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## TRUTHS

### 1 **Somebody Loves Me**

They might fill the role of a father, mother, teacher, friend, wise man, or what-ever, but if I pay attention, I can find someone who offers me some degree of Real Love.

### 2 **God Loves Me**

Many people have a terrible notion of the nature of God—or don't believe in the idea at all—but we human beings don't generate love on our own. We tap into a great, infinite, eternal flow, and then we have the capacity to share some of that flow with others. The source of that infinite power is God—or whatever name you choose to give that power or being.

### 3 **I Am Never Alone**

With the love of caring people and God, I can't be alone.

### 4 **I Have Everything I Need**

I have no need to ever be afraid. Once we know down to our bones that we're loved and not alone, we really do have what matters most, and then who can hurt us? We become invincible.

### 5 **I Am So Grateful**

With all the above, how could I not be?  
When I remember what is true, I cannot at the same time complain, find fault, blame, or be miserable. Stick with the truth, and everything else that's good—love and happiness—will follow.

Greg Baer  
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