

Sunday, May 31

To Thine
— Own Self —
Be True

With Rev. Sherry Hursey





“This above all: to thine
own self be true, And it
must follow, as the night
the day, Thou canst not
then be false to any man.”

William Shakespeare



Hamlet

The Quote:

is spoken by the character Polonius to his son Laertes. Polonius is giving worldly advice.

To Thine own Self Be True:

has endured because it points toward a spiritual principle: integrity between the inner self and outer life.

Bible

"Seek first the kingdom of God..."

Matthew 6:33

The kingdom of God is within you." Luke 17:21

Be still, and know that I am God."

Psalms 46:10



A photograph of a roller coaster at sunset. The tracks are silhouetted against a sky with horizontal bands of orange, yellow, and blue. The coaster features a tall drop on the left and a large loop on the right.

Inner fragmentation expresses
outwardly as tension in
relationships and in the world.

Positive Thinking

choosing to pivot our
focus of attention to the
spiritual perspective

directing consciousness
toward Truth, possibility,
compassion, and divine
order

it is not denial or
pretending problems don't
exist.





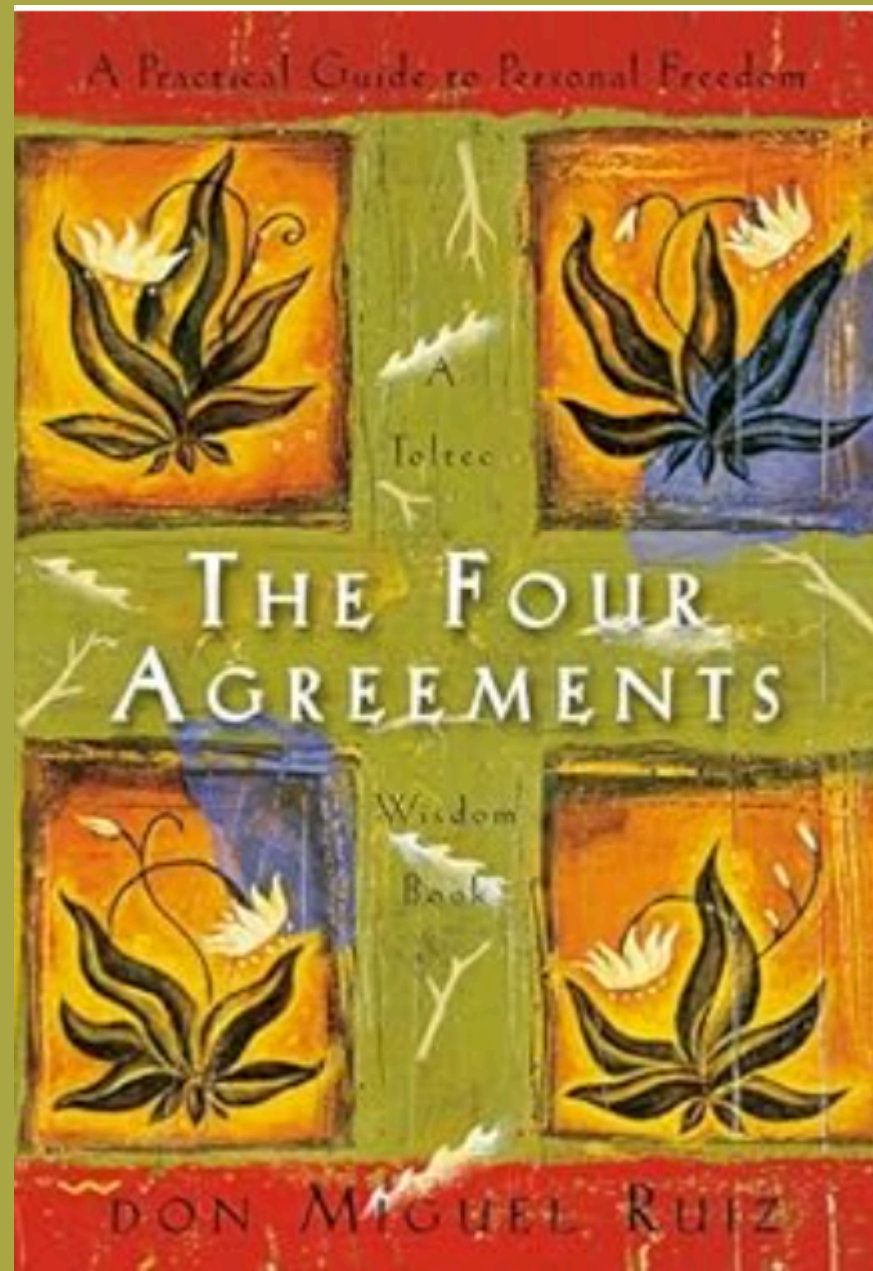
Authenticity

Authenticity creates peace.

Whenever we wear masks, betray our values, or live for external approval, the soul feels divided.

Alignment restores energy and peace.

Authenticity begins when we stop managing perceptions and start revealing ourselves.



The Four Agreements by Don Miguel Ruiz

Be impeccable with your word.

Speak your truth with honesty and love.

Don't make assumptions.

Stay curious enough to hear another person's truth

These two agreements work hand in hand to create a spiritual pathway of authentic connection..

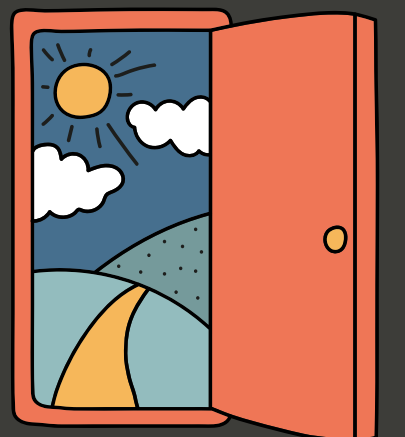
To be true to ourselves, we must have the courage to express what is real within us and the humility to recognize that we do not always know what is real for another.

ASSUMPTIONS

Assumptions can create misunderstandings, hurt feelings, and distance, while curiosity creates connection and intimacy.

Assumptions are often fear masquerading as certainty.

When we're brave enough to stop assuming and start asking, we open the door to understanding. Authentic relationships are built not on mind-reading, but on honest conversation.



Into-me-see

A scenic view of a lake with green trees and a grassy bank under a bright sky. The image is used as a background for the text.

It's the idea that intimacy is not merely closeness,
it's transparency.

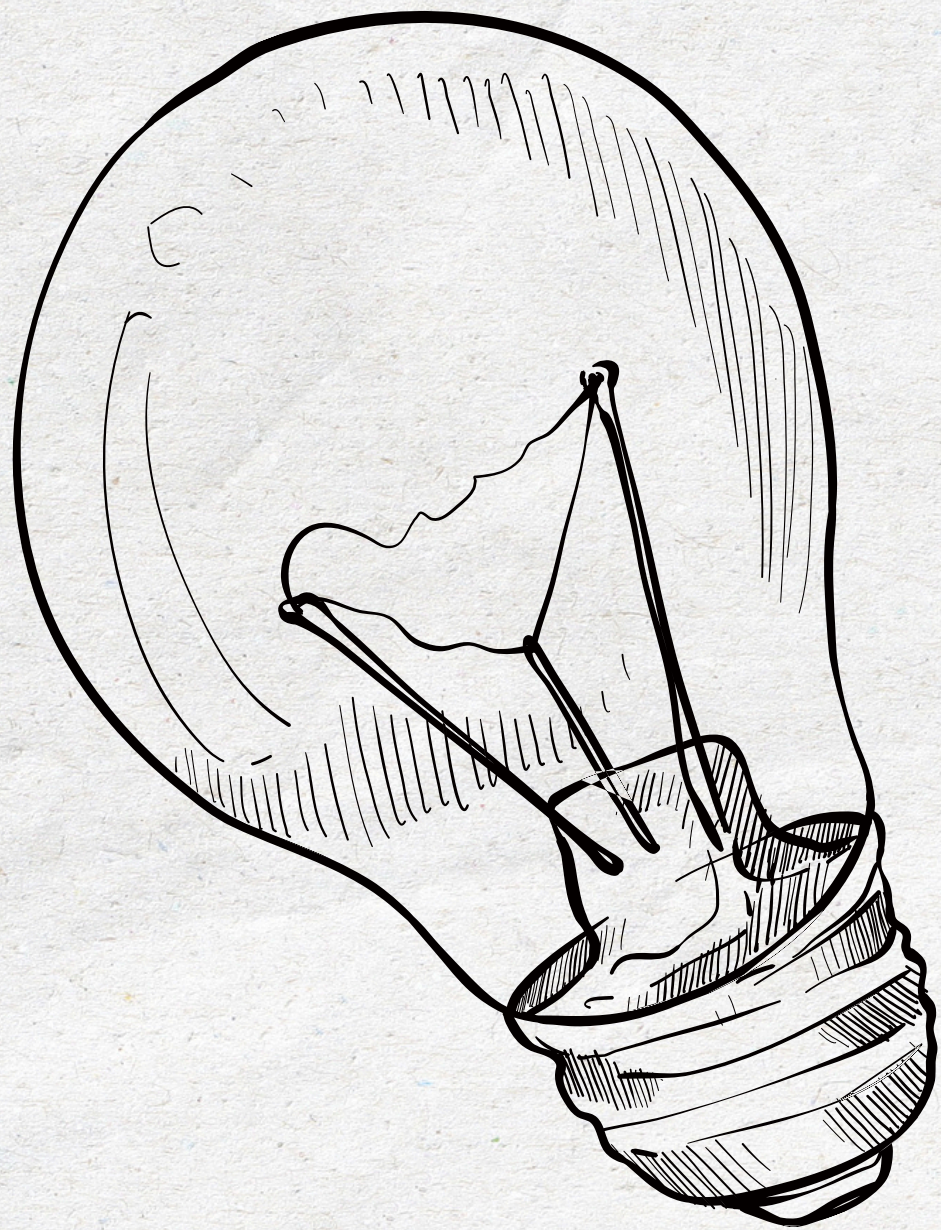
It's the willingness to allow another person to see
what is really happening inside us.

A person with long dark hair, wearing a black t-shirt and shorts, is sitting in a meditative lotus position on a wooden dock. The dock extends into a calm blue lake. In the background, there are dense evergreen forests on the shoreline and rolling mountains under a clear sky. The overall scene is peaceful and serene.

The authentic self
is not the ego demanding to be right.
It is the Christ Presence expressing as
honesty, integrity, love, and clarity.

Speaking our
truth is not
about winning
an argument.

It is about
allowing the
truth of God
within us to have
a voice.



Words of Curiosity



like...”can you explain”, “tell me more” or “did I understand” can save a marriage, heal a friendship, prevent a misunderstanding, and perhaps even contribute to world peace.

A blue-tinted image of a globe with a white paper strip placed over it. The word "PEACE" is written in a dark, serif font on the paper strip. The globe shows continents and latitude/longitude lines.

PEACE

**World peace is
cumulative.
Every peaceful
thought, every
restrained reaction,
every act of
forgiveness
contributes to the
collective
consciousness.**

To Thine Own Self Be True

Means speaking honestly rather than hiding, and listening curiously rather than assuming.

True authenticity flourishes where truth and understanding meet.



Overview

Be true to your divine self.

Speak your truth with love.

Don't assume.

Listen for understanding.

Be curious.

Create intimacy through authenticity.



Assumption closes
Curiosity opens
Truth connects
Love heals



A person is shown from behind, sitting in a meditative lotus position on a beach. The person is silhouetted against a vibrant sunset sky with shades of orange, pink, and blue. The ocean waves are visible in the background, and the person's reflection is clearly visible in the shallow water on the sand. The overall mood is peaceful and contemplative.

World peace begins with inner
peace.

Inner peace grows through
honest communication.

Honest communication grows
when we are willing to see
clearly, ask curiously, and speak
authentically.