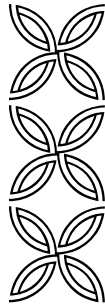


HEATHER K. O'HARA

Quantum Truths

HEATHER K. O'HARA



Knowing the truth about yourself may not be the reason you begin, but it will always be the reason you keep going.



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1. Title. 2. Inspiration.



For my sons,
Nathan, Drew, and Jon'Michael...

If I could give you
only one gift,
it would be the awareness
of how truly magnificent
and powerful you are.



Introduction

BY THE AUTHOR

Truth is simple. Truth is beautiful. Truth is powerful... Truth is a pearl that lies in the deepest part of your soul and, once touched, this single pearl becomes a thousand pearls for you to hold, for you to treasure, for you to string together and wear all the days of your life.

This book is a reflection of those pearls—the individual parts of the whole truth about you. And, because of the simple nature of truth, I chose to write it, not in the usual formation of lengthy chapters that one can easily get lost in but, rather, in a way that one can easily find themselves in... in a way that I feel best reflects the beauty of the whole—which, in this case, is found in the simplicity of its pieces.

Please take your time with this book... read it slowly, one or two truths at a time—ponder them, absorb them, dance with them, and then go on to another. As you connect with each truth, hold it up to the light and make it your own... What will make these truths a reality in your life is to behold them, to cherish them, to believe in them, to wear them and, finally, to live them in the best way you know how.

As Sufi poet, Jelaluddin Rumi, so eloquently wrote long ago:

*To find a pearl dive deep into the ocean
don't look in fountains.
To find a pearl you must
emerge from the water of life always thirsty.*

May you always be thirsty, may you always dive deep, may this book be worthy of your time; and may it inspire you to connect with the truth of who you really are.

And, now, *Quantum Truths*—a book for you and about you—one magnificent pearl at a time...

Heather K. O'Hara

Because today is the most important day
of the rest of your life—
there are a few

Quantum Truths

that I thought you should know...
but if you want to see them,
you must believe with all your heart
that they are there.

If, for just an instant, you could become on the outside what you are on the inside and if, in that instant, you were handed a mirror to look into, you would be awestruck by your own magnificence—by your extraordinary brilliance and wisdom and power! And, as you continued to gaze into the mirror, you would love every inch of yourself, because in that instant, you would be seeing the absolute truth of who you really are.



The more beautiful something is the more true it is.



The kindest thing you can do for yourself is to be the person that you would most like to spend the rest of your life with.

It is not what you are that keeps you away from all that is good and plentiful and true—it is what you believe you are not.



Life views everyone as special and, therefore, you are. Within you there is the same special power, the same special intelligence, and the same special truth as that which is within the greatest, most successful, most inspiring people you can name—what they have, you have also.



It doesn't matter what you know about other people—what matters most is what you know about yourself. When you've mastered knowing yourself, you will automatically know everything there is to know about others; and what you now know will be drastically different than what you thought you knew about them before you knew about you.

The most significant quality that any human being could ever realize they have is their authenticity: The ability, the power, and the freedom to live and create from the core of all that you are—carving out your own road and doing your own thing—in your own time and in your own way.



Reality is that which you create and it can, and does, change constantly. Truth is that *from* which you are created and; therefore, it is that which you are made of. Thus, no matter how much your reality changes, the truth of you remains the same—constant and unchanging, beautiful and whole.



Those who float when the waters are rough, fly when the skies are clear.

Without ever knowing your name, a person who knows themselves deeply and well, can tell you everything about who you really are—although, unless you are ready to hear it, it is highly unlikely that they ever will.



What you do not believe about yourself, you will never believe about someone else.



You cannot love someone and judge them at the same time. You can, however, choose to give love the higher value, or the greater presence, in your life—which will leave you with less to judge and more of everything to love.

Your real work in this world is to master the art of deliberate focus. All else is simply a matter of choosing, polishing, and celebrating the results.



Live for the joy of the adventure not for any rewards you might be hoping to receive, because, in truth, you have already been rewarded with this day; with this breath; with this miracle... called life.



You may not always be able to think positively, but you can always think progressively. You can always think a thought that takes you just a little bit further in another direction—a thought that feels just a little bit higher and a little bit better than the one you thought before it.