

# TogetheriCan

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March

## SPIRITUAL JOURNEY WITHIN, THE - ACQUIRING THE AUTHENTIC YOU

### Spiritual Journey within, The - Acquiring the Authentic You

Often times the Soul or Spirit portion of the Trilogy equation gets forgotten. You may want to call it **getting in touch with the Creator**.

**One thing missing** from most people's lives is a **connection to the authentic self**, the (Being) that God created.

**Mind chatter**, thinking all the time, continuous thought, creates an illusion. It makes it seem like we are really the creation of **the committee** that is doing all the thinking. **Our ego**, made up of that committee demands happiness and we all know that happiness is obtained through things. NOT!

A part of the Spiritual Journey, for everyone, is getting in touch with the Authentic You. To do so you must shut down or subdue the committee, the chatter in your mind.

*The Bible Said It First:*

**"Be still and know that I Am God"! Psalm 46:10** (BSIF (The Bible Said It First))

With quietness comes a connection, which can be turned into a relationship.

The **Authentic You is made up of the body**, which consists of the (inner you)(all of the electrical and chemical energy flowing around) not just the physical shell.

The **Authentic You is made up of the mind**, not the committee that is always chattering, but the quiet mind, the observer. That part of the mind that stays awake and observes your dreams during the night.

The **Authentic You is made up of the soul**, that Spiritual Entity, that Energy, that never disappears, but moves someplace beyond at your demise.

Energy can neither be created nor destroyed, only transformed. That energy upon your demise must go somewhere.

Body, Mind, and Spirit, the Trilogy, the Trinity is what makes up the Authentic You.

Make it a point, an effort, a practice to get in touch and put the Authentic Self in charge of your life. Let it determine the answer, as to whether you should practice **Simple Disciplines** or **Slight Errors in Judgement**.

We are here to provide you with Free Health Coaching to meet your Weight Loss needs. For more information on how easy it is to lose weight, email us at: [michael@togetherican.com](mailto:michael@togetherican.com) or give us a call: (619) 722-0264

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March 25, 2016