

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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**"How we spend our days is, of course, how we spend our lives."**

*Annie Dillard*

[Yale University](#)

[Research on PMS - Dr.](#)

[Yonker.](#)

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## Good day dear woman and man reader!

*'We meet our destiny on the paths we try in order to avoid meeting it!'*  
Lafontaine

This month, I will share a short personal story resulting from my Inner Journey in the desert.

As I sit to write this short article, I know it will reveal much more than I can put on paper. And you will decide what you wish to read into it because after all is said and done, your mind, heart and soul will connect where they need to feel fed and nurtured for your own expansion into your own journey.

I am one of those persons who need to clarify her life once in a while... and each time I do, it brings me much more than I bargained for, even to the risk of realizing I need to change nothing... save for my own way of looking at my life, mind you.

That in itself is no small task and achievement, for our so called modern world is often times dictating us to run for stars up above when some gifts are right beside us and we are blind about seeing them...

When I write that I may need change nothing, I should specify that I really mean I need to change how I react to this mystery of life and how it unfolds in a path I undertook eons ago rather than change the path. When did it start? I just don't remember anymore. That is to say on a conscious level. At a cellular level, that is another story and reality altogether.

Almost every so called evolved and modern human being is still very significantly slower in their biological evolution compared to our sociological and technological uprising progress. In spite of all the speed we face in most areas of our daily routine, our inner biology is still at turtle pace. Our old brain still dictates so much of our reactions and actions with the main goal to survive.

Canadian researchers found out that *'trying to change our belief system is*

*equivalent and identical in reaction at a brainwave level, as if we were tortured! !!!*

**Wow!**

What are we to do with this new piece of information?

My answer! Go back to the desert and seek clarity.

**What is the desert for you?**

No matter where it is that you seek, as long as you can feel guided to seek, either through an exercise for some hours in silence and becoming a true observer of your 'within' at play with the 'outer', you will get answers.

**Why get answers?**

Because it will give you 'your' reason to be on the path you chose to make a difference in your life and the life of others around you.

And let us be real clear here, a mission or a purpose does not mean you have to leave your home and your family to conquer the world; it simply means to grow into awareness and peace at heart on a regular basis, for that is still the best place to be and grow for your benefit and as well as that of others.

**Finally: Who do you want to be?**

Express your choice of how you would be at your best and finally: why is it important for you?

I am leaving you with enough questions to fill a month's space if you really set yourself to explore true awareness.

Just as my walk in the desert brought me clarity, your walk into awareness will reveal jewels to you.

I invite you to share them with me.

*A la prochaine!*

Have a great month!

**NEXT MONTH: A surprise!**

Warmly:

*Pauline Houle* - Therapist - author

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