

Part 1 - TAPPING INTO YOUR AUTHENTICITY

Introduction To Authenticity

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.

Important facts:

1. The **sacral chakra** which is the second one in the main 7 chakra series, is responsible for our authenticity & creativity. How it vibrates determines how unique and creative we are with how we interpret situations and behaviours and also finding solutions to problems.
NOTE: High vibrations make us feel good and low vibrations make us feel burdened and down.
2. All of us have an inner voice. Our inner voice is the universal guidance. It is our intuition/sixth sense which is beyond the five perceptive senses.
How we perceive the messages is a mix of what our heart is telling us to guide us and the wisdom that we have developed with the help of our minds and past experiences.

Something to spark your mind. No answers will be provided but the time you spend understanding your authenticity will help you arrive at the answers. :)

1. Authenticity is a function of how we immediately apply what other people tell us to do.
2. We are all born creatives.
3. We can start being authentic if we actually try to do what we really feel like doing deep in our hearts.
4. We can hear our inner voices when we constantly surround ourselves with people.

Steps to tapping into your authenticity:

1. Give yourself some alone time - start small, at least once or twice a week of a half hour each
2. Allow your thoughts and emotions to flow, and observe them.
3. Release guilt; know that anything that comes out as a thought and feeling is yours and if you don't embrace it then you are not being authentic but pretending to be somebody else.

4. If something makes you uncomfortable while addressing or facing it; face it first and then say “I release these uncomfortable energies in a blessed manner”. If there is something you feel you need to learn from them, continue observing without judgement.
5. Segregate the things you do as an obligation but with joy and positivity (eg. taking care of your children or pet) vs. those you do as an obligation without any trace of joy (eg. attending functions or making calls to people as part of cold calling jobs etc). The latter burdens us and needs to be addressed and removed.
6. Journal about these things and express in the best manner possible- written, audio or video, whichever helps you express best.

As this process continues, it will unveil a lot of things about yourself that will help with your growth as a spiritual being having a human experience.

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 done with joy	Obligations with negativity	Action to create positive changes and replace heavy energies with lighter energies

