



# the truth of divinity

THE MOST IMPORTANT RELATIONSHIP YOU'LL EVER HAVE.

by Alison Canavan

Who were you before the world told you who to be? We are born into an interesting world where from day one we start to get programmed by the people, culture, country, religion and beliefs of those we are surrounded with. Then we enter an education system that subliminally tells us to conform or else. Or else what?

Well, there is a price to pay for not fitting in. Human beings have a deep innate desire to connect and are social creatures. When we feel like an outsider or we feel different, instead of owning our incredibly beautiful individual spark of light, we dim and do our best to fit in and be accepted by others. This causes our soul to cry out for help because when we are not expressing ourselves as the unique and beautiful spark of the divine we came here to be, we suffer. How much suffering each individual can take differs greatly.

I know I suffered so greatly and had an almost endless pit for suffering. In fact, I thought suffering was the way it had to be. Now I realise that my soul was crying out to me to embrace who I am at every level. It takes an enormous amount of courage to be yourself in a world that

celebrates sameness. We do our best not to shine too brightly because we don't want to make others feel bad. So, for a lot of people, they expand and shrink again just as quickly.

There is a beauty and a light that shines from within when we connect with our divine creator. For some, the word God evokes uncomfortable emotions and I feel that because my upbringing in the Catholic Church was so deeply tainted with fear that I often wondered how this mythical God could be good at all. In fact, when I was in primary school, I asked the nun teaching me: "If God is good, then why are all the people that work for him so mean?"

Through the eyes of a seven-year-old, that was the truth of my experience. As I have grown up and walked my own path, I have developed such a deep and loving relationship with my creator. God, to me, is such a deep energy of love that it alchemises anything not of that frequency. We are here to experience all that this sacred life has to offer – and part of that is learning through the contrast of pain. How are we supposed to understand love

without knowing its opposite?

Living as my divine self means staying aligned and connected with my values, with my inner guidance system, and showing up in an energy of service every day. That does not mean I am perfect and don't mess up. In fact, when you decide to live authentically, your world will very often come crashing down as anything that is unaligned will fall away.

When we work from the outside in, we tend to self-abandon to please, fit in, belong and keep the peace. But what if you came here to create a new way. What if you came here to be the way shower of the path to peace, love and true inner happiness? What if walking your own path gives others permission and inspiration to do the same. What if YOU just being YOU is the healing balm this world needs right now? What if you are the one you have been waiting for?

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