

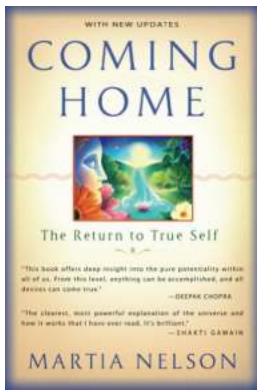
# Coming Home: The Return to True Self



Welcome to a journey of self-discovery, an exploration that leads us back to the essence of who we truly are. In a world filled with distractions, societal pressures, and constant demands, it is easy to lose touch with ourselves. But amidst the chaos, there lies the path to coming home, the return to our true self.

## **The Illusion of External Validation**

Society often dictates what success should look like, pushing us to chase after external validation. We are bombarded with messages that suggest our worth is determined by our achievements, possessions, or appearance. The relentless pursuit of these external markers blinds us from recognizing our inner voice and the person we were meant to be.



## Coming Home: The Return to True Self

by Martia Nelson (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English  
File size : 699 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 280 pages  
Lending : Enabled



But deep down, our true self yearns to break free from the shackles of societal expectations. It craves authenticity, genuine connections, and a life aligned with our values and passions. Coming home means shedding the layers of external validation and embracing the uniqueness that resides within us.

### Listening to the Whispers Within

In our fast-paced world, filled with constant noise and distractions, we often forget to listen to the whispers within us. Our inner voice holds the key to our deepest desires, passions, and purpose. To come home, we must learn to quiet the external noise and turn inward.

Through mindfulness practices, meditation, and self-reflection, we can tap into the wisdom that lies within. It is in these moments of stillness that we begin to tune into the gentle whispers guiding us towards our true self. Embracing solitude becomes a gateway to self-discovery and an opportunity to reconnect with our inner compass.

### Embracing Vulnerability & Authenticity

Coming home requires us to embrace vulnerability and authenticity. It means allowing ourselves to be seen, heard, and valued for who we truly are. Shedding the masks we wear to please others and living in alignment with our own values can be a transformative experience.

When we embrace vulnerability, we open ourselves up to experiencing deeper connections with others. The masks we wear only serve as barriers to genuine human connections. By taking off these masks, we create space for authentic relationships that nourish our soul and support our journey back to our true self.

## **Unearthing Our Passions and Rediscovering Joy**

As we come closer to our true self, we unearth our passions and rediscover the joy that resides within us. Often, societal pressures redirect us away from what ignites our spirit. However, when we embrace our passions, we tap into a limitless source of energy and happiness.

Reconnecting with our passions can be a catalyst for personal growth and fulfillment. Whether it's through creative endeavors, outdoor adventures, or meaningful work, following our passions leads us closer to a life that feels purposeful and aligned.

## **The Journey Home is Ongoing**

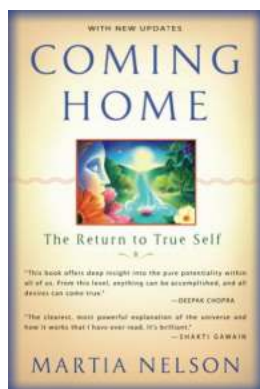
Coming home is not a destination, but an ongoing journey. It involves continuous self-exploration and an unwavering commitment to growth. As we evolve and gain a deeper understanding of ourselves, our true self may change, and that's okay.

It's important to remember that coming home is a personal experience, one that looks different for each individual. What matters most is the willingness to listen to

our inner voice and have the courage to follow its guidance. For it is within the depth of our true self that we find our purpose, peace, and ultimate fulfillment.

So, are you ready to embark on the journey of a lifetime? Are you ready to come home, to return to your true self? The path awaits, and all you need to do is take that first step.

*Disclaimer: The images used in this article are for illustrative purposes only and do not represent specific individuals or locations.*



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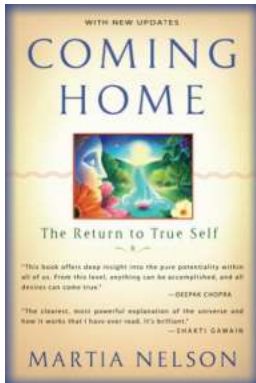


Fear, anger, loneliness, overwhelm and money stress are modern day "plagues" that sap our energy and steal our joy. Coming Home provides the antidote! It guides us into our true self where we find a wealth of unconditional love, happiness, prosperity, and connectedness with all life. Each page evokes self-love and a feeling of being seen and understood at the deepest level.

"Coming Home offers deep insight into the nature of the field of pure potentiality within us all. It will help all those who seek fulfillment from the level of Being

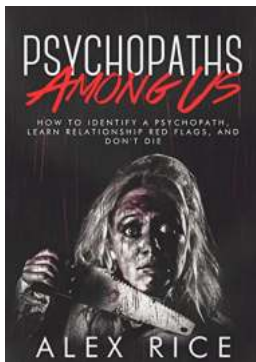
rather than Doing." -DEEPAK CHOPRA

"Coming Home is the clearest, most powerful explanation of the universe and how it works that I have ever read. It's brilliant. This book will be on my bedside table for quite some time. I believe it's destined to become a classic." -SHAKTI GAWAIN



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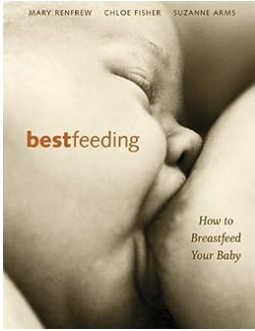
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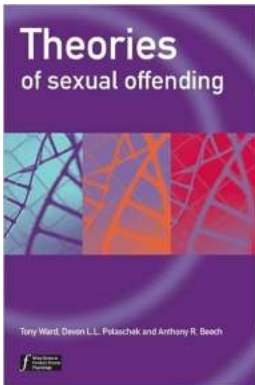
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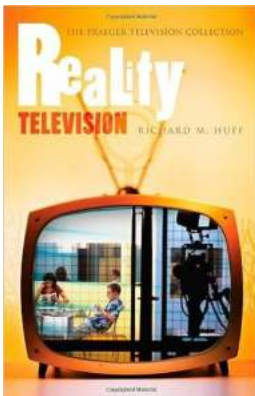
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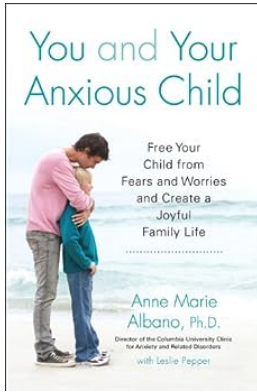
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