

The two paragraphs below are written by me (Leone Kennedy), they are excerpts from pieces and articles I have written. I guess you could say that these words are about life, life according to me and my experiences. My friend (much more than a friend) George heard these and asked permission to share them. Of course I said yes. My knowing is this. These words came through me, I did not think them; they are messages that simply came.

#### **Written December 2007**

The greatest gift we can give ourselves and give the world is the gift of knowing ourselves. This quote which I rediscovered sums it up; 'Man's main task in life is to give birth to himself - Erich Fromm'. Everyone will interpret this in their own way; here is what it means for me. I was born an amazing, wonderful and great being. The very fact that I am here is a miracle and is important in the greater scheme of things. There are no mistakes especially when it comes to birth and death. Somewhere along the way I forgot that I am amazing, wonderful and great and so in my wisdom I thought that my life was about showing it to myself and others. This unfolded in many ways, most of my decisions were made from my need to be what I already was. Some of my choices and decisions in life have taken me away from knowing and rediscovering myself, they were distractions from the real work. They were all about 'doing' not 'being'. When I look around me I see a world where people are defining themselves by the great things they have done, the marks they have left, the difference they have made and the contributions etc. In this world it is only in our 'doing' that we are great. This year I came to realise for me that it is in my 'being' that I am great. The challenge is to do mediocre small things from a place of inner and eternal greatness; that is my sovereignty.

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#### **Written January 2008**

The only thing we as individuals can really and truly 'teach' from is the foundation of our own wisdom and our own truth. To teach from anything else (this includes all belief systems, religions, philosophies, doctrines etc) is to be a disperser of knowledge not a 'real teacher'. Every single person on this planet has something to teach, there are no exceptions. To truly teach is to trust that your own unique knowing is worthy of being taught, therein lies the meaning of our existence here, to shine and to teach. ALL belief systems, religions, philosophies, doctrines etc, have flourished and remained in place for so long because we as a race have found it easier to spread that knowledge. Not the true untapped knowledge of our own heart, our own sovereignty, our own Godliness, a Godliness that we were never separated from. When will we awaken and realise that the only knowledge worth truly 'teaching' is what we know, who we are and what experience has taught us, anything else, anything adopted, is attaching us to something that keeps us from knowing our true self. Yes we will see ourselves and resonate with the teachings and knowledge of others; however in this life to fully express the entire spectrum of our own Godliness is too teach from our own unique spirit, the very spirit that is connected to all that is.

And so it is.