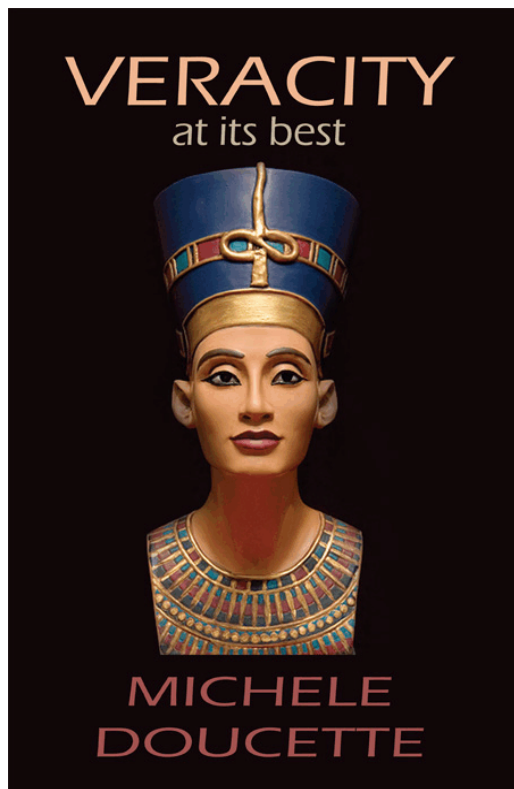


Veracity At Its Best



In many respects, I am *reminded of ancient Buddhist wisdom* as I read through this book. True wisdom endures the ages, and indeed, the ideas that Michele speaks of are *enduring and timeless*.

To know that the energies we project are returned to us, to know that we are spiritual beings having a physical experience, to know that as the universe aligns, so must we; all leads us into preparedness for the alignment of 2012 that will soon be upon us.

Perhaps most of the world will not take notice. Nothing will change, at least not outwardly. But for those who can prepare themselves and begin aligning their energies now, during 2012 they will have heightened experiences that will transcend mind and matter. The alignments assure us that, if we are in tune, *the possibilities are endless and miraculous*.

Michele is a seductive writer whose *words flow like prose* on each page. A compassionate and persuasive guide, she gently leads us, as a parent would guide a child, benevolently, through life's training. Knowing that I could trust this author to lead me tenderly and wisely, she did not disappoint me. I highly recommend this book as a much easier, handy little guide for the spiritual and metaphysical course that is now unfolding before our very eyes.

Suzanne Olsson, author of *Jesus in Kashmir, The Lost Tomb*

When I read Michele Doucette's latest work, *Veracity At Its Best*, I realized that one is in danger of facing the one thing that most would rather never face – *the truth about who and what we are*. Who dares ask such questions of the universe?

Veracity literally means *the power of perceiving truth*. Truth can only be experienced from within, given that the universe is already suffused with truth. Only those who dare not ask (the only question that can possibly be asked), do not know the power of veracity.

Veracity might best be summed up as just asking one simple question: Who am I? My answer is simply this: I AM. In continuation, I AM is ONE. I AM is ALL. ALL is ONE. ONE is I AM. Therefore, as stated before: I AM.

Whether you need to breathe, increase your energetic vibration, or rid yourself of toxic thought cycles, the well written pages of *Veracity At Its Best* can serve as a guide in a region that may be unfamiliar.

Do you, the reader, actually want to know the truth or do you just want to go ahead with life as before?

Go ahead. Be not afraid to ask the question, for the answer will remove both the question and the answer, leaving only the simple, unvarnished truth.

To perceive the truth is to become the truth. To become the truth is, indeed, to live veracity at its best as outlines herein by Michele Doucette.

If you want to know the truth, just ask the question so that you, too, can discover.

David Shirk, USA



Spiritual author Michele Doucette, in her gripping new book, *Veracity At Its Best*, has presented *a unique viewpoint on awakening the divine spark* within each of us. Contrary to the common new age teaching of the higher consciousness, or God consciousness, Michele teaches how we can understand the true inner man/woman, determine who we really are, and overcome our perceived limitations.

Michele herein addresses several important questions in dealing with becoming all that we can and should become in order to experience life at its fullest. Is it possible to shut out negativity and reprogram our minds? How do we become more positive in our thinking, and what will we experience by doing so? What is mindfulness and how do we achieve it? How do we eliminate an attitude of judgmental thinking, and begin to really love ourselves and others unconditionally, regardless of our past actions, thoughts or belief systems? How do we relate to ego, and how does this relate to our understanding of life? Are we separate or connected? How can we become more aware of the world around us and achieve freedom from the egoic mind? How can we develop a burning desire and have the things we want? In what way were we created in the image of God? How are we creators? What will 2012 bring?

Michele maintains that positive metamorphosis is very achievable, and introduces her readers to solid and workable principles which, when practiced daily, will enable their fulfillment. *A striking journey into the mastery of compassion and the enrichment of real Self.*

Discover how to shift your thinking and your focus, turn negative energy into positive energy, expand your mind, design your own reality and positively impact your future. *Veracity At Its Best* is a *very deep, pensive study* into Michele's beliefs regarding truth, spiritual enlightenment and our relationship with the Universe.

Stanley J. St. Clair, author of *Prayers of Prophets, Knights and Kings* and *Mysterious People of the Bible in the Light of History*

Michele is extraordinary . . . there are *jewels to be found in every chapter*. Put aside all other self-help, new age or spiritual books because this one captures it all. *The meaning of life is explained in simple, yet powerful terms*. Even better, the reader is encouraged to wake-up from the deep slumber (or spell) humanity has been under for ages. The pertinent question then becomes, is this what you want?

Jean-Guy Poirier, Canada



Veracity at Its Best by Michele Doucette constructs the context for the spiritual message the author imparts in *A Travel in Time to Grand Pré*. Facet by facet, the author reveals her *philosophy of self-empowerment* through a variety of perspectives, exploring approaches for its practical application with the reader. Among Michele's offerings, there will be those that speak directly to the reader's experience, as the chapter entitled *The Power of Positive Thinking* appealed to mine.

In this time of outrageous consequence, Michele motivates the reader to separate from destructive external forces, look inward and create positive ways forward.

Marie Rundquist, author of *Revisiting Anne Marie: How an Amerindian Woman of Seventeenth Century Nova Scotia and a DNA Match Redefine American Heritage*

Michèle Doucette, with whom I am honoured to be a sister on the path to light, has written a *comprehensive book* about the spiritual path. It is *clearly written* and *easy to read*.

Michèle is so right when she says that teachers, CDs, and books are merely transformative tools. At some point we all have to move forward, trusting our inner Self. This is perhaps the most important point that Michèle makes. The next most important point pertains to standing firm against fear. She writes: *I refuse to exist within the framework of fear. It shall be in the standing firm of this resolve, that I can better assist those around me who can see no other way.*

Michèle has drawn on a vast range of teachings and resources in order to present *a clear synthesis of the truth*, as she sees it, along with what we can do to reach our truth. This book is *a message of self liberation*. This book is *a message of love*.

Everyone possesses an individual part of the puzzle, and we are now able to see, more and more clearly, the overall picture that these individual pieces are making.

I thoroughly recommend this book. There are enough references to keep you interested and searching on your own path for a long time, so you certainly will not be bored. Above all, it is *simply written, clear and precise*. This is intended as a compliment to Michèle.

Jacqueline Lion, Certified Astrologist, Pendé, France



As a child growing up, our view of the world is created by our parents and other caretakers. For most of us, we conclude that we live only one life, and that, depending on the kind of life we live, at death, will either go to heaven or hell. This author has presented a *compelling case* to suggest that this may not be true at all.

Raising fundamental issues (*who are we* and *why are we here*), she also speaks of the elements of our physical experience. She further addresses many concepts and levels of consciousness, all of which would suggest that not only are we far more than we ever imagined, but that we also experience many lifetimes of existence.

This book will *challenge your ability to have an open mind*; a mind that would allow you to disregard all you have learned so that you may create a new view of life, and who you may become.

Taking a very complicated subject, this author presents it in easy to read steps. One could think of it as *Instruction Manual on Life*.

If you want to know what is really going on around you, I strongly suggest that you read this *very informative* book. In doing so, you will expand your consciousness to a new and exciting level.

Richard E. Guertin, USA



While I remember being told at different times in my life that there is *only one truth*, I had no idea what the depth of that statement really meant. I would often use those words, only one truth, to apply to the small things in life quite easily; but the larger meaning of that statement eluded me for the longest time.

The shift in consciousness that this age seems to be requiring of us has begun; and will continue to increase in its pressing demands. It is time for reeducation and a new understanding to emerge. If we choose to become enlightened and aware, we are given new and effective tools to use; and are expected to master these tools as they appear.

Once completed, we will be entrusted with the next, and even greater, tool. If we resist; our lessons become more challenging, thereby increasing our own needs. This appears to become even more magnified, the more we resist.

Yes, there *is* only one truth; and that is the path we are to follow; but we must first realize that the *real truth*, unfolding before us, *is not dependent upon any prior concepts that we may have been taught as being true*.

What is at the core of this new enlightenment is that we must really learn that *ego weakens us*. What we must learn to accomplish is the opening of our eyes and our hearts in complete trust, thereby allowing truth to surface in the things that challenge us.

Scientists realize that things are changing; and they inherently tend to predict the worst. They are foraging the earth, collecting crop seeds to store in their global deep freeze storage facilities (to preserve the capacity of this moment) in order to feed the multitudes of people in the future.

While their goals are not evil or bad, their efforts are a waste of energies. It may be that they are clueless as to the real reason for this shift and what is being shown to us.

What is required is a new heart; a new concern; a new behavior. As this shift becomes more accepted; the lessons shall become more gentle. The world will begin to reshape and Mother Earth will begin to cooperate.

Many of us could use a manual or a lesson plan. *Veracity at Its Best* is part of my lesson plan, pointing me in a better direction. This resource is helping me become more aware of my role in this paradigm shift. I have had to learn that what is good for me is also good for all life forms. Like you, I, too, have my own job to do.

Life continues to be an exciting lesson that challenges my education; but it is proving to be more true than anything I have ever learned before. I wish you a gentle lesson.

Robert Ray, Zero Point Continuum of Life co-founder

