



UNCOVER YOUR TRUE SELF

***Become a detective, look for the clues. Become even more radiant**

When in flow you are aligned with your True Self. Identify past flow experiences and identify the common threads – they are golden clues. Use these clues to design your life and notice the magic as you allow your True self to shine. How can you use these golden clues to create even more magic in your life?

***Embrace your imperfections. Love your Self unconditionally**

Everyone has imperfections, they are part of who you are: you are perfect with your imperfections. Give generously to your Self. Make time to breathe in the joy and love you deserve. Notice how much better you feel and the clarity it brings. When you love your Self unconditionally what do you notice?

***Stop the outward search. Go inwards ...answers are there**

When wanting to find your True Self remember you're more than your physical body. Make time to be still, go inwards, ask questions and listen - rewarding insights will follow. When was the last time you stopped and went inwards? Did you listen for the answers? What stops you doing this more often?

***Let go of negative energies. Reveal the True Self.**

Un-resourceful energies eg fear, doubt, anger, are attached to past experiences. They stop you from moving on. Take the learnings from these experiences and let the un-resourceful energies go. Now breathe freely and notice how much easier it is to bathe your Self with more resourceful energies eg joy and love. When are you going to release the un-resourceful energies and uncover your True Self?

***Stop seeking the approval of others. Self-Approval nourishes the Self**

When you do what you do because you want approval, self-judgements and negative energy dominate your life. Set your Self free by learning to approve of your self. Regularly check your motive by asking 'For the love of whom are you doing what you're doing?'

***Stop squashing your true needs and desires. Let your True Self shine**

We all have personal needs and desires. When you liberate them make sure they are your Soul's and not just those that are socially acceptable or those that will not 'rock the boat'. What does your wish list look like? Will taking action on your wish list make your True Self shine?

***Make time to play. Ignite the inner spark of your True Self**

We can learn a lot from young children - they live in the present, know how to laugh, love and be in joy. When you're a free spirit and play like a child you will re-discover your True Self. What is stopping you from playing like a child today?