



## DAY.18

### Truth is liberating.

When we were kids, we were told many times to stop talking, complaining, or crying. What we subconsciously understood, is that expressing our feelings, and listening to our hearts is wrong. And that if we do so, **we are not lovable, or good enough.**

On the other hand, our society's school system needs to educate us in a way that we are valuable to this world, and we do as we are told, in order to be productive. In this system, there was not much room for our truth, our needs, and our desires.

So we became adults, who **don't know how to say yes or no**, how to say I am sorry, I am sad, I am angry, I need help.

We can even see gender patterns in the way we speak our truth. Usually, women hide their true feelings, in order to be polite and kind as they were told as little girls. They become pleasing, and eventually they explode and are called crazy.

Men on the other hand, were told that being vulnerable is wrong, and they hide their feelings and struggles with silence or express it through blame and anger, in order to feel manly enough.

Not expressing our truth, causes emotional blockages, that manifest in our body with physical issues, and even organ dysfunction.

**The reason why it's so hard to speak our truth is that we are disconnected from our hearts.** In yoga therapy, we treat any diseases of the jaw, neck, shoulders, and throat, by focusing on the healing of the heart. There is only one way to learn how to speak our truth.

**To connect with our hearts.**

# DAY.18

Phrase of the day: 'Today I speak my truth'.

*Write this phrase in your journal.*

Our heart never lies, she is never defensive or speaks badly about others. She expresses all kinds of feelings with kindness and compassion. We express, we talk from our throat, but if we are angry, our gut speaks. If we are jealous, our genitals speak, and if we are afraid, we speak from our pelvis.

When we express our truth, our heart speaks.

Choosing to speak our truth from the place of the heart is the key to great communication, connection and relationships with others.

## PRACTICE

This morning we invite you to listen to the '**HEART MEDITATION**', Connect with your heart and hold this feeling the whole day.

If you find an opportunity during the day to consciously speak your truth, go for it. Lean in.

If there is an important conversation you need to have, you can do it today, from your heart. Speak the truth from a place of peace and kindness. You can use the affirmation "I am safe", "I am honest", "I am loved" if you feel hesitant.

Good luck!