



## **Manifesto Musing**

### Come Home to Yourself

“No matter how difficult our lives, how harsh our histories or limited our choices this we can do: we can find a way to walk at least one other being home once we have found a way to come home within ourselves with love.”

These words from Dr Maria Sirois, which we quote in our book, *My Manifesto: a compassionate guide to reveal your best life*, sit inside the kernel of our work. We have distilled our wisdom garnered from lived experience and standing on the shoulders of the giants – the mentors, authors, friends, coaches, and philosophers— who precede us, to share what we know to help others find their way home, home to themselves.

Finding this home within ourselves is the first step towards being truly of benefit, of offering service, to the world we inhabit. Without this knowledge, we run the risk of emptying ourselves, and living our lives, without intentionality. The deep life satisfaction of knowing we have well-lived our lives may be elusive and sadly we may never know the gratitude and self-love which arises from knowing: *that was my best self, living my best life.*

Lovingly ‘finding our home within ourselves’ is the work of our book, the work we must do for ourselves to fulfill ourselves, our own lives. When we have done this work and are savouring and enjoying the peace that comes with residing within it, the second step is to look outward: ‘to find a way to walk at least one other being home.’ This creates the ripple effect. If all of us do this, our ‘one other being’ becomes multiplied to many other beings through our collective effect. We create the community of care!

Through the growth of the community of care comes the transformation of humanity! Combined, we form the meaningful connections that counter negativity, suffering, and injustice in our world.

It is a clarion call. Will you answer it?