Christine Laria, Living and Loving Your Truth - Episode 307

In this Episode:

- Christine talks about how living our truth is both courageous and easy
- The interference that gets in the way of living and loving our truth
- The journey that prepared her to guide people to tune in to what's true to them and how music led her to her passion
- How the challenges she faced in the past prepared her for the work that she does now
- The beauty of being generous and celebratory about our limitations
- The importance of the relationship we live inside of ourselves
- How sound can be the easiest and fastest way to get your mind to quiet and relax

Notable Quotes:

"We're really meant to live boldly in the truth of what we are."

"It's actually really easy to be what we are and it's difficult to be what we're not."

"Whatever controls our perception controls our reality."

"Whenever we live as ourselves, it's for everybody. It's not just for us because everything benefits when there's that clarity and that alignment and that truth."

"Nobody can do what you do."

Pearls of Wisdom:

1. What is currently in front of you in your life that might be asking to be your guide instead of your problem?

2. What would happen if you followed your joy moment by moment?

3. What magnificence is within you that you have not yet recognized?

Resources:

Christine Laria is a spiritual teacher, intuitive guide, and energy and sound healer who is here in service to the fully awakened enlightenment of humanity so that all beings may live as the freedom, love, power, and presence that they are. She brings over 25 years in the fields of energy medicine, consciousness, music, and spiritual guidance. Her areas of expertise include transformational teaching, catalyzation of the master within you, laser-precise insight, and life-changing energy and sound alchemy.

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