

## *Acquiring the authentic self - step one*

Developing the ultimate need to find ones-self generally happens after we have hit rock bottom – The beginning of the process is letting go of the wants, wishes and selfish desires.

Until you recognize that your needs can be met without struggle or force, just the way you are - You will never find the desire to change.

Wants, desires, and needs need to be separated out. It is not a bad or undesirable thing to have a wish list, as long as it doesn't become greater than the needs list.

Most individuals will go out of our way to get their needs met.

Many times we will allow someone to abuse us just so that we get attention.

We allow people to belittle us because that's what we think we deserve. Somehow, our mind rationalizes that, if we deserve it, then we must seek it out because we need it.

Many of us are striving to get those needs met and they are needs that are held on a subconscious (unconscious mind) level we don't even know what they are!

Most individuals have pretty much turned their lives over to *the committee* in the mind. Part of the committee's job is to make sure that the habits we have developed stay in place. They remind us, that this is the way it should be done, don't dare change it, and if you do you will be a bad person.

*That committee collectively, could be called the ego.*

How do we take back our lives?

How do we become the "Authentic Self," God designed us to be?

First we must recognize the hole that we have dug for ourselves. We must realize (*become aware of*) the trap that we are in and the rut that keeps us doing the same thing over and over. That takes an honest evaluation of our life and how we live it. If during that evaluation, you discover characteristics about you that are unhealthy, unattractive, and causing you difficulty, *become willing* to make changes in those areas.

Most individuals have the idea of "*instant gratification*," ingrained into them, and they expect change to take place overnight. Resign yourself to the fact that this is typically a false belief and will seldom happen.

Hopefully, during that honest valuation, you wrote down those areas, where you desire change. Look at the list, prioritize the list, and *choose the change that would have the most dynamic effect on your life.*

This is the actual point where change starts to take place! "In the mind." *It is only when you choose, decide, to change your thinking that change will start to take place.*

You can change the automatic reactions, the habits you have developed, but only if and when you decide that they can change.

*Continue to tell yourself what the committee wants you to hear, that you cannot change, and that will become your truth.*

*The first step: give yourself permission,* to accept the fact, that you can change what has seemed to be automatic behavior of the past.

*Know that anything you have learned, you can unlearn, and learn something new.*

May you be blessed with the feeling, of being sick and tired. May you be blessed with the realization, that where you are today, is due to the thinking you've been doing.

May you be blessed with the opening of the mind that allows you to accept, that change in thinking can happen.

May you be blessed with the ability to let go of those things of the past that have held you back.

***Together (by changing my beliefs) i Can***

***Michael McCright – Together i Can – Free health Coaching***

***9302 Carlton Hills Blvd. Santee, CA 619-596-6920***

***[michael@togetherican.com](mailto:michael@togetherican.com) -- [www.togetherican.com](http://www.togetherican.com)***