



A Feisty Soul's Bill Of Rights

1. Be Real

The right to be real means knowing you are enough just as you are right now. Being real means being alive and raw with what is currently your truth without shame, fear or guilt weighing you down.

2. Feel Feisty

The right to feel feisty is the right to own and feel the full technicolour spectrum of feelings that exist in the human psyche. The "positive", the "negative" and the in-between. And you have the right to express these feelings to other soul's who will witness them with tender compassion and love knowing that feelings are not permanent--they are like the weather ever changing.

3. Act Resiliently

The right to act resiliently is knowing that, to fall, to fail, to get lost, to lose is a normal and predictable human experience. It is the act of being resilient that requires courage, stamina and a deep faith that obstacles--no matter how large can be overcome.

4. Love Deeply

The right to love without judgement and openly. A heart that is full of compassion loves easily. To love deeply also means to grieve wisely, knowing that one of love's gifts is loss. The right to love means honouring the seasons and cycles of the heart while remaining open hearted and compassionate.

5. Speak Compassionately

The right to speak compassionately is the right to hold space and speak our truths--our truth can be spoken with assertive clarity while holding unwavering love and compassion in our hearts. "No," can be said easily, as well as, "Yes." We have the right to speak both and to change our minds.

6. Know Wisdom

The right to know wisdom is about deeply connecting with the Universal truths of the human spirit--the Universal Archetypes and stories that are shared across cultures and climates, the deep cellular wisdom that grounds and aligns us when we are connected to it regardless of context.

7. Live Spiritually

The right to live spiritually means to create and pursue your connection with the spirit and growth that lives in YOU! And in turn to honour other soul's reflections of their unique spirituality while looking for the commonality of Spirit.

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STOP SUFFERING AND LOVE YOUR LIFE