

# Becoming More You (Your True Self)

## The True Self

Having your soul parts restored and your energy blocks cleared means more space and power available for you to be who you really are. Your true self is the blueprint of you fully actualized, fully in your power, already healed and whole. You, minus the expectations imposed by others — whether yourself, family, friends, situations, or culture. You can start this process with a special journey to meet your true self, then merge with your true self every morning and throughout the day as needed.

## Your True Self Takes Charge of Your Thoughts and Emotions

In shamanism (and many other belief systems), thoughts, words, and feelings create action and form, so they create reality and shape the world. Being attached to them affects the spiritual, mental, emotional, and physical realms and so affects you, other people and beings, the entire environment in small, medium, or large ways, depending on the size and force of the thought or feeling. They can grow into perceptions and even into entire belief systems, acquiring ever more power and influence over you and the energy field around you.

Much of their power comes from tricking you into thinking that “you” are your thoughts and feelings and beliefs. When you identify with your thoughts and feelings, they are in control of you and can drive you crazy. When you “dis-identify your ego” with them and become an “observer” of them, you can use them for their valuable feedback and assistance instead of being run by them. You can either be jerked around by runaway thoughts and emotional reactivity or you can keep looking at the energy behind your words and thoughts and feelings to help you shift your reality to where you want it to go.

Attaining the dis-identified “observer” mode is essential to this work: it means understanding that you are the being having thoughts and feelings, and that the thought or feeling isn’t you. You can use your own resources, or use my one-page “Observer Mode: Dis-identifying with Your Thoughts and Emotions.”

It’s also important to realize that your thoughts may not even be “true.” The greatest source of most emotional suffering is from the mind’s story or interpretation of what happened instead of from what actually happened. And the mind run amok triggers emotional reactivity and vice versa.

The dis-identification/observer work becomes easier when you are also strengthening your True Self, so please do both! I can work with you in releasing thoughtforms and emotional traumas and give you good starter materials for the dis-identification process. If you would like further assistance in this aspect, I can refer you to a coach who specializes in re-training the mind.

NOTE: Many writers, resources, and philosophies (Gestalt, Radical Honesty, Buddhism, Assaggioli, Ingerman, etc.) help you understand that you are not your feelings and that they may not even be true. Byron Katie’s website has many brief exercises and readily accessible worksheets ([www.thework.com/thework.asp#howto](http://www.thework.com/thework.asp#howto)), factsheets ([www.thework.com](http://www.thework.com)), and other resources ([www.thework.com/resources.asp](http://www.thework.com/resources.asp)).