

Part 3- TAPPING INTO YOUR AUTHENTICITY

Action Plan

It is the quality of being your true self. We should empower ourselves with the ability to recognize what our true essence is and differentiate it from energetic clutter.

Action:

1. Affirm the opposite of the negative feelings you are experiencing even if at the moment it is not realistic. For eg. if what you feel is "I'm over burdened and I don't know how to say no", replace it with "I'm always free and not burdened by things I don't like doing or saying and I can respectfully say no!".
2. Record your affirmations and play them on loop during your alone time or at bedtime.
3. Play Reiki video on topics like "Improving Self Confidence" or "Reiki for Solar Plexus" and "Reiki for Root Chakra" or "Reiki for Removing Ancestral Baggage"
Play them at night before you fall asleep.
4. Try to do the opposite of what you generally do that makes you uncomfortable. There is no harm in trying. Everything increases your self-awareness about your patterns & behaviour towards specific people. Ultimately, it all aids with realizing whether it has increased your vibrations or not viz. whether you feel lighter and happier or not..

Journaling:

Alone time spent per week	Thoughts observed	Uncomfortable thoughts and emotions	Obligations met with positivity	Obligations met with negativity & discomfort	Action to create positive changes and replace heavy energies with lighter energies