

STAYING TRUE TO YOURSELF ON THE PATH OF AWAKENING



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The key to a truly fulfilling life is being true to yourself, and yet it can be so hard to do. The world is full of people and organizations and circumstances that do not necessarily support your being true to your highest values. They may even oppose them. So how do we stay true to ourselves in an untrue world?

Being true to yourself takes courage. Courageous people are not fearless people. They are people who feel the fear and do it anyway! The fear of judgement and what other people think can be crippling unless we move through it, and we are unlikely to ever live our full potential.

The first thing to remember is that even if the world is “untrue”, the Universe is always true, and that is where your power lies. The Universe is a matrix of light and the highest intelligence.

If you are reading this ebook, it is highly likely that you are on a path of awakening. You are seeking the light, and you are finding the light. Along this path of awakening it is very normal to feel that your outside world isn't matching your inside world.

As you awaken, you begin to connect more with your own values and your own truth. You may be getting epiphanies, you may be aspiring to something more and envisioning the life that you want, and YET the reality OUT THERE can be a mismatch to what you are seeking or feeling. This is because your vibration is going higher, but the vibrations around you are still where they were. This really is path of the course to awakening. So if this is what you're going through, know it is totally normal.

In this ebook, I will be sharing with you some common examples of these mismatches between yourself and your outside world, why they happen and what you can do about it.

Nicole x

COMMON ENERGY MISMATCHES THAT CAN OCCUR ON THE PATH OF AWAKENING

FRIENDSHIPS AND SOCIAL CIRCLES

You may find that certain friends or social groups don't interest you or excite you anymore. You may feel repelled or just experience a feeling of dullness or deadness when around certain people or groups. Friends may judge you and you may find yourself judging them, or even feel frustrated because you want them to wake up.

PARTNER RELATIONSHIPS

As you awaken, you may feel that you have less in common with your partner, that they're not getting you or understanding you. Your interests may start to differ. You may feel frustrated that they're not as awake as you. There may be conflict and you may begin to doubt whether you should be together.

WORK

Most of us have to earn a living; we've got to go to work. But we may find that we are no longer enjoying our current work environment or we may come up against difficult co-workers or a difficult boss.

Or it may be that you have decided to live your purpose, start your own business and be true to your calling, yet it's not flowing and coming together as you had hoped.



MONEY AND ABUNDANCE

You know the life you want to manifest for yourself, but there may still not be enough money or resources to live your dreams. I'm seeing a lot of people experience a sense of hopelessness and helplessness about ever being able to purchase a home for themselves in the current property market..

HEALTH

Nobody deliberately manifests sickness. Good people do get ill. Getting a diagnosis of illness can feel very unfair. Why would the Universe want to do that?

PROBLEMS IN THE FAMILY

Problems in the family can play out in a myriad of ways - conflict between siblings, kids and parents, or adult children and parents. It may play out through having a child who is addicted to drugs or feeling violated by a narcissistic family member.

So if any of these themes are playing out in your life right now, know that you are not alone. All is as it should be, and every challenge is in our lives for a very important reason. The reason is our awakening. The reason is to deepen our understanding of ourselves and our lives in some way. And the reason is to draw you closer to Divine Source and to realize your true power. We cannot become more powerful through life being easy; we become more powerful through the difficulties and challenges.

So what do we do about these problems? What is the Way?

THE FOUR OPTIONS

Wherever we are struggling with life, there are four options available to us.

- We can accept it
- We can change it
- We can leave it
- Or we can complain about it.

The very least effective of these options is to complain about it. Complaining keeps us stuck. So I strongly advise you to let go of that last option! The first option is actually an essential step no matter what else you choose. The first option is ACCEPTANCE. Every problem must be accepted before anything else can be done. If you don't accept it, then you're resisting it. That's the ego mind. The ego mind says "THIS SHOULDN'T BE HAPPENING!".

This ensures we stay devoid of a solution. It IS happening, and it IS your current reality. So accept it. That way you work with it and not against it. The Universal Law of Acceptance deems that whatever we accept has the ability to change, but what we resist persists. The problem will stay in place until we accept it. Everything is happening for a reason; we may not know what it is yet, but it is there for our highest good.

And then we have the next two options - CHANGE IT OR LEAVE IT. And choosing between the two can be difficult. Leaving a person, a job or a situation can be drastic and changing them or it may feel impossible. Your mind may swing from one to the other. "How do I change this?". "Would it be better to leave this?"

I want to share something very important with you now. If you're unsure what to do, then it is not your job to choose. Instead, "seek first the Kingdom of Heaven." Surrender the problem to the Universe, because it is the Supreme Intelligence. It knows what is in your highest good even if you don't, and it will create the right path forward for you. If someone or something is meant to go out of your life, the Universe will make it very obvious and may even do it for you.

So this brings me to The Universal Law of Surrender. Surrender the problem, surrender your pain, surrender your confusion, and ask for the Light to show you. Believe me, it always does. We cannot fix a problem with the same energy that created it. Problems are best fixed through Divine Intelligence, not our limited human intelligence. Surrender, surrender, surrender!

Everything that is happening in our world out there is simply a reflection of something "in here" even if we don't know what that is yet. The ego thinks "but I am conscious and I am awake and aware. Why should this be happening to me?" Don't let the ego fool you and twist you with false pride. The conscious path is a humble path and it is a path of acceptance and surrender. The ego will creep in wherever it can and destroy consciousness.



RESOLVING A VIBRATIONAL MISMATCH

So now I'd like to go into those six different areas of life that I mentioned before.

FRIENDSHIPS AND SOCIAL CIRCLES

If you are going through a shift in vibration, it is really normal to feel different around people who you used to resonate with. As your vibration ascends, you will feel a hit of that lower vibration when you're around people who may not be as conscious as you are. So you must first accept the reality of what is happening.

Beware the ego with its black and white thinking. The ego is likely to get in the way. "I'm more highly evolved than that person, so it's time to get rid of them!" But wait. This is not necessarily the solution. Friendships do evolve and change. It is inevitable. Surrender the friendship to the Universe and ask to be shown what's next and ask for Divine guidance.

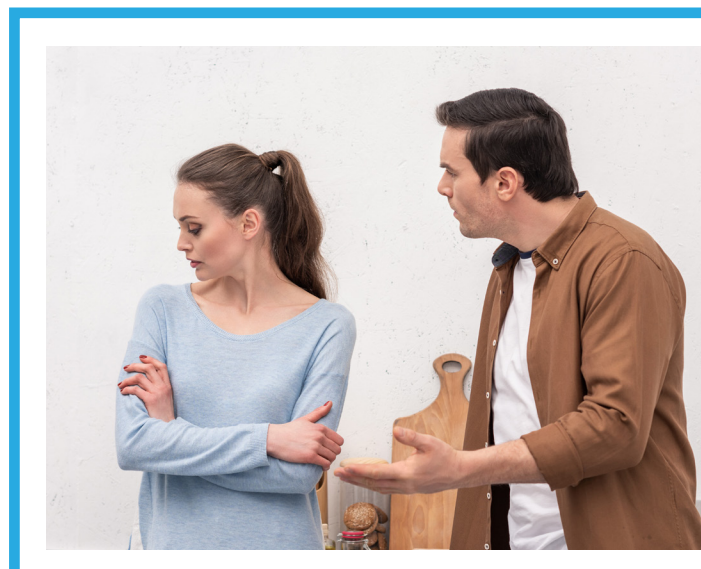
What I have found in my own life is that it is rarely about ending a friendship with anyone unless there are deal breakers such as abuse going on. It may be that you spend less time together, and very often, if you allow the Universe to take charge, this will happen in an organic and natural way, and not in a way that hurts the other person. As you continue to gravitate towards similar vibrations as yourself, life reorganizes itself perfectly. And know that if you do spend less time with certain people, it's not only in your highest good, it's also in theirs.

PARTNER RELATIONSHIPS

Every intimate relationship is going to go through challenges because we all grow at different rates and some of us are more willing to grow than others. Again, we must stay aware of the ego in these circumstances.

The ego will think "I'm growing and evolving and you're not." Of course that may be true, but it doesn't necessarily mean that things can't change. The ego will also trick you with the old myth that there is a perfect soul mate out there for you and when you meet him or her, you will be perfectly loved and you will be healed.

The ONLY way to true love is through self love. In the words of Eckhart Tolle, your partner is not here to make you happy, they are here to make you conscious. Wherever we are seeking our happiness and sense of self through another person, we are being deluded by the ego mind. There are going to be times when your partner makes you happy and times when your partner makes you unhappy, and those unhappy times are an invitation from the Universe to deepen into self love and to give to yourself what you are seeking from your partner.



Do you change the situation or do you leave it? That is for the Universe to decide and not you. Surrender the problem, surrender your pain, surrender your confusion and ask to be shown the way forward. You can ask for the solution to be glaringly obvious. Ask and it is given.

WORK

We are all here to contribute in our own unique way. A sense of purpose and having something to do each day is a wonderful thing. If you're in a job where you're experiencing difficulties, accept this reality and then surrender.

Ask to be shown. If things become much worse to the point of being unbearable, you're being encouraged by the Universe to leave. I'd say this for any difficult circumstance. Sometimes a low vibration organization or atmosphere can be too strong for us to maintain a high vibration. The only way is out. But sometimes, when you surrender, other things may be shown to you and solutions may come, and miracles can happen.

A difficult boss may be reflecting back a wound you're still carrying from Mum or Dad and it's a healing opportunity. Wait and be shown. And if you are following your calling and business isn't flowing as you would hope it to be, accept that all is as it should be. Surrender your vision, hopes and dreams and ask to be shown the next step. Trust in the process.

Rarely do we manifest anything we dearly want as quickly as our ego would want us to. Know that growth and learning are all part of the entrepreneurial journey. If you're going through this right now, I highly recommend [reading or listening to my book Soulful & Successful Business](#).

MONEY AND ABUNDANCE

As you awaken, you begin to align to the truth that you are worthy of abundance. You use the Law of Attraction to visualize and draw this to you, but at the same time you may experience further financial problems or disappointments.

The ego will resent this and you may find yourself feeling like a failure. But the truth is that as we transcend old beliefs and programming, problems will appear in order to show us something in ourselves that needs to be healed.

We all hold very old conditioning when it comes to money and abundance, and [that is why I wrote The Money Matrix](#). The purpose of The Money Matrix is to clear you of all that old programming and align you to the truth about money and abundance. But as with everything else, accept the problem, surrender and stay open.

HEALTH

Why would the Universe send you a health problem when you're on the path to awakening? We all come in with soul contracts - that is, our soul has agreed to certain challenges for our growth and evolution.



Our growth and evolution is THE most important thing in any life. It is not the success, the goal achieved or anything else your ego may be telling you.

The most important thing is your enlightenment and growth. That is the gold. And there is going to be plenty of rich growth when someone becomes ill. When someone becomes ill, their appreciation for life and for wellness becomes greater than ever before. Their priorities get corrected. The Universe is never wrong. The world can be untrue but not the Universe.

When someone is seriously ill, very often they get taken on a journey, on a search for wellness, whether it be through traditional medicine, alternative medicine, spiritual practices, meditation. A friend of mine who went through cancer told me that cancer was the best thing that ever happened to him. Of course he said it in hindsight, when he was in remission and he could look back and see the growth, the learning and the new appreciation for life. He wasn't seeing or feeling it in the dark days of chemo.

So with illness, we accept and surrender. We call upon the Light to guide us and show us the way.

PROBLEMS IN THE FAMILY

Problems within a family can be extremely painful, because we see our families as ideally the group of people who are our safety, our sanctuary, the ones who protect and care for us or who we are protecting and caring for. And so often this is not the reality for us.

Once again, acceptance of the problem is always the first step. Surrender is always the second. We ask for the Light to show us the way, for the Divine Intelligence will never fail us.

A SIMPLE PROCESS

No matter what the difficulty, the process is always the same:

1. Accept
2. Surrender
3. Stay aware!

Acceptance lays the foundation for what is to come. Surrender hands the problem over to the Highest Intelligence. Staying aware ensures we take the opportunity when it presents itself.

With any difficulty that is surrendered, things will either be resolved quickly, or they will be resolved slowly and require a longer process. This is because there may be a number of levels of learning and growth to be gotten through. The longer the process, the greater the growth and the deeper the transformation. It will take as long as it needs to take. This is the Universal Law of Divine Timing - the Universe is in charge of the timing and not us. [If you would like to know more about Universal Laws, you can read my book *The 25 Universal Laws*.](#)



STAYING AWARE

In what ways will we be shown or guided? In my own experience, it can be any of the following:

- A spontaneous download of information (otherwise known as an epiphany) - this will literally come as an idea or flow of information that is experienced with absolute clarity and knowing.
- Valuable information given to you by another person - someone may say something that you need to hear or recommend something or someone that will be helpful to you.
- A sign - anything from a slogan on a bus, to words in a song, a sentence in a book or something that has meaning to you. The Universe will send you a sign that YOU will notice.
- A dream in which you are shown something or told something either through words or through a story or dream experience.
- A situation intensifying and becoming more difficult and not less difficult. This sometimes has to happen to either bring things to a head or for the other person involved to wake up. So don't be concerned if things get worse; they often do, but it is an important part of the process.
- The right person appearing in your life at just the right time who can help you.
- A direct miracle that resolves the situation quickly.

I have experienced all these things. The more you experience communication from the Universe, and experience resolutions to your challenges, the more you will grow your faith and trust in the Universe. As faith and trust strengthen, you will know from the core of your being that you are supported and loved and that all is well.

If you're wanting more clarity about your Soul Path, you may want to read my free [Pathway to Soul Connection](#).

