

Qualities Of The True Self

Certain and clear

Stable, secure

Driven by a deep sense of truth

Is honest to self and others

Is at peace

Backs and supports self

Knows they are enough and worthy

Feels whole

Is Evolutionary

Creative (ie creating the life you want)

Knowing

Accepting

Aware

Deeply optimistic

Wise

Has personal power

Content

Has self-love and is loving

Is kind to self and others

Has a balance of self-reliance and dependence

Are you your true self?

Which area is there a block?

The True Self continued

“Every problem has a spiritual and energetic solution. There’s no external solution only an internal solutions.” Deep Chopra

STEPS TO BECOMING YOUR TRUE SELF

1. Make a conscious decision that you want to be your true self in order to attract the life you want.
2. Identify and recognize the areas that you know aren’t happening for you. Even acknowledging these will start an energy shift around you.
3. Make a decision to work on one area at a time.
4. Don’t beat yourself up if you fall down again in one area, just make a note to try again.
5. Re-evaluate your past. Think of experiences and situations where you know you were not acting from your true self. What would have been the better action (the more true self action) to take?
6. Read over the list of qualities of the true self often.
7. If you need help clearing blocks around the areas of being your true self, seek energetic assistance such as meditation or kinesiology.
8. Download information on the true self, do self help courses, keep searching for how to clear the blocks.
9. Once you are in alignment with your true self, the world is effortless