomes and carry on.

If you put aside all fears, all doubts, all misgivings and all feelings of guilt and negative emotions.

If you calm your mind so it does not play back self-recriminations, negative conversations.

If you give up all hope of pleasing others (for that is an impossible task in itself) – and to your own detriment

If you take the time to look inside yourself for all your hopes and dreams you will find yourself warm and glowing, content and happy to be who you are.

If you stop to seek you will find yourself blossoming and waiting to be freed.

If you stop to feel the wind in your hair

If you stop to gaze up at the stars

If you stop to notice yourself, your feelings, your emotions, you will find who you have always been and who you have always been looking for.

If you want peace and serenity – it is there

If you want joy and laughter – it is there

If you want adventure and excitement – it is there

Your world is within you and it is your job to claim it – to make it without you.

If you want your innermost dreams to eventuate, then stop and know your self without fear of ridicule from others, without the fear of retribution, without the fear of loss or loneliness.

If you want to open up and fly, then take that step into the unknown. Yet at the same time knowing that what you do is without judgment and without the shackles of predetermined beliefs.

Step out into freedom, knowing there will be knocks and setbacks. Knowing that you may traipse through unsettling and traumatic times.

But also knowing that you are fulfilling your innermost desires, wants and needs.

Step out on freedom knowing that there will be joy, fun and excitement – open the door that has been holding back your raging torrent of emotions. Open the door that will let the lifeblood flow freely through your veins and into your experiences.

Envelope and embrace all emotions, the good, the bad, the indifferent and choose through your learning which ones you will keep and which ones to release.

Freedom to choose is a choice in its own right. Choose to choose and be the director – the orchestrator of your own life.

Take on board that it is *your* birthright, recognise your own worthiness to be able to reach out and touch, feel and take all that you want.

Find out what it is that makes you tick... what it is that makes you feel alive.

You will manage to cope and to overcome any obstacles.

For you have embarked on your journey for truth.

This journey of yours will take you through the experiences that were once never imagined by you.

It is the journey of life.

Your Life

The intention behind True Life Journey is to help you achieve all that you could be, through my blog, through my short courses and through my freebie giveaways.

You can take what you need and discard what you don't as everyone's needs are different – its your choice.

