

November 2025

Thought for the month: I like the feeling of being myself -- solidly independent.

1. "I've learned something recently."
2. "What's that?"
3. "I've learned the importance of being Spiritually Independent."
4. "Could you explain what you mean?"
5. "Yes, in the past I would heavily rely on others."
6. "First, it was my family and then my friends."
7. "It seemed like we needed others to support ourselves."
8. "I found myself becoming quite dependent on others."
9. "It was like I needed their permission for me to do things."
10. "I guess that I needed and wanted their approval."
11. "I wasn't confident in my self."
12. "What changed?"
13. "It was all the Spiritual stuff that you talk about all the time."
14. "I realized that I wasn't being true to myself."
15. "In fact, I didn't seem to have a 'self' to be true to."
16. "And, I didn't like a lot of comments my friends were making."
17. "Their comments were just too critical, too judgmental."
18. "Their comments just didn't feel right to me."
19. "So I started to 'go within' as you suggested."
20. "So what happened as you did so?"
21. "I guess that I found myself, the true me."
22. "I began to feel more confident, better about my self."
23. "I realized that I knew a lot more than my friends gave me credit for."
24. "In fact, I found out that I knew a lot more than my friends."
25. "I felt as though that I could rely on my true self."
26. "I become more confident in my own thoughts."
27. "And, my truth seemed to help others much better."
28. "I like this feeling of being Spiritually Independent."
29. "I now know what it means to be true to yourself."
30. "Wow! Congratulations, you have become solidly independent."