

## Know Thyself, BE Thyself!

Know Thyself, BE Thyself. Do that which you KNOW is part of the physical journey that you are on. Get into Free Forward Motion and don't look back. There is no going back, only forwards and onwards! Choose for ME/WE and the rest will just fall into place. Do not allow any other to tell you what to do - listen and then choose from your Heart.

**Life is a journey, it must be said, follow your heart, not your head. Trust yourself, know that you know, your heart shows you which way to GO!**

You KNOW this, never forget this important message!