

A FEW WORDS FROM MARTIA

True self is our spirit. Sometimes called the higher self, or God or Goddess within, it is the aspect of each of us that is unconditionally loving and compassionate, and that sees the whole picture of who we are and what our lives are about. On the other hand, our personality is the ego, the limited self that developed in childhood to help us adapt to the physical world and to an environment that included danger, fear, pain, and loneliness. We need both these marvelous aspects of self: The personality directs our instinct for surviving, true self carries our blueprint for thriving.

In the past, the personality has been in the driver's seat, which has made survival issues the focus of our lives. Now we find ourselves, as individuals and as a culture, at a significant turning point: We are no longer content just to survive, we want to thrive. We want to replace our old survival struggles with the thrival qualities of unconditional safety, ease, creativity, vitality, love, joy, and well-being. In short, we want our spiritual potential to come through in ways that make a real, noticeable difference in our daily lives.

Such a transition is possible -- it is, in fact, our destiny! To make this transition from survival to thrival successfully, we must turn to true self as our guide. If we turn an ear inward, true self will tell us who we really are, will show us the greater context for our lives, and will guide us step by step with wisdom and support toward whatever we need.

I first heard the voice of my true self in 1984 when a health crisis and a sudden career change triggered my spiritual awakening. (*Coming Home* begins with this story and outlines the process this major transition). I desperately needed new direction and meaning in my life, but my personality couldn't provide it. As I turned within, true self spoke -- and I listened. I have been listening ever since.

I call the voice of true self *inner guidance*, and I consider it to be the most important teacher I've ever had. My book, *Coming Home*, is filled with much of the life-changing information I received from this inner source between 1984 and 1993. After *Coming Home* was released, new information continued to emerge from within, whenever I asked for it. All the CDs on my website contain information I've received from true self since 1994.

Much of my work these days is doing private Life Coaching sessions with individuals who are looking to enrich their lives by increasing the qualities of thrival. During these sessions, I guide them into a deeper experience of their true self, and I provide tools they can use to create fulfillment and freedom in the areas of their lives where they used to feel stuck or blocked. I find that with surprising ease, self-

judgment can become self-compassion, fear can become confidence, and confusion can become clarity.

Often this one-on-one coaching is just what the personality needs to turn inward and find the wholeness and well-being it has been missing. From there, the choices we make in our work, our relationships, our parenting, and other areas of our lives can be more empowered and more fruitful.

It is brave work to turn inward. Whenever we look within, we take another step into the new frontier of our personal and cultural evolution, and our lives change. We gain a deeper awareness of ourselves and the world. Learning to recognize true self is the key to our progress. My book, CDs, and Life Coaching sessions are my contribution to our learning together. I hope they give you the information you have been waiting for. I wish you joyous discoveries.

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Author of "Coming Home: The Return to True Self"

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