

TRACK YOUR TRUTH
Copyright © 2018 by Puja A.J. Thomson

All rights reserved in all countries. No part of this book may be translated, reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or information retrieval system without the written permission of the author.

1. Self-Help 2. Body, Mind & Spirit 3. Health & Fitness

ISBN 978-1928663-10-2

Library of Congress Control Number 2015948567

Published by Roots & Wings, New Paltz, NY. Printed in the USA

Design—Bridget DeLuca Cover art—Bridget DeLuca & Samantha Thomaier
Production assistance—Tory Ettlinger Logo—Helene Sarkis

Grateful acknowledgment is made to the following sources for permission to reprint copyrighted material:

Science of Mind for excerpt from interview of Gary Zukav by Barry Ebert in Science of Mind's monthly Guide for Spiritual Living, May 2011.

Penguin Random House for excerpt from Bill Moyer's interview with Dr. Rachel Naomi Remen in Healing and the Mind by Bill Moyers, published 1993 by Doubleday, now part of Penguin Random House.

Colin Reader of www.wildflowerlawnsandmeadows.com for photo inside magnifying glass on front cover.

Please note: This book is designed with the understanding that the author and publisher are not engaged in rendering individualized professional services. The suggestions, explorations and questions are intended for individual and group study and are not designed to be a substitute for professional consultation. Furthermore, vignettes are intended to illustrate the varied challenges, issues and choice facing readers. They do not imply endorsement of any specific course of action by the author or publisher. Neither the author nor the publisher shall be liable for any loss or damage allegedly arising from any information or suggestions contained in this book. The author has made every effort to provide accurate source information at time of publication. Neither the author nor the publisher assumes any responsibility for errors or changes that occur after publication, nor are they responsible for third-party websites or their content.

Address all inquiries to:

Roots & Wings, P.O. Box 1081, New Paltz, NY 12561
Email: info@rootsnwings.com

Contents

Acknowledgements	vi
Foreword by Dr. Fred Mayo.....	vii
Introduction	1
 STEP ONE: Start With Your Miraculous Body	
1. Walk in Your Own Shoes	11
2. Discover Your Inner Landscape	17
3. The Eyes Have It!.....	25
4. Your Other Physical Senses	33
 STEP TWO: Focus On Your "Head, Heart, Hand & Hunch"	
5. Your Mind, Emotions & Spirit Share Their Truths	45
6. Become a Harmonious Orchestra	53
7. Finding Balance—Too Much, Too Little, or Just Right?	63
 STEP THREE: Tap Into Energy Principles	
8. Engage Your Internal Energy.....	79
9. When in Doubt, Move.....	91
10. Let There Be Light	99
11. Get Out of Your Own Ruts	109
12. Nurture Your Imagination.....	115
 STEP FOUR: Welcome Change, Live Your Truth	
13. Grow Through Transition	125
14. Don't Go It Alone—Enlist Support.....	137
15. Trust Your Truth	145
Endnotes	153
Index	159

Acknowledgements

TRACK YOUR TRUTH HAS BEEN WRITTEN IN LAYERS GRADUALLY OVER many years, mostly in the winter months. Crafting ceremonies and other seasonal work demanded more of my attention from mid-Spring through Fall.

In the initial phases of writing, Joel Odea Cook and Cynthia Hacker provided editorial assistance. Thereafter, *Track Your Truth* became the crucible for dialogue and learning by SUNY New Paltz students, majoring in communications, journalism, and English studies. During each 4-month internship, I have enjoyed the varied reciprocal mentoring exchanges with very different students.

My thanks therefore go to Lauren Boudreau, Maggie Caron, Jack Haandraats, Allyson Macci, and Tracy Tanoff. Their desire to hone editing, writing, and research skills brought fresh energy to many chapters. Other SUNY students, Bridget DeLuca, Samantha Thomaier and Rebecca Zis contributed their graphic design skills to the layout and cover design. In addition, by indirectly contributing to the preparation of promotional material, a number of students developed their social and digital media skills. These include Maisie Miller, Altimont Parker, Heather Salerno, and Samantha Scaglione. All of these students grew to prove themselves as budding, competent professionals in their fields.

Within the last year and a half, Diana Waldron worked consistently to help further improve the manuscript. Once the organization of the book was in place, Harrison Barritt and Fred Mayo brought their editorial skills to fine-tune the final draft, while Tory Ettlinger finalized the design and layout.

Last but not least, I have been exceedingly blessed by the open-hearted help, editing suggestions and encouragement received from many friends, as well as members of the weekday early morning meditation group in New Paltz, NY—too numerous to mention.

Special and profound thanks to one and all.

Foreword

AS A PROFESSIONAL IN THE HELPING AND HOSPITALITY professions, personal growth trainer, laboratory coordinator, and life coach, I am always looking for useful materials to suggest to clients, colleagues, and friends who ask, “What can I read to learn more about the processes of listening to my own voice and starting to make changes in my life?” Fortunately, I can now recommend Puja A. J. Thomson’s newest book *Track Your Truth: Discover Your Authentic Self*. This thoughtful and carefully written book offers a comprehensive and creative approach to changing one’s life by listening to what your body and mind tell you.

Track Your Truth: Discover Your Authentic Self has a welcoming and encouraging voice, an easy-to-read style, and powerfully transforming ideas. The book—or workbook since it contains so many practical and insightful suggestions—is thoughtful and engaging. It has been designed to help readers discover the intriguing nooks and crannies of their lives and use them to learn ways to take charge of their lives. In fifteen chapters of friendly advice and individual suggestions for action, Thomson has covered a wide range of topics including learning to see, feel, and hear people’s intuitions and helping them trust their own truth, the title of the last chapter.

Thomson shows readers how to become detectives pursuing clues about what is true for them and what people can do with what they learn. The four key steps of the book focus on the body, the heart, energy, and change. Step 1, “Start With Your Miraculous Body,” introduces the gifts of the five physical senses. Step 2, “Focus on Your Head, Heart, Hand, and Hunch,” integrates messages from all these sources with ways to find, establish, and extend balance in a person’s life. Step 3 encourages individuals to “Tap Into Energy Principles” that will serve them, and Step 4, “Welcome Change, Live Your Truth,” provides a number of suggestions for change while building relationships with friends to

assist on the journey. I found Step 4 to be the most fascinating section—and more unusual than in other books—since it focuses on learning to trust and use the energy of the mind and the body to expand people’s inner and outer lives.

The Explorations sections, within each chapter, are carefully developed, intriguing, and sensitively crafted to help individuals consider and make changes they want to undertake. Using her wide-ranging experience, Puja Thomson has incorporated examples from her personal life and other persons’ stories, which illuminate the complex ideas in the book.

It is not surprising that *Track Your Truth* is both insightful and useful, given her other exceptional publications—*After Shock: From Cancer Diagnosis To Healing: A Step by Step Guide to Help You Navigate Your Way*; her two workbooks—*My Health & Wellness Organizer: An Easy Guide To Manage Your Healthcare and Your Medical Records* and *My Hope & Focus Cancer Organizer: Manage Your Health & Ease Your Mind*—as well as her CD, *Roots & Wings For Strength And Freedom: Guided Imagery And Meditations To Transform Your Life* with a revised companion workbook.

In full disclosure, I have bought, used, and given *My Health & Wellness Organizer: An Easy Guide To Manage Your Healthcare And Your Medical Records* to dozens of friends. All of us found that it transformed our visits to various physicians and health care professionals.

This new book, *Track Your Truth*, is a must for anyone who wants to understand and make changes to their lives. Reading it has intrigued me to consider a number of options for my life and encouraged me to undertake them as adventures. In addition, the book makes a great gift for anyone going through tough times.

Dr. Fred Mayo, Clinical Professor of Hospitality and Tourism Management, New York University, is the author of *Planning an Applied Research Project in Hospitality, Tourism and Sports* (Wiley 2013), and *Modern American Manners: Dining Etiquette for Hosts and Guests* (Skyhorse 2017).

Introduction

THE MYSTERY OF TRUTH BECKONS US TOWARDS INTEGRATING LOVE, beauty, kindness and away from deception, collusion and pain. Yet we are so easily distracted from truth because we listen to others but not ourselves. We’ve all been given different genes, gifts, circumstances, and challenges that affect our lives. While each of us is called to be authentic in the choices we make, we live in a time when we are constantly bombarded with lies and half-truths. Confrontation and arguments have been replacing open, non-judgmental dialogue in much of our civil discourse on television, radio, social media, and the internet. The loudest voice, whether truthful or not, can divide and sway public opinion. When we focus outside ourselves, it is increasingly difficult to recognize what is true for us. Only when we turn away from the external noise to focus quietly inwards do we discover our own truths—messages to guide our lives. Relying *solely* on our intellect to uncover our personal truth is not enough. To find our answers, we must listen to all parts of ourselves—including our heart and our intuition. But we have to start with our body.

The body shares its truth moment to moment: exhilaration when you are “in the zone” and dissonance when something is “out of sorts.” By becoming your own *detective*, you can track and trust varied symptoms—clues that are always freely available—when you pay attention to your physical body and its energy, especially when it speaks to you through pain that signals the need for action.

The body also conveys emotional, mental, and spiritual wisdom because all parts of you—body, mind, emotions and spirit—are dynamically interconnected at your core. This capacity to tune into the multi-faceted truths via your body is a gift. When you welcome it, you are guided to well-being and happiness. By ignoring it, you are likely to become disconnected from yourself and lose the potential to grow into the person you aspire to be.