

The Way – TAO Transparent Authentic & Open

Essential Self:

Our bodies never lie

Who am I at the Core?

What life am I meant to live?

A place of absolute truth when-

Ever you do anything by speech or

action, that takes you away from

the truth, your body more than likely

will protest.

Symptoms: physical response could be

A subtle level heart rate, perspiration,

eye blinking, muscle tension, blood

pressure, all of these changes, for most

people appear every time they so much

As say something untrue.

Social Self: Conditioning

Socialized by our life – our brain – stories on how things

should be. I can't do that – what would people think of

me, I must stay in this job – even if it kills!