

# You Be You

**Sweetly Follow this Single Holy Dictum: Be Yourself**



## You are on a healing path. Listen to your voice.

Elizabeth Lesser in her book, "Marrow" describes the soul as our "eternal essence bent like refracted light through the prism of human nature".

Our life ends up being a journey of uncovering the treasures of our true selves. Whether by circumstance, crisis, relationship or sheer silence, we are pulled to live from our authentic soul. If you're like me, the prism of human nature can cast a shadow on your inner core and doubts arise. Yet we cannot help long for more. Let your longing take you to your most intimate inner voice. May you listen and be *moved* by soulful humans along the way who see your essence and remark of the light and love they see!

**Breakdowns can create breakthroughs**



Sometimes things fall apart so they can fall together

**Everything is beautiful and I am so sad.**



The heart makes a duet of wonder and grief  
(Mark Nepo)

**"EPHPATHA"**



Be Opened! (Jesus)  
Hear your truest voice and follow its leading.

Dopamine

**REWARD**

Complete Tasks, Self Care Activities, Eat Food, Celebrate a Win

Serotonin

**STABILIZE MOOD**

Meditate, Run, Sun Exposure, Swim, Cycle, Walk in Nature

Oxytocin

**LOVE**

Hold Hands, Play with a Pet or Baby, Hug your Family, Give a Compliment

Endorphin

**KILL PAIN**

Laughing, Essential Oils, Watch a Comedy, Eat Dark Chocolate, Exercise