

# 40 Days of Self-Love

“Self Love, is the **FOUNDATION** of All Evolution.”

## WEEK THREE

### THE TRUTH; SPEAK IT... HEAR IT

This week is about speaking and hearing truth...not just for others but, for yourself.

#### The 5 Truths about Truth

##### Internal Truth:

- Our self-talk can be the most negative things we say. If you hear yourself speaking negatively about yourself out loud, imagine all the things you say to yourself. And, the fact is, most, if not all of the chatter is just not true.

*Listen carefully to your internal chatter, become aware of what is true and what is an old tape playing out of habit. Stop the tape and download the truth.*

*It's time to level up.*

*Be Impeccable with Your Word...*

*Speak with integrity.*

*Say only what you mean.*

*Avoid using the word  
to speak against yourself  
or to gossip about others.*

*Use the power of your word  
in the direction of truth and love.*

*Don Miguel Ruiz*



*Eva Maurice*  
SPIRITUAL COUNSELOR

# The 5 Truths about Truth cont.

## External Truth:

- Speaking the truth sounds easy but, you'll be amazed at how many lies you speak and think daily. The little white lies; saying you are able to do something when you really can't, knowing about something when you really don't, and acting pleased when you really aren't. Listen to everything first before you say it out loud and ask if it's really true. You might not have as much to say.

## Owning Your Truth:

- Truth is often objective; what's true for one may not be true for another and, the only truth you can know is your own truth. Not anyone else's. Truth is never hurtful. The truth can be perceived as pain or joy, or any emotional attachment the receiver chooses. When sharing your truth be sure to only share yours. Start with "I am feeling." Don't blame others for your truth. Own your feelings.

## Stop The Gossip

- You know if you do it and you know what to do. Remember there are 3 businesses:

*God's business, their business, and your business.*

## Be Gentle With Yourself

- Some of us have been lying for our entire lives, in our work, family, friends, and relationships...to ourselves. Just be gentle, don't judge it. Ask for guidance.

*"Divine Spirit...Please give me the words of truth today. Show me the Divine light in every person, moment and thing. Open my heart to living in Divine Truth. So it is."*

Journal about any moments when you find yourself in a lie, how it served you and how you handled it. just observations, not judgments; you can it shift anytime.

Only you know the truth. Now you can share it with others, and most importantly yourself.

Experience the freedom of nothing to hide!



*Eva Maurice*  
SPIRITUAL COUNSELOR

***“The Five Levels of Truth-Telling:***

***First, you tell the truth to yourself about yourself.***

***Then you tell the truth to yourself about another.***

***At the third level, you tell the truth about yourself to another.***

***Then you tell your truth about another to that other.***

***And finally, you tell the truth to everyone about everything.”***

*Neale Donald Walsch*  
Conversations with God (Book 2)

## *Listen with your Heart*

Listening is a true art...it is a necessity to understand the people you love and yourself. Listening without planning what to say next, without judgment and without an agenda is our natural instinct. Watch a small child listen, they take time to process, to hear, and to ponder. Then watch adults, they do not listen (as a rule). They interrupt, they finish each other's sentences, and they assume.

Part of listening is asking questions like; what do you mean? What was that like? How are you feeling? Why? It is amazing when the shift in perspective happens and we start listening, there is so much more to hear, so much less to say.

And, the miracle is in the responses of others...the gratitude of being heard, of being understood, of loving and respecting the speaker in silence.

***“If you want to  
become something,  
achieve something in life,  
then always listen to  
your heart.”***

*Shahrukh Khan*



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SPIRITUAL COUNSELOR

## Listen with your Heart cont.

The ears of your Heart are huge – they can hold so much information and feel so much compassion for the speaker -then you are ready to reply remember to be honest and of service.

- Listen with the “Ears of your Heart”.
- Let people have the space and time to say what they want.
- Don't plan what you are going to say.
- Ask questions
- Hear your Authentic Self – listen TO your heart

*“Most people do not listen  
with the intent to understand;  
they listen with the  
intent to reply.”*

*Stephen R. Covey*



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