no labels, no lies

All beliefs are False LIES that appear to be TRUE.

The very word beLIEf has the word LIE within it!



You Have a Thought or Idea

Discriminate Between True and False



True (unity)

Feels peaceful

Win-win

Neutral, no opposite

Unconditional love

Obvious next step

Permanent change

Heart's Desire is Fulfilled

Authentic self

False (duality)

Emotionally charged

Win-lose

Labeled good or bad

Conditional love

Choice or decision

Temporary fix

Get rewarded or avoid punishment

Superficial mask or persona





Go to the Other Side of this chart to LET GO

More information at: www.nolabelsnolies.com Free email support at: cathy@gatewaytogold.com