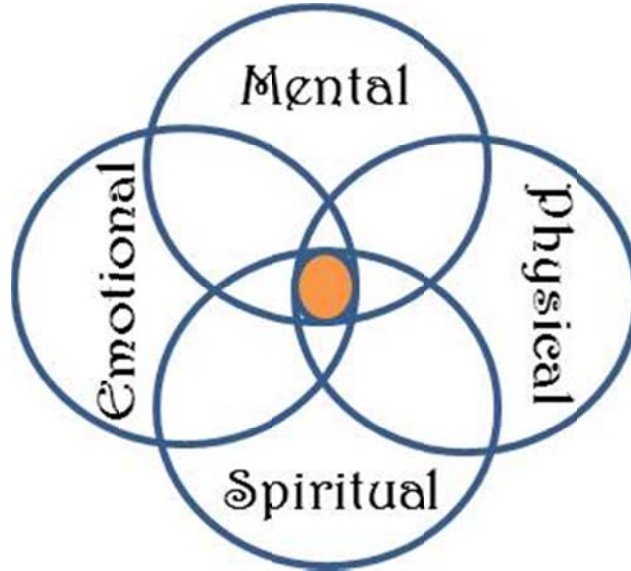


Fight Self-Deception,
Dis-ease, Shame and Disillusionment:
Become a Truth Revolutionary™

*Using the 4 Pillars of Personal Truth to live the life you choose instead of
just surviving the one you've been handed.*



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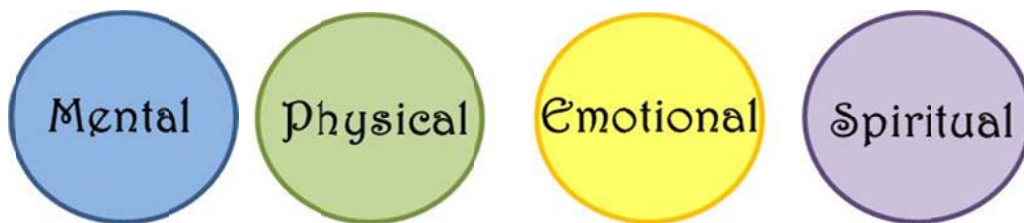
What is a Truth Revolutionary™?

A Truth Revolutionary™ (TR) is someone who is done with the frustration of their current situation and ready to work towards a new way of life, the life they truly want. TRs are in an elite league of likeminded people who know their personal truth and are no longer willing to lie to themselves or the world around them. TRs will stand up and say hear me, see me, know me as I am – even if it is just to themselves in the mirror. A Truth Revolutionary™ has been through the gamut and come out the other side not as just a survivor but also a hero. Someone so comfortable in their own skin and soul they shine.

When you make a choice from the sweet spot of where the pillars connect; you will discover that things flow in an entirely different way. It isn't that life suddenly becomes unicorns, rainbows and pixie dust. It is that you have the clarity and strength to move through your life with less trauma. Tough choices won't seem so tough. Making a mistake won't be the end of the world. Controlling every little aspect will suddenly, and oh so clearly, be a complete waste of your time and energy.

"Where the mind goes, the body follows"....unknown

I believe this to be true. I also believe that the two aren't the entire picture. The journey of the Truth Revolutionary™ is a lifelong quest to unite the mental, physical, emotional and spiritual pillars that create each of us in forming our personal truth.



Your personal truth is the basic core of who you are. It combines the obvious things like gender, and upbringing, along with the more subtle nuances of life experience. It doesn't matter if you shout it from a roof top or simply acknowledge it to yourself. Once you discover your personal truth and accept it you move into a state of grace for navigating your life. It does not mean things suddenly get easy, or rainbows sprout up and unicorns dance. Bad things will still happen, and difficult decisions will still need to be made. The change will be in you and your ability to move through these moments with confidence and ease. To no longer get stuck in remorse, guilt, shame and fear. To come out the other side with less trauma to enjoy the full spectrum of what your life has to give you.

My goal here is to give you a brief look at each pillar of personal truth, and at how your life can change for the better when you begin making decisions from the sweet spot where they all come together.



It is human nature to try and define things, to understand things and when it comes to the extremely scary or painful things we tend to want to label them and run the other way. Think of why religion was created – it gave a name to the thunder and lightning, to the things so powerful and out of our control that endangered us. Giving them a name and then giving them responsibility over us soothed our fears. So when you are faced with *do I leave my partner who does not actually fulfill me or lift me up*, for the unknown... generally we will stick with the partnership. Mentally, when guided by fear and disillusionment, it makes more sense to survive. Survival goes hand in hand with the devil we know as opposed to the devil we don't. Human beings are more inclined to change when it is forced on us by some drastic event, or by so much pain that we hit rock bottom, and finally surrender and let go.

We all think differently. The challenge is to understand how you mentally process things and find where your process is faulty or damaged. Once you discover this you can take responsibility for your actions in bad situations, as well as let go of feeling responsible for others actions in those same situations. If you grew up in a home that was abusive, it is very likely that you will tolerate abuse in your life or become an abuser. That can mean many things, most often it shows up in yelling and disrespecting those around you, or letting them do that to you. Growing up with abuse makes it your norm, you understand it and are comfortable with it; so you might not even notice it creeping into your life as you go along. Screaming at your partner, slamming doors, being rude, shrieking at your children; these things happen but should not be normal for anyone. When you take a look at your mental process and own this aspect of it, you can then choose how you let it participate in your life. Do you let it run the show and continue to hurt and be hurt? Or do you use it as a tool to guide you away from hurting? How do you get to that place where you catch yourself before doing these things and say, 'wait a minute this isn't how I really want to respond', to take a breath and choose a reaction that resonates with you and who you are. A reaction that shows you are more than your circumstances or childhood.

All of the pillars are important; however the mental pillar is the key to unlocking all the others. Once you own your own mind you can then focus it on bringing everything else into alignment with what you want.

In the journey of the Truth Revolutionary™ we examine our mental view of things so that we can find our truth and make life choices and decisions without additional trauma to ourselves. We take control and responsibility and that empowers us and removes the fear and disillusionment that holds us from making detrimental decisions over and over. The world is not out to get us, it is what we make of it.

Truth is the weapon that fights Self-deception.



Our bodies are amazing works of art. Seriously, if you take a moment to think about everything your body is doing – making blood, healing cells, fighting illness, taking nutrients from food and turning it into energy to fuel our bodies, and so much more, it is a bit overwhelming.

When we get sick, or hurt, it is our body telling us something. Let's say you get a cold, and you take tons of medicine to get over it because you can't miss work or you can't let your school or your husband or child down. On one hand, this sounds great. You numbed it out and kept on going – which we often truly have to do. On the other hand your body was telling you it was tired, and aching and needed rest. Did you listen? What about folks that constantly get sick? Sometimes there are illnesses there (I personally survived 8 years of Lyme's undiagnosed and then 2 years of treatment). Sometimes it is an emotional kick-back, dis-ease if you will, telling us something in our life just isn't right. There are also times when it is both. I believe we can get terrible diseases because we need to learn something from the experience. I know that sounds horrible, yet I had Lyme's dis-ease before it was well known. The best guess I got from doctors was that I had it 6 to 8 years before it was diagnosed. It almost killed me twice. The second time it caused kidney failure when I was abroad. The thing I remember most is the flight home and the pilot checking to see if he had a corpse on his plane. I had thought there was something wrong for years, but instead listened to family, friends and doctors who didn't really care and said I was

just lazy. I believed them. My life was a mess, I was floundering and lost. I was so sad and I hurt all over all the time. And who could I trust because everyone said I was a liar? Except my physical body. When I finally stopped and listened and said NO MORE, and focused on what my body was telling me – everything changed. I found the doctor that listened to me and figured out what was wrong. I started treatments, fought a 2 year battle, and won. I learned that I had a choice, to listen to my truth or not. I could choose to fight for myself and what I knew to be true. I would not settle for dis-ease anymore.

As a Truth Revolutionary™ we learn to look to our physical bodies for information on everything. We learn to listen to the signals it is giving us so that we can take an honest assessment and make pro-active choices on treatments as opposed to terrified reactive choices on the spot. We learn to listen to the personal truth our body is telling us.

Truth is the weapon that fights Dis-ease.



Our emotions are usually running the show. Fight or flight? Lust or Love? I hate that person or that thing! We toss around these words so lightly, yet emotions aren't to be taken lightly. Feelings we suppress will surface at some point, usually in a rather spectacular way. We are creating drama so we don't have to look at the monster in our private thoughts. I find it so amazing at how easy drama is to create and how addicting it is. Add on the complaints that *gosh things are so hard and complicated* and *I am overwhelmed* and you have a normal day at the office, home, shop, or theatre, for all of us. Drama is entertainment; we don't have to look at ourselves too closely if we are constantly cleaning up some mess that, oh by the way, we created for ourselves.

Most people I have met have some dark memory tucked away that they don't look at, talk about, or perhaps even consciously remember. A moment they are ashamed of. A moment where they were made to feel small, helpless, powerless and worthless... and they believed it. Now that little dark seed sits and grows roots that wrap around every choice they make. Maybe you gave into peer pressure and showed the boys your panties, or perhaps you were talked into drinking when you did not want to, or participated in bullying someone, or were bullied yourself. Or perhaps your secret is deeper and darker,

like sexual abuse. Someone I love very much is a sexual abuse survivor and survive is all they do. The shame tells you that you are not worthy. That this would not have happened to you if you were better, smarter, faster, stronger, something more than you are. The shame whispers quietly that you do not deserve better. When you believe the shame, it grows.

I am a rape survivor; I had people tell me I must have brought it on myself. That I was responsible, that I must have wanted it. I believed them for years. I believed the shame. I dated men that were broken, that wanted to break me more. I even got so low as to consider prostitution because who could ever love me, and why not, I could make good money.

At the crossroad of suicide, prostitution, and believing in myself– I took *believing in myself* because I am worth it. I got help and learned that I really am an incredible human being. I am responsible for my choices not the choices of others. I am worthy of love and kindness and respect to my person. And I am happy and grateful to say that I now have that with my husband in our 10-year marriage.

A Truth Revolutionary™ learns to look at their emotions and face them with respect. To feel sad and not drown in it, to feel happy and not be afraid it will be taken away in the next moment. To not medicate with a prescription, a bottle, or food to feel something, even shame because it is *something*. A Truth Revolutionary learns that numb is for survival, not living.

Truth is the weapon that fights Shame.



The word spiritual often brings up visions of some nut- and berry-eating hippy (no offense to hippies!) saying things like you need to cleanse your aura or carry this crystal to make you happy.

The thing is, spirituality is an essential key to the human condition. Spirituality isn't religion. That isn't to say there aren't deeply religious spiritual people; however they are two different things. It is a transcendent experience when you can combine your religion with your spirituality. Most of us aren't that blessed.

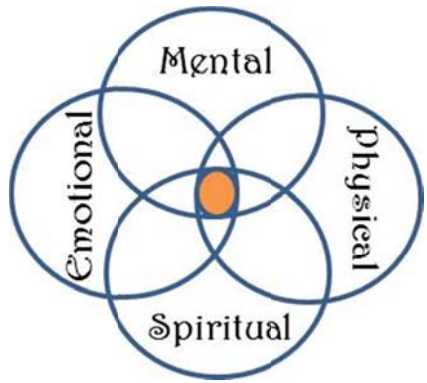
For the sake of this discussion I am going to simplify the two rather drastically. To me religion is a formal set of guidelines and rules meant to help you and bring you to your spirituality. Spirituality is the nebulous thing we all seek and need that connects us to something more than ourselves and gives us a deep and strong sense of ourselves.

When spirituality is lacking, disillusionment sets in, and from there everything takes on a nasty connotation. It becomes all about money or power or fame. We have all met that person, the one that makes you walk away thinking they are a pretty rich Barbie doll. When my father committed suicide I became very disillusioned. Why did anything matter? Who cared? People were only out for themselves and you couldn't trust them to stay and care about you. Why should I be any different? Hell my own family didn't really care that dad was dead. My mom truly had no idea why I cried and mourned for months. Then I remembered the last time I heard his voice, he called to tell a joke (he would do that, laugh at his own joke and then hang up), and I remember laughing and him hanging up. Oddly I can't remember the joke at all. That memory of dad broke through my disillusionment.

He hurt so much he put a gun to his head, yet he still managed to call to tell a joke and make me laugh. He loved me so very much. He left because he hurt so much that he couldn't stay, not because he didn't love me. It wasn't my fault, it wasn't something I did or did not do. He loved and believed in me enough to know I would get through it and I would find laughter and joy and remember him that way. That remembered laughter was a gift he gave me. My spirituality gave me the strength to remember it, to feel it, to embrace it and to rejoice in his life.

A Truth Revolutionary knows there are dark times and joyful times. We know that there are heavy burdens to carry. We choose to carry them or lay them down and let them go. We choose to experience life and not shut down and give in to disillusionment, even in the darkest hour. We do this because our personal truth won't let us.

Truth is the weapon that fights Disillusionment.



The Truth Revolutionary™ is a person who is working on all the pillars of themselves one choice at a time. We are people who understand that we are here to be heard and live the life we choose not the one thrust upon us by family, friends or society. We will choose. We will decide. We will accept our failures and we will do a jig for our successes.

As a TR you will find that your world is what you make of it. Sounds simple yet it is very profound. Your choices, your responsibility, your world. You won't need to own anyone else's baggage, you won't want to waste time with negative thoughts or people or behaviors. You will want to wake up every day to see what grand adventure awaits you. What amazing new person will you meet? And when hard times come, you will still want to see what miracle is around the next corner. Because how you live, truly live, is your choice.

It is all about you.

It always has been.

It always will be.

You matter.

You make a difference.

You can choose to be a Truth Revolutionary.

Why join the TRs:

Joining the league of Truth Revolutionaries™ will allow you to live your life your way. If you truly seek joy, you will find joy. If you truly seek adventure, you will find adventure. If you truly seek peace, you will find your peace. Your life is your own personal experience, by becoming a Truth Revolutionary™ you can face your personal truth and live your life without the crap that other people have told you to own, without the pain of the lies you have been told and told to yourself. A Truth Revolutionary™

walks tall, looks the world in the eye and gives it a wink! Because a TR knows who they are and what they are worth. Leave the shackles of self-deception behind, join to find your true self.

Congratulations! By registering for this free report, you have taken the first step toward becoming a Truth Revolutionary. I encourage you to continue walking this path. It will change your life!

What to do if you feel you may need more help...

If you're ready to heal and move on and become a Truth Revolutionary, and you think you'd like some help, I want you to know I'm here to help you. I've probably been in your shoes, or some very similar ones! I discovered how to move on and choose a different life, and I've invested years in gaining the professional qualifications to help others do the same.

If you'd like to speak with me privately and confidentially about your situation, feel free to contact me for a free telephone consultation by email at samantha@truthrevolutionary.com or by phone at 267-352-4700. You do have the power to change your life, but sometimes it requires reaching out and getting help (it did for me). I encourage you to get that help, whether through me or someone else.

About Samantha



Samantha Martin is a certified professional coach, an ordained non-denominational minister, and working towards her hypnotherapy certification. She has dedicated her life to helping others become Truth Revolutionaries. Along with a childhood of upheaval and being surrounded by addicts; Samantha survived her “perfect storm” of rape, a parent’s suicide, and the diagnosis a long-term life-threatening illness, all within the span of five years. She believes the events that bring us to our knees do not have to keep us shackled to the memories. That it is possible to redefine those moments and live a life without pain, terror, and shame. To learn more, please visit www.truthrevolutionary.com.