

find our own way. While she gives an outline for us to follow, there is no one there to tell us whether we are following the outline correctly. Only the individual knows what is right for them.

In my counseling practice, I have come across so many people who are completely out of touch with themselves. I believe this happens because we live in a society where we are constantly being told we are doing things wrong or that there is someone more knowledgeable to go to who can tell us what we need. I find myself constantly asking the question "What do you feel is best for you?" I don't ask what do you *think* is best for you, but what do you *feel*? We, as humans, are often out of touch with what our bodies are telling us. In reality, our body is our conscience. It will tell us whether we are following our own path or someone else's. It will tell us whether we are being ourselves or pretending to be someone else.

As we all know, the soul incarnates to experience and learn so it may know itself. Incarnation in itself is an act of divine love because we come into this life to continue a journey so all of humanity may progress. It is not just about our own individual journey. We are part of the One. Whatever progress we make in this blink of a lifetime, impacts the One. We, all beings great and small, do not incarnate without purpose. Every sentient being has a purpose in this life given to it from the Divine. As humans, we forget that every moment is a moment we need to be aware. Aware of what we think, say, and do and just by that awareness we are treading the path of altruism.

When we know ourselves, meet and greet every sentient being as we would want to be greeted, and truly see ourselves as a part of the Divine, there is a connection to the seen and unseen worlds that cannot be put into words. A peace that passeth understanding surrounds us and every action we do, is done from the heart. There are no words, there is only a feeling of oneness and this is altruism.