

The Eternal Truth of Who We Are

What I found in teaching my classes was that if there's one thing we're all looking for its peace of mind. And I knew that we get peace of mind when we're being authentic, truly being ourself. Then it occurred to me: that at the deepest level, we are most ourself when we realize our oneness with God! If we could truly grasp and live this eternal Truth of who we are, how different our lives would be...

Excerpted from *Why Love Heals* by Dean Shrock, Ph.D.