

Part 2- TAPPING INTO YOUR AUTHENTICITY

Steps to Discovering Your Authenticity

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.