

Acquiring the Authentic Self -- Awakening the Authentic Self

Acknowledging the Inner-Self

The *Inner-Self* and the *Authentic Self* may not be the same. Ask yourself the question: “Do I allow the committee in my mind to run my daily life OR do I make conscious decisions that are always in MY best interests. Do I challenge my self talk on a regular basis?”

That *inner-self* is (the you) found buried deep within the Sub-Conscious. It is composed of both thoughts and feelings, creating the emotions you feel on a daily basis. It is the Habitual patterns that exhibit themselves day after day, as outward expressions of how we feel about ourselves. It is (the you) that you perceive yourself to be, *not necessarily the real, true Authentic You*, God meant you to be.

In order to acknowledge the Inner-Self we must let go of **DENIAL** (Don't Even kNOw I'm Actually Lying) and becoming totally HONEST with ourselves. How do we act and behave under stress? What is it we do, when our triggers are pushed? Sometimes it may take an honest friend or therapist to lay it “on the line” of what they actually observe us to be like. *We need to judge ourselves by the results* we are experiencing in our lives. We need to take responsibility for everything going on in our lives and leave blame and being a victim by the way-side.

Someone who had been raped told me that it taught her the lesson: “The way life is for her is to be used and thrown away.” That is the reality of her inner-self.

The definition of love in some people's minds gets tangled up with abuse, if they had parents who abused them.

The Inner-Self will sometimes feel shame when there is no need to feel ashamed. The Inner-Self will sometimes feel responsible, when there is no need to be responsible. This list can go on and on, you should make up your own.

By creating an honest list of who and what you are, creates **awareness** and the *beginning of a path to change*. Pass that list by someone who knows you well and ask them to advise you as to any misconceptions you may be having about yourself.

Together (by Truly Knowing Myself) i Can