

Embodying Your True (Authentic) Self

Stepping in to or merging with your True Self helps to create a baseline for who you are. Having a baseline for who you are is a major component of discerning energies, spirits and truth. Your True Self includes all of your past selves and their collective wisdom as well as your future selves and all of their potential. Your True Self is present with where you are right now, in all of your complexity, she/he harbors no judgement and instead offers an opportunity to meet yourself and your experiences with curiosity and compassion. Each time you embody your True Self it re-establishes your blueprint because she/he holds the wisdom of who you are, everything you can be and is attuned to your unique gifts. Thus, the more you practice stepping into your True Self the more you will be attuned to she/he. Embodying your True Self is not only disarming it's also a collaboration between you, your divinity and your humanity. When one is merged with their True Self they have a gravity to them and it will elicit the True Self in those around them.

Learning to embody your True Self is like a muscle that you build with practice. As you do, it grows stronger, more familiar and easier to slip into when you have realized you've slipped out. Your True Self may look like you or she/he may take another form. Sometimes when your True Self takes another form she/he is trying to show you something (it's a metaphor). For some the embodiment of the True Self can be disorienting at first depending on where you are at on your life's journey and maturity.

Situations where it can be helpful to step into your True Self:

- You feel someone pulling on your energy,
- Before facilitating Shamanic work.
- Before a meaningful conversation.
- When you're feeling off or anxious.
- Before meditating or shamanic journeying.
- When/if you find yourself in conflict someone. (You can merge with your TS and ask to speak directly to their True Self.)
- Are feeling confused and/or having a difficult time exercising discernment.

Meeting your True Self: *The following can be taken as a journey or as a simple meditation without percussion in a quiet room where you won't be disturbed.*

1. Imagine a place that you love in Nature.
2. Once you're there open your senses by taking in the details.

What do you see?

What do you feel?

What is the temperature?

Is the air moving or still?

What kinds of animals and plants are there?

3. Now that you've opened your senses, take a moment to call in your True Self (also referred to as the Authentic Self).

What do they look like?

What do they feel like?

How are they different from you or the same as you?

What qualities do they have?

Is there anything they would like to share with you?

4. Now take a moment to step into your True Self. This may look like stepping into them, merging with them or may feel more like they unfold from within you.

How does stepping into them change your experience of this place?

5. When you feel complete come back into the present moment in your body and stay merged with them and notice how this changes your experience of where you are in ordinary reality.

Stepping into your True Self

1. Close your eyes and focus on a mirror image of yourself standing in front of you.
2. Observe as the golden energy which connects us to our Divinity comes down into this mirrored you.
3. Observe as the silver energy which connects us to our Humanity and the Earth comes up into this mirrored you.
4. Then step into your True Self (the mirrored image of you).

I invite you to do this visualization several times throughout your day!