



**TODAY I CHOOSE
TO SPEAK MY
TRUTH.**

DAY.17

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 listen 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. Therefore, our truth, our needs, and desires, were not always welcomed.

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 are hiding their true feelings, in order to be polite and kind as they were told as little girls, and they became pleasing, and eventually explode and called crazy.

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

Not expressing our truth, is causing us emotional blockages, that manifest in our body with physical issues, and 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.17

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

Please also write this phrase in your journal.

On previous days we connected with the energy of the heart. Our heart never lies, she is never defensive or speaks bad to others. She is expressing all kind 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 are expressing 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 1: Today we invite you to listen to this meditation in the beginning of your day, before you get out of bed. Connect with your heart and hold this feeling the whole day.

PRACTICE 2: If you have an important conversation to make, you can do it today, from your heart. Speak the truth from a place of peace and kindness.

Good luck!