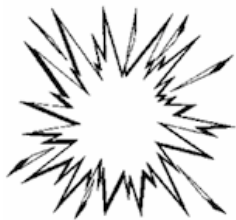


Being True to One’s Essence



Walking down a road or sidewalk, have you ever seen a plant break through the black-top or cement, seemingly against impossible odds?

One wonders how a fragile seed can achieve such a feat.

The pull to be true to one’s essence, to fulfill the purpose of existence, runs deep within all of creation. This is inspirational. It motivates me to be true to my own self.

What about you? Does witnessing such an accomplishment speak to your spirit? If so, in what way?

“Being True to One’s Essence” by [Mary Pat Hill, OSM](#).