

# **Truths Set You Free**

**By Helene Rothschild**

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## Inspired

When Glen realized the truth about commitment, it no longer frightened him, and he was finally willing to ask Sherry to marry him.

Cindy's life was much more fun after she discovered new definitions for play.

Steve found himself more at ease at work and at home, when he realized he could simply demonstrate his love and skills, rather than try to prove himself.

Jan and Bob had a happier marriage and family when they began to see their children, communication, and problems in a different way.

Life is an exciting adventure when you have an "instruction manual". The purpose of this inspirational booklet is to provide you with important insights and solutions to help you live life to its fullest and experience love, joy, abundance, and inner peace.

In the process of my self-healing and service to others as a Marriage, Family, Child Counselor, I have learned to listen to, and to be grateful for my internal guidance, my intuition. This is how these 101 Truths came to be.

One morning, I woke up and my first thought was to begin to write commonly used words, and then to define them. Feeling inspired, I went to the computer and the definitions flowed from my fingers. When I read the 101 Truths through, I realized that the insights came from my heart, my work with clients, my own inner-healing journey, and from my intuition.

The next day, I was inspired to write an exercise, example of each exercise, and an affirmation (positive thought) for each one. That took many months. Finally, it evolved into a book I entitled, *5 Minutes A Day To Happiness: A Practical Workbook of Transformational Insights & Solutions for Successful Living*.

I was then motivated to write a booklet, *Truths Set You Free*, with just the 101 truths and the affirmations. Now you are reading the e-book.

Since these truths are subjective, you, as the reader, may have a different opinion. I encourage you to add, edit, or delete what feels right to you. Let them feel good, and inspire you to experience more success and

happiness in your life. You deserve to be happy, healthy and successful. Go for it!

## How to Benefit From This Book

However you choose to use this booklet is perfect for you. You may find yourself working with it in different ways, as time goes by, because your needs are likely to change. Each 101 truth (definition) is followed by an affirmation.

To begin with, it is usually helpful to relax in a comfortable, quiet place. Take at least two deep breaths so that you can be more present in the moment, and more able to hear the messages. The following are some suggestions for how to use this booklet.

1. Read each truth and/or positive thought out loud several times. Then close your eyes and become aware of what you are thinking and feeling. It can be helpful to write your reactions in a notebook.
2. Randomly choose a truth and affirmation to focus on.
3. Let your intuition guide you to a specific truth by saying, "For my highest good, the truth to read now is..." Let the book open naturally. Then, trust that you have opened to the perfect page.
4. Ask yourself, "Which of these truths do I know that I don't fully live or believe right now? Then focus on those.
5. Re-read the same truth and positive thought until you feel complete and ready to move on to another.
6. Read the affirmations and select 3-5 that you want to focus on.
7. Sing, say or write out affirmations.

## Working With Affirmations

It is important to personalize your affirmation by including your name. For example, I would write, *I, Helene, am good enough.*

Feel free to change the wording of the affirmations to suit your needs and feel right to you. However, it is advisable to always keep the statement positive and in the present tense. For example, use the words, *I am* instead of *I will*.

If an affirmation does not feel right, or if it feels very different from what you experience, you can add the words, *beginning to*, to help you accept the new decision. For example, the affirmation,

*I, Jerry, am overcoming my addictions and taking control of my life,*  
becomes:

*I, Jerry, am beginning to overcome my addictions and take control of my life.*

If it begins to feel natural and easy to say the affirmation, you can make it even more powerful by leaving out the *am* (and the suffix *ing*). For example, the affirmation,

*I, Susan, am giving others and myself the precious gift of acceptance.*  
becomes:

*I, Susan, give others and myself the precious gift of acceptance.*

Continue to repeat the affirmation until the positive thought becomes part of your automatic thinking. When you find yourself responding with words like *of course*, and your body is relaxed, you will know that it has been integrated into your belief system.

However, you choose to benefit from this booklet, it is helpful to keep your sense of humor and enjoy the journey called life!

## 101 Truths

ABUNDANCE is allowing myself to have all that I desire and all the goodness that life offers me.

*I am allowing myself to experience an abundance of all that I desire and all the goodness that life offers me.*

ACCEPTANCE is a precious gift I give to others and myself.

*I am giving others and myself the precious gift of acceptance.*

ADDICTIONS are anything I do in excess in an attempt to run away from or numb my pain.

*I am overcoming my addictions and taking control of my life.*

AGGRESSION is angrily demanding what I want.

*I am telling others what I would appreciate in a loving way.*

ANGER is covering up underlying feelings of fear, hurt or powerlessness.

*I am dealing with my angry feelings in healthy ways.*

ASSERTION is unconditionally asking for what I want.

*I am asserting myself by asking for what I want.*

BALANCE is taking the time to work, to play, and to be quiet.

*I am balancing my life between work, play, and quiet time.*

BEAUTY is what I can choose to see in everyone and everything.

*I am choosing to see the beauty in everyone and everything.*

BEHAVIOR is an outward expression of what I'm thinking and feeling.

*I accept that my positive thoughts and feelings help me behave in positive ways.*

BODIES are to be nurtured and cared for as temples of our souls.

*I am nurturing and caring for my body that is the temple of my soul.*

CARING is kind words, thoughts and actions.

*I am expressing my caring with kind words, thoughts, and actions.*

CHILDREN are individuals who need to follow their own unique paths.

*I am encouraging children to follow their own unique paths.*

COMMITMENT is an agreement that I intend to fulfill and includes an agreement to communicate if I choose to change it.

*I am making commitments that I intend to fulfill and I am communicating if I choose to change them.*

COMMUNICATION is sharing my thoughts and feelings unconditionally.

*I am communicating my thoughts and feelings.*

COMPASSION is an acceptance and appreciation of a thought, feeling, or experience in another or myself.

*I am feeling compassion for others and myself.*

CONFLICT occurs when there is non-acceptance of another's perceptions.

*I am accepting of other people's perceptions.*

CONFUSION is felt when two or more parts of me are telling me opposite things.

*I am listening to all of my parts and making the appropriate decision.*

CONTROL or manipulation is what I may do when I am scared.

*I am telling people my concerns.*

COURAGE is doing something even though it is scary.

*I am courageously doing what I want to do.*

DECISIONS are best made from my intuition, my inner wisdom, after my thoughts and feelings are known.

*I am making decisions from my intuition after my thoughts and feelings are known.*

DISAPPOINTMENT is what I feel when I think people or events should be different.

*I am beginning to accept what happens and what people say or do.*

DOUBTS are what I feel when I don't trust others or myself.

*I am overcoming my doubts and trusting others and myself.*

EMOTIONS are determined by my positive or negative thoughts.

*I am changing my negative thoughts to positive ones and I feel good.*

EXCITEMENT is doing what I love.

*I am creating more excitement in my life by doing what I love.*

EXPERIENCES depend on how I perceive them.

*I am having many positive experiences, as I perceive things in positive ways.*

FAITH is believing in and trusting in a higher source, others and myself.

*I have faith in a higher source, others and myself.*

FEAR is often based on the belief that I am not okay.

*I am now releasing my fears by accepting that I am okay.*

FLOWING is effortlessly doing what appears to be working.

*I am flowing effortlessly because I am doing what appears to be working.*

FORGIVENESS is important for me to do for others and myself.

*I am forgiving others and myself.*

FREEDOM is seeing my choices and acting on them.

*I am experiencing my freedom by seeing my choices and acting on them.*

FRIENDS are people who accept, respect and appreciate me.

*I have friends that accept, respect and appreciate me.*

FRIENDSHIPS are people sharing life's joys and challenges.

*I am sharing life's joys and challenges with my friends.*

FULFILLMENT is how I feel when I am true to myself and doing what I love.

*I am being true to myself and doing what I love.*

GIVING is an unconditional expression of my caring.

*I am giving unconditionally to others and myself.*

GOALS are guidelines that offer me direction.

*I am setting goals that offer me direction in my life.*

GOOD ENOUGH is a feeling I have no matter what other people say or do.

*I am good enough no matter what other people say or do.*

GUILT is mistakenly believing that I have to do something in order to be okay.

*I am being true to myself and I am okay.*

HAPPINESS is loving and accepting myself, and feeling peacefully powerful.

*I am happy because I love and accept myself, and I feel peacefully powerful.*

HARMONY is being in tune with others and myself.

*I am in harmony with others and myself.*

HEALING is learning and accepting that I'm good enough, worthwhile, important, lovable, intelligent, and attractive, and that I deserve to be happy, healthy and successful.

*I am good enough, worthwhile, important, lovable, intelligent, and attractive, and I deserve to be happy, healthy and successful.*

HEALTH is listening to my heart and expressing and balancing my mind, body, and emotions.

*I am healthy as I am living with love in my heart, and I am expressing and balancing my mind, body and emotions.*

HEARTS are designed to be open, to allow love to flow in and out.

*I am opening my heart and allowing love to flow in and out.*

HONESTY is knowing and expressing what I'm thinking and feeling.

*I am honestly sharing my thoughts and feelings.*

HUGS are a wonderful way of telling people I care.

*I am hugging people to let them know that I care.*

HUMOROUS is when all parties are laughing.

*I am being funny and everyone is laughing.*

ILLNESS is my body telling me that I'm thinking negative thoughts and not expressing my feelings.

*I am aware that my body is telling me what I am thinking and feeling.*

IMPORTANT is a feeling of being valued for who I am.

*I am important.*

INDEPENDENT is relying on myself for my needs and decisions.

*I am independent, and I trust myself to take care of my needs and to make my own decisions.*

INNER PEACE is my greatest contribution to world peace.

*I am feeling inner peace, which is my greatest contribution to world peace.*

INTUITION is my inner wisdom guiding and protecting me.

*I am trusting my intuition, my inner wisdom, to guide and protect me.*

JEALOUSY is believing that I am not good enough.

*I am good enough.*

JOY is how I feel when I follow my heart and my dreams.

*I am joyfully following my heart and my dreams.*

JUDGEMENTS are negative thoughts that can hurt others and me.

*I am accepting others and me.*

LIFE is a wonderful journey to be lived to the fullest.

*I am seeing life as a wonderful journey to be lived to the fullest.*

LISTENING is hearing and accepting people's perceptions.

*I am listening to and accepting people's perceptions.*

LOVABLE is allowing myself to express my love.

*I am allowing myself to express my love to others.*

LOVE is a feeling of deep caring--it is what makes me feel truly alive.

*I am experiencing love and feeling truly alive.*

MARRIAGE is a loving partnership between equals who are best friends.

*I am in a loving, equal partnership with my best friend.*

MINDS are magnificent computer-like machines that are programmable.

*I am programming my mind with positive thoughts.*

MISTAKES offer me opportunities to learn.

*I am learning from my mistakes.*

MONEY is wonderful to give and receive, and a tool to help build dreams.

*I see money as a wonderful way to give and receive and to build my dreams.*

MORALITY is based on what I believe in my heart.

*I am basing my morality on what I believe in my heart.*

NATURE is a reminder of how to simply be.

*I am relaxing and just being, and I am okay.*

PAIN is believing the illusion that I am not okay, good enough, worthy, important, lovable, attractive, and intelligent--or that I am responsible for the problems of others.

*I am okay, good enough, worthy, important, lovable, attractive, intelligent, and only responsible for my problems.*

PATIENCE is having faith that everything is perfect as it is.

*I have patience and faith that everything is perfect.*

PEACEFUL is a feeling of contentment for being who I am.

*I am feeling content and peaceful for being who I am.*

PEACEFUL POWER is knowing that I am okay and I am free to be me.

*I am peacefully powerful because I know that I am okay, and I am free to be me.*

PLAY is one way I have fun, release tension and re-energize.

*I am playing often to have fun, release my tension, and re-energize.*

POTENTIAL consists of my capabilities which are most valuable when I express them.

*I am expressing my potential.*

POWER is fulfilling my potential and helping others do the same.

*I am powerful as I am fulfilling my potential and helping others do the same.*

PRESENT is being totally in the moment, a secret to happiness and success.

*I am living more in the present everyday.*

PRIDE is pretending not to feel vulnerable, scared or hurt.

*I am willing to tell people when I feel hurt or scared.*

PROBLEMS are opportunities for me to find win-win solutions.

*I am solving all of my problems with win-win solutions.*

PRODUCTIVE is doing things that make a difference for others and myself.

*I am productive by doing things that make a difference for others and myself.*

PROSPERITY is my birthright.

*I am accepting that prosperity is my birthright, and I deserve an abundance of money.*

POWER is fulfilling my potential and helping others do the same.

*I am powerful as I am fulfilling my potential and helping others do the same.*

PROVING or performing is trying to convince others and myself of my value.

*I believe that I am valuable, and I am demonstrating my abilities and talents by doing my best.*

RECEIVING is feeling worthy and allowing another the gift of giving.

*I am worthy of receiving, and allowing others the gift of giving to me.*

RELATIONSHIPS are an opportunity for me to give and receive unconditional love.

*I am in healthy relationships in which I give and receive unconditional love.*

RESENTMENT is thinking that what a person did means that I am less than okay.

*I am okay no matter what anyone says or does.*

RESPECT is acknowledging someone's innate value.

*I am respecting others and myself.*

RESPONSIBILITY is realizing that I am in charge of my life.

*I am being responsible by realizing that I am in charge of my life.*

SAFE is knowing that my positive thoughts and actions are my protection.

*I am safe because of my positive thoughts and actions.*

SECRETS are hidden thoughts that may keep me separate from others.

*I am telling people I trust my hidden thoughts so that I can feel close to them.*

SELF-LOVE is a deep knowing that I am okay and that I deserve to be happy.

*I love myself, and I know that I am okay and I deserve to be happy.*

SERVICE is anything I do from caring that helps others.

*I am serving people by being caring and helpful.*

SPACE is what I sometimes need to be quiet and gather my thoughts.

*I am creating space to quiet my mind and gather my thoughts.*

SPIRIT is my unlimited, all knowing, unconditionally loving self.

*I am an unlimited, all knowing, unconditionally loving spiritual being.*

SPIRITUAL is acting from my spirit, and supporting others to do the same.

*I am being spiritual and supporting others to do the same.*

STRENGTH is being able to do what I need to do to feel good.

*I am becoming stronger every day so that I can do what I need to do to feel good.*

STRESS is what I experience when I am feeling fear instead of love.

*I am feeling calm and loving to others and myself.*

SUCCESS is an internal feeling of fulfillment, peace and power which comes from being who I am, and doing what I truly want to do.

*I am successful because I have an internal feeling of fulfillment, peace and power, which comes from being who I am, and doing what I truly want to do.*

TALENTS are my unique gifts that want to be expressed.

*I am expressing my talents, which are my unique gifts.*

THOUGHTS are my decisions based on my experiences.

*I am aware that my thoughts are based on my experiences and I choose to think positively.*

TRUST is knowing that I and others will do what we say.

*I am trusting myself and others to do what we say.*

UNCONDITIONAL LOVE is an expression of my acceptance and deep caring.

*I am expressing unconditional love by my acceptance and deep caring.*

WHOLENESS is knowing that I have everything inside of me to make me happy.

*I am whole and complete and I have everything inside of me to make me happy.*

WINNING is allowing myself to be all that I am.

*I am winning by allowing myself to be all that I am.*

WISDOM is knowing that love and acceptance are always the solution.

*I know that love and acceptance are always the solution.*

WORK is what I do to serve others and myself.

*I am seeing my work as a way to serve others and myself.*

WORLD PEACE is possible when we see everyone as sisters and brothers--as family.

*I am contributing to world peace by seeing everyone as sisters and brother--as family.*

WORTHY is feeling that I deserve all that I receive.

*I am worthy to receive all that I desire.*

## **Creative Therapy**

### **CEU Classes & Independent Studies**

#### **For Counselors and Those Interested in Healing**

Creative Therapy is an empowering, holistic, healing model developed by Helene Rothschild.

#### **Therapists who have studied Creative Therapy comment:**

“Our counseling staff have witnessed the ‘miracles’ that happen here everyday using Creative Therapy. One client said, ‘It feels like you just reached in me and took out all the pain’.”-Ann Cunningham, Assistant Director of Desert Canyon Treatment Center

“Creative Therapy has helped me integrate other therapies, theories and processes for the first time. I am working with my clients on a deeper, more effective level that ever before.”-Steve S.

#### **Client’s who have experienced Creative Therapy comment:**

“I have had the good fortune of meeting Helene and receiving Creative Therapy sessions. The process has enabled me to move past invisible limitations that continually blocked my success. I am grateful that Helene has perfected the art of success.” -Rhiyana W.

“I know of no other counseling system or technique where I could have accomplished so much in so little time.” Barbara S.

"I have been working with Helene and the Creative Therapy process and I have felt a profound sense of change within me; physically, emotionally, and spiritually. By using Helene's process I have come to understand that it is our birthright to live in joy and in peace." -Minna Z.

#### **The process of Creative Therapy can assist your clients (and you) to:**

\* Quickly uncover and heal deep core issues.

- \* Raise self-esteem and heal the inner child.
- \* Resolve all relationships and be successful parents.
- \* Learn how to communicate and release emotions in constructive ways.
- \* Release addictions and take control of their lives.
- \* Discover unique potential, gifts and appropriate careers.
- \* Identify and release fears of success.
- \* Heal their bodies and enjoy their sexuality.
- \* Balance their lives.
- \* Open to their intuition and spirituality.

Joyful Living, CEU Provider #PCE 1246  
MFCC/LCSW, Board of Behavioral Sciences, Sacramento, CA

Joyful Living, a Non-profit Educational Organization (501(c)(3) in Sedona, AZ, was founded in 1997 by Helene Rothschild. They serve the public in the areas of physical, mental, emotional, and spiritual growth through workshops, classes, seminars, private sessions, educational materials, and healing concerts.

Coordinator and Instructor  
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## **Inspirational & Self-help Books/Booklets/E-books and Tapes**

*By Helene Rothschild*

Free To Fly-Dare to Be A Success  
5 Minutes a Day to Happiness  
How to Live in Joy (65 articles)  
Self-discovery  
How to Communicate  
How Am I doing?  
As I Grow (Successful Parenting)  
Loving Yourself (Raising Self-esteem)  
A Promise of Love (Fantastic Relationships)  
Truths Set You Free  
Healing Your Body  
Dare To Be Slim  
Dare To Be Prosperous  
Enjoy Your Sexuality  
Seven Major Keys to Success

For information about Helene Rothschild's new educational products, posters, cards, and public appearances, log on her website: [www.helenerothschild.com](http://www.helenerothschild.com)  
or call: 1-888-639-6390

## **About the Author**

**Helene Rothschild**, BS, MS, MA, LMFT, was born in Brooklyn, New York. She received a Bachelor and Masters of Science Degree at Brooklyn College, and taught Health Education at Lafayette High School for six years.

In 1976, Helene moved to California and earned a Masters of Art Degree in Marriage, Family, Child Counseling at the University of Santa Clara. In 1982, she founded and directed The Institute for Creative Therapy, a Non-profit Educational Counseling Center. In addition to counseling clients, she trained and supervised other therapists in a process she developed, called Creative Therapy.

Helene has also shared her unique ideas with hundreds of audiences and facilitated many self-help workshops. She has hosted radio and television shows, and appeared numerous times in the media--including international Cable News Network (CNN).

Helene's mission is to help as many people as she can to “love themselves to peace,” which she believes is the key to health, happiness, success, and the greatest contribution to world peace. She has touched millions of people internationally with her numerous inspirational and self-help books, tapes, cards, posters, and articles.

In 1993, Helene moved to Sedona, Arizona. In 1997, she founded Joyful Living, a Non-profit Educational Corporation. Helene serves as President of Joyful Living, a Marriage, Family Therapist in California, and a Spiritual Counselor and Teacher. She offers continuing education classes in Creative Therapy, and she continues to write and speak about all that she has learned from her personal and professional life. In 2003, Helene moved back to California.

Helene loves to dance, hike, explore different places, network and have fun.