

Living From the "True You" to Create a Miracle in Your Life

Philosopher Martin Heidegger once said, "Language is the house of being. In its home, we dwell. Those who create with words are the guardians of this home."

In order to manifest a miracle in any area of life, you must take a bold committed stand for a future that is not going to happen unless you cause it, and declare it to be so.

Then lean into that future as if your life depended upon it, allowing yourself to "try on" the **you** of that future fulfilled. Identifying with the you of your future, and dis-identifying with the you of your past.

For wherever you are centered at the level of identity is where you are generating your life from.

Recognize that the unfulfilled life you have in this area has been created by "the you of your past." The you that was formed in response to the disappointments and/or traumas you experienced when you were young. And which have been influencing how you habitually show up (or don't show up,) and that have been limiting what you now have the capacity to create.

Werner Erhard reminds us to "Create the future from the future and not from the past!"

Rather than trying to get unstuck from your past by analyzing what happened, who it happened with, when it happened and why, try stepping into the consciousness of the Self you feel called to become.

Name clearly the conversation of the old self that has been limiting you, and wake yourself up out of that trance by giving language to what's really true!

Own the deeper truth and begin mapping out the new ways of relating that are organic to that center.

Give up enrolling everyone as a player in your old story of not being good enough, not being safe or of being invisible or all alone in life.

Take on your true identity as a leader of love, as a valuable player on the team, as someone who is important in the grand scheme of things, deeply connected to life, already loved by all of life, and able to generate their own safety.

Walk through the world from this center, showing up consistently with this truth in all of your dealings.

When you do this, you will begin to have the magical experience of others responding to you in new ways. Doors will open, opportunities will knock and magic will begin to happen in the direction of your dreams.

Your emancipation will come when you identify and challenge your old false beliefs, and see how you have been the author of all of the years of evidence you've accumulated for this painful story.

You will be liberated to finally create the life and love you've longed for when take on learning the new skills and capacities you'll need to know in order to consistently show up in ways that are reflective of the deeper truth of who you are, and what you came here to create and to have.

This highly transformative process can be broken down into 5 simple steps:

1. **Name Your False Identity.** Identify the core beliefs about yourself, about others and about life that is at the emotional center of your painful patterns in the area of your choice.

To accurately identify your False Identity, you'll want to notice where you are holding the emotions associated with your painful patterns in love in your body. Rather than turn away from these difficult feelings or try to get rid of them, I instead invite you to welcome them in and turn towards them. See if you can name the "I am/I am not" that's being held in this part of your body. Name also the story about others and about life that automatically take over whenever you're feeling disappointed in this area of your life. Notice how old the part of you is that first created this story, and how big the energy is that is being held in this part of your body.

Practice to Name Your False Identity:

- a) Close your eyes and take a nice, deep breath as if you could breathe all the way down into your hips.
- b) Think of a painful pattern that shows up in your love life over and over again and imagine that the pattern is happening right now.
- c) Ask yourself, "Where am I feeling the pain of this pattern in my body?"
- d) Turn towards those feelings and welcome them in, turning away from nothing.
- e) Let these feelings name themselves as an "I am" or an "I am not." **For example, I am alone, I am not safe, I don't matter, or I'm not loved.**
- f) Let these feelings name themselves as a belief about others. **For example, Others always leave, People don't like me, Others are better than me, or No one really cares about me.**

- g)** Let these feelings name themselves as a belief about Life as it relates to this area. **For example, My love life is cursed, I can never have what I want, I can never get what I need from anyone, I'm being punished.**
- h) Ask yourself, "How old is the part of me holding this story?" Listen for the age of the self that first created this sad story.
- i) Ask yourself, "How big is the energy being held here?" Notice the density, color, magnitude and size of the energy being held in this part of your body.

NOW, OPEN YOUR EYES AND SHAKE IT OFF!

Take a moment to write down what you discovered is your False Identity.

I am/am not: _____

Others: _____

Life: _____

How old is the part of you inside of this story? _____

How big is the energy being held there? _____

2. **Identify the Old Ways of Relating.** Identify the habitual and unconscious ways of relating that have been generating evidence for the old story of these false beliefs.

Now it's time to become a bit of an existential detective by noticing the subtle, habitual and covert old ways of relating that have been generating evidence for your False Identity. **For example, you've created your own aloneness by failing to be vulnerable**

with others, thereby making it hard for them to find their way into your world. Or you've created your own invisibility by rarely sharing what you feel or need, thereby making it impossible for others to demonstrate that they care about your feelings and needs.

Practice to Identify Old Ways of Relating:

Take the radical position that you are the source of your experience. Journal on the following questions:

Ask yourself, ***“How am I showing up (or not showing up!) in my relationship with myself in ways that are covertly generating evidence for my False Love Identity?” For example, I ignore my own feelings and needs making it impossible for me to even know what they are to share them with others. I speak harshly to myself and train others to do so as well. I self-abandon constantly and so others follow suit, etc.***

Ask yourself, ***“How am I showing up (or not showing up!) in my relationship with others in ways that are covertly generating evidence for my False Love Identity?” For example, I don't even tell people what I feel or need, making it impossible for them to show me that they care about me by accommodating my feelings and needs. I over-give and train others to disrespect me. I am put other people on the defense and bring out the worst in them because I go into each conversation assuming they are going to hurt me.***

Ask yourself, ***“How am I showing up (or not showing up!) in my relationship with Life in ways that are covertly generating evidence for my False Identity?” For example, I always settle for less than I want, thereby ensuring I don't ever get what I want. I always have one foot out the door because I assume that the rug is about to be pulled out from under me, thereby generating a lack of stability. I give and give without being open to receive anything in return thereby blocking the organic reciprocity of Life.***

3. **Awaken to the True You!** Access and assert a deeper truth that you can feel in your body and claim as your own, and allow it to wake you up out of the trance of your old False Identity.

Truth has a way of waking us up! When you drop your awareness into the part of you that is already connected to a larger perspective, that already has access to wisdom, power and truth, then you can assert and claim as your own the deeper truth as it relates to the lie you've been living!

Your Whole Self already has access to resources, resilience and strength and can think more clearly about these sweeping conclusions that the younger you crafted in response to the painful experiences you were enduring.

You'll want to connect with your Whole Self (meaning, not just the grown-up you, but also the soulful, spiritual and wise Adult Self that you already are), and begin mentoring that confused younger you that came to these erroneous conclusions that have been in charge of this area of your life ever since! Help that younger you to make more empowered and true meaning! Help that part of you awaken to what's really true about who you are, how others will feel about you and what's possible for you to create in this lifetime.

Practice to Awaken to the True You:

- a) Close your eyes and take a nice deep breathe as though you could breathe all the way down into your hips.
- b) Connect with your strengths and resources as a spiritual, soulful and wise Whole Self. Take stock of all of those areas where you show up as powerful and competent. Recognize your ability to think clearly, behave responsibly, make good choices and grow yourself in love, wisdom, peace and power.
- c) Breathe this sense of yourself as a strong, wise and loving Whole Self down through your body, down into your legs, out the soles of your feet, down into the Earth and out to the edges of the room. If your False Identity extended beyond the room, then extend your loving, wise Whole Self deeper and wider than where your False Identity extended to.
- d) Identifying with your Whole Self, extend your love, compassion and presence to the younger you in your body where your False Love Identity lives.
- e) Bask in this beautiful love for a moment, bathing your younger self in a field of safety and love.
- f) As your Whole Self, share with the younger you what's really true about the ideas that he or she is holding about himself/herself. ***For example, in response to the idea "I'm alone," share with the younger you a deeper truth that 1) she is not alone because you are right here with her and 2) that she was not born to be alone! That she came here to love and be loved and that she has the power to create happier, healthier relationships that flourish and grow stronger over time.***

Create a Power Statement that deconstructs this old false idea!

**I came here to love and be loved!
I have the power to grow my ability to create happy,
healthy relationships that flourish and grow stronger over time!**

- g)** As your Whole Self, share with the younger you what's really true about the ideas that he or she is holding about others. ***For example, in response to the idea "Others always leave me," share with the younger you a deeper truth that 1) you will never leave her and 2) that she is fully capable of creating a happy and loving relationship that flourish over time.***

Create a Power Statement that deconstructs this old false idea!

**I choose to now grow those relational skills
that can keep love happy and healthy over time!**

- h)** As your Whole Self, share with the younger you what's really true about the ideas that he or she is holding about Life as it relates to Life. ***For example, in response to the idea "I can never get what I need from others," share with the younger you a deeper truth that 1) you will always strive to honor and meet her needs, and 2) that she is fully capable of creating a relationship with someone who will also strive to care for her needs in healthy and nourishing ways.***

Create a Love Power Statement that deconstructs this old false idea!

**Life is now supporting me to attract a Beloved who cares about,
and is responsive to, my needs for love, safety and support!**

4. **Identify New Ways of Relating.** Identify new, healthier ways of relating that are reflective of the deeper truth of who you are and what's possible for you to create in life and love.

Look back at your list of the old ways of relating to begin identifying the new ways of relating that are reflective of the deeper truth of your worthiness and power to create happiness and abundance in this area of your life. ***For example, if in the past, you've created your own aloneness by failing to be vulnerable with others, then your new way of relating would be to take the risk to share more of your vulnerability with others. Or if you've created your own invisibility by rarely sharing what you feel or need, then your new way of relating would be to become aware yourself of what you feel and need, and then take the risk to share that with others.***

Practice to Identify New Ways of Relating:

Journal on the following questions:

Ask yourself, **“How can I show up in relationship with myself in ways are reflective of my True Self?” For example, I can begin checking in with myself on a regular basis to see what I’m feeling and needing. I can begin speaking more kindly and respectfully to myself. I can honor my need to go slow in a relationship, even if it disappoints someone else, etc.**

Ask yourself, **“How can I show up with others in ways that are reflective of my True Self?” For example, I can tell people what I feel or need, making it possible for them to show me that they care about me by doing their best to accommodate my feelings and needs. I can wait to see if my giving is reciprocated before giving more. I can wait to see if others treat me as with respect a condition of whether or not I should invest more of myself into the connection.**

Ask yourself, **“How can I show up in Life in ways that are reflective of my True Self?” For example, I can raise my expectations of what’s possible for me to create and sustain in this area, I can recognize all of the ways that Life is already loving and supporting me, I can relate to the breakdowns I’m facing as learning opportunities and assume that Life is happening for me as opposed to just to me, etc.**

5. **Identify the Skills and Capacities You Will Now Need to Learn to Graduate.** Identify and cultivate the new skills and capacities you will now need to grow in order to create the life and love you are committed to creating. Notice the specific skills and/or capacities that will support the realization of a happy, healthy in this area. Take action to develop these capacities and stretch beyond your comfort zone to bring your life into alignment with the deeper truth of who you are and what you have the power to create. **For example, learning to identify your feelings and needs, set healthy boundaries and/or resolve conflict in ways that deepen rather than destroy your connection, etc.**

Practice to Identify New Skills and Capacities:

Journal on the following questions:

Ask yourself, **“What skills do I now lack that will be necessary for me to learn in order to create a happy, healthy future in this area that can sustain over time?”** *For example, I don’t know how to negotiate for myself, I don’t know how to set healthy boundaries, I don’t know how to assess someone’s character to make sure they are a safe person to open up to, etc.*

Ask yourself, **“What capacities do I now lack that will be necessary for me to develop in order to create a happy, healthy future in this area that can sustain over time?”** *For example, I lack the ability to self soothe when I’m upset and therefore lash out at others when I’m angry, I lack the capacity to negotiate on my own behalf, I lack the ability to recognize when I end and another person begins, etc.*

Ask yourself, **“What skills and capacities will I now commit to learning so that I can be equipped to create greater health, happiness and fulfillment in this area of my life?”** *For example, Get better at assessing and asserting my own value, Learn how to lead teams of people, Discover how to assess and assert healthy boundaries, etc.*