

# INNER WISDOM HANDOUT



YOUR GREATEST WEALTH



When you discover that all happiness is inside you, the wanting and needing are over, and life gets very exciting.

— *Byron Katie* —

AZ QUOTES

Many of us fail to realise that we are complete human beings, perfect just the way we are. We each have the answers to all our life's issues right inside of us, in the form of innate wisdom. All we need is simply to get out of our own way, just to hear it. Since the beginning of time we, as human beings, have only worked one way, which is, we experience our thinking. This understanding will enable you to see how we function, what is blocking you and enable you to reach your full potential within your own life. It will not take the bad events out of your life necessarily, yet it will give you a way of recognising where your experience is coming from and therefore enable you to navigate your way through life with relative ease making the choices that are best for you with more clarity.

So if you are in the depths of depression, frozen by fear and anxiety, paralysed by a chronic condition or strung out by stress, simply by understanding how we function, as human beings, you can make your path easier and bring some joy and ease back into your life.

The answer is simple and whichever modality you choose to use to explore this understanding, the underlying message will be always the same. One size does quite literally fit all. So start to follow your own inner wisdom today from this moment, if you like and you're interested to know more please choose a link that appeals most to you from the list below as all of these links explain this in a beautiful elegance of uncovering your innate intelligence.

Stop the glorification of  
busy.

Definition:

**overthinking**

verb

1. The perfect way to create problems that don't actually exist.

Born  Happy

Although this insight that has been shared for thousands of years sounds very simply on the outset, I've been discovering this for over 20 years, and the profound thing about this insight, is that although it may not sound such a big deal once you uncover it, it prevails into every area of your life and is always expanding. I'm always learning from it even 20 years later. I believe that this is one of the most important things to realize in your life time and is so worth checking it out.

If you like to watch people speak about this understanding try...

***Three principles movies website***

[www.threepinciplesmovies.com](http://www.threepinciplesmovies.com)



Eckhart Tolle is a world renowned teacher on this subject and his website has a wealth of free videos and audio talks, his link to his website is.

[www.eckharttollenow.com](http://www.eckharttollenow.com)



Paul Lowe is another special amazing teacher in helping people get that 'ah-ha moment or that click that switches you

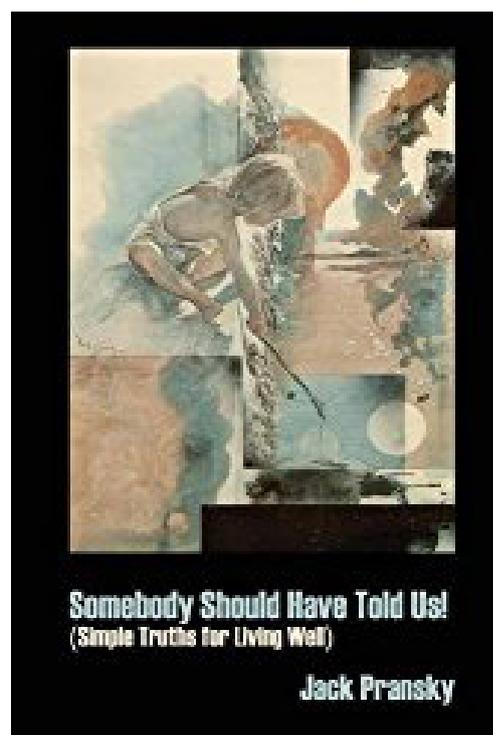
on to your profound awareness. Again his website has a wealth of free videos and audio talks well worth checking out.

[www.paulowe.org/videos](http://www.paulowe.org/videos)

If you would rather read a book try one of these...

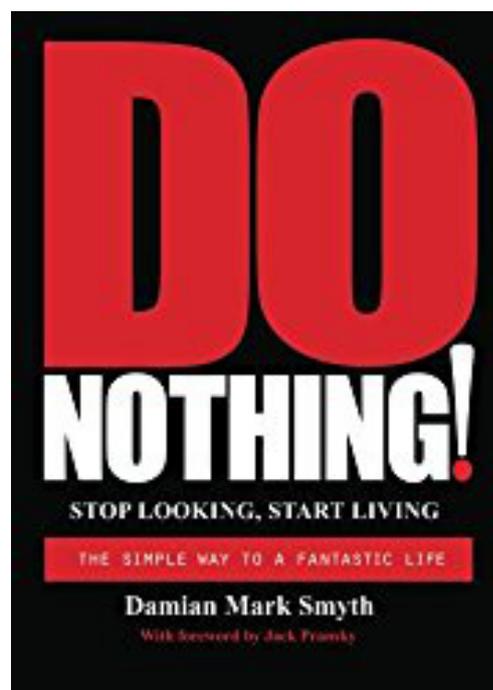
### **A passage from the book *Somebody Should Have told Us***

This book is the essence of self-help, in that it points people inside themselves for all answers. It shows people how to access their own essence whenever they need to. It shows people how they create their experience of life moment to moment. The book is written in an easy-to-understand manner with many stories of how people's lives have changed. When we were growing up nobody told us what this book points to, but somebody should have told us! And it's never too late.



### **A passage from the book *Do Nothing ,Stop Looking Start Living***

“The state of humanity is down to the state of its thinking. It is the misunderstanding of the ‘function’ of individual thought systems that causes the problems, pain and suffering in the world. This ‘reactive’ thinking interferes with the flow of creative intelligence. When busy thinking subsides, new thought is available, and with it, innovation and resilience. The ‘trick,’ is simply to see how the ‘trick is done’. That’s it, no more. No processes, just an understanding. I point towards this understanding of the ‘human operating system’



My suggestion to you is that if you're curious to real discover this. Is to set yourself a challenge which is to watch one different free 10 minute Video a day from either the 3 principles, Eckhart Tolle, Paul Lowe or Prem Rawat or read a few pages on this subject for 63 days in a row.

From this I believe you will have a Massive Beautiful Breakthrough in realizing your Inner Wisdom/innate intelligence and experiencing more time rich living which enriches every area of your life.

***“Every Moment that we spend on thoughts of worry, anger and fear means a moment without feeling love, fun and happiness”***



Or if you have a specific issue that you feel really stuck with and that you would like some 1:1 support with, my good friend Cheryl Ford is a fully qualified Counsellor and Three Principles Practitioner, who is brilliant at what she does and she would be happy to work with you in person or virtually, online. For further information or if you would just like a chat please email her at **[cheryl\\_ford@sky.com](mailto:cheryl_ford@sky.com)** I highly recommend her

*Be in the moment*

Tony Be

Quotes we ❤️

We don't need to create  
love, or well-being,  
or happiness because  
love, well-being, and  
happiness are part  
of our essential nature.

Michael Neill

Born ☀️ Happy