

Exploring Your Authentic Self

I have been affirming my authentic self, both in my spiritual practice and now in conversations. A friend challenged me to define what I mean by that reference. I recited qualities of God that I am embodying, but I think there's much more to it. What do you think?

Whenever we affirm something, especially out loud or publicly, we amplify the energy of our intention. The creative intelligence of this universe responds in kind, providing nudges, like challenges from a friend. That you are acknowledging the pull to more deeply explore what you are claiming is a good sign.

Synonyms of the word *authentic* are genuine, original and real. The experience of living as your authentic self requires a willingness to explore new levels of self-inquiry and honesty. Only in this way can you more fully understand and personalize the essence of the qualities you are claiming. Now is your time to get real with what you truly think, feel and believe about yourself and about God.

Set aside a good amount of quiet, uninterrupted time to meditate on your God qualities. And then, in writing, define each quality or word for yourself. Allow stream of consciousness here. What do the qualities mean to you? How do you feel, notice and acknowledge them? After doing this, look up the dictionary definition, paying particular attention to the synonyms that speak to you. For each quality, list a minimum of three ways it is already expressing through you. Write three ways it is blocked or restricted by fear or lack of forgiveness. Finally, list three ways you can imagine revealing the quality more fully.

Your desire to demonstrate your true glorious God Self is going to take you places in life and in consciousness you never imagined. It will continually require clarity of mind, heart and motivations. Keep asking. Keep affirming. And praise yourself and God with every step. In this way, you honor the creative intelligence of the Love that decided to express Itself as *you* — a true miracle and blessing to the world. Namaste. ❀



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