

Day 3: Today's Lesson: Who are you really? Looking at your true authentic self and your sovereignty.

There's a quote from Rumi that I love that says stop acting so small you are the universe in ecstatic motion.

My interpretation of what this means is that we are innately the universe, We are the micro part of the macro.

Your body is actually made up of what the stars are made of, cosmic dust that is billions of years old. You are the universe and the universe is you.

Think about how big the universe is and know that you are made from an infinite intelligence that creates galaxies, solar systems and universes....and because you are a part of this and made from this, you have access to this power that has created all there is.

You are so very loved and it's time to know who you are, what you're doing here and what you want to experience.

Every human being has a completely unique form that makes them an irreplaceable work of art that is unlike anything that has ever existed or will ever exist. You have your own blueprint. There is no one else like you and you are a completely, incomparable, human being here to experience your true essence and true power.

You have your own distinct gifts, talents and ideas...and you are here to explore them, become who you are and find out what makes you happy.

You are so much more than you think you are. You are vast and infinite, so the question is, why are you operating without the power and vastness of this limitless universe?

Can you imagine living life this way? Can you imagine what you would accomplish or who you would be if you were moving through your life KNOWING that you can do, be or have anything? Think about that. Take a

moment to really envision what that would look like. And if you have no idea, this is your work.

Think about what it is that you desire. The original meaning of desire literally translates to "await what the stars WILL bring".

We are all born with dreams, desires, ideals, greatness and the possibility to become our best selves. It is only our limiting beliefs that keep us chained to a life of mediocrity.

Now this doesn't mean you won't have challenges in your life, because we live on a planet that has polarity, but it does mean that you can face these challenges from the most powerful place, with infinite resources that you have access to by connecting with your higher self.

I don't know about you, but most of my life, I stayed small in fear of being seen and in fear of connecting to my true power. I think there are many reasons we don't step into the fullness of who we are. We are molded and shaped by society that doesn't encourage us to be all of who we are. We are sometimes shaped by religion where we may have gotten the message that if we don't act a certain way, we are inherently bad, we may have compared ourselves to others who were seemingly doing better in life. Or maybe we have an unknown fear of surpassing what our parents did. It could be anything.

When you know who you are, you can then appreciate yourself for the gifts and talents that you do have...and NOT focus on the qualities that you perceive to lack within yourself.

When you focus on your positive traits, you create more self love. This is about appreciating and focusing on who you are and not focusing on what you lack. Knowing who you are means you are not everything to everyone.

When you feel confident, you listen to your opinion over everyone else's. Your opinion is the most important and when you make your opinion more important than anyone else's, you become empowered. Meaning you start claiming the life you are here to live.

So let's go into some more detail about your higher self....because this is the real you.

Your higher self, also known as your Soul, some people call this spirit or your inner being, it's all the same. This is the essence of you and your soul speaks to you through your intuition. Those whispers that you hear is your soul speaking to you.

When you are connected to your higher self, you are connected to your true power and you feel peaceful, calm, supported, and trusting. You have ease in your life, you are in a flow and you are in alignment.

When you aren't connected, you can feel anxious or depressed. You may feel flat or cut off. You may feel stuck, or feel like you don't have any clarity. This could also feel like you are getting in your own way.

Notice how you feel and KNOW you can move in and out of alignment depending on your current life circumstances. However, always know it is a choice to get yourself connected back to your higher self by what you are thinking, how you are responding to life circumstances, your willingness to let things go and the choices you make to focus on something that feels good. It's about stopping and being present with higher self that will allow you to connect.

Best ways to connect with your higher self and become aligned:

- Meditation is the best way to connect to your higher self, but certainly not the only way.
- Getting out into nature where all things are aligned.
- Journaling
- Doing a physical activity like exercise or yoga, dancing or singing.
- Take a salt bath.
- Put your feet on the earth, barefoot....your body will absorb the negative ions which will bring you back into balance.
- Start a gratitude practice. Start listing things you are grateful for, that you appreciate and notice how you feel. Gratitude is one of the highest vibrations

you can be in and it will connect you to your higher self immediately if you are actually feeling grateful.

A part of knowing who you are is knowing that you are a sovereign being, so let's talk about what that means.

What is sovereignty?

In the context of claiming your own sovereignty, it's your spiritual energy and power, and it's using those things to explore your divinity and your sacred relationship with life. It's knowing that you are a part of the all encompassing source.

You are here to become your authentic self. When you claim your sovereignty you regain all of the power you have given away to feel a part of a community, to please a parent, or to fit in so you can feel loved and accepted.

When you are connected to your higher self, you are connected to your true power. You can use the energy of sovereignty to create, and when you do, the results you see in your life will be far more of what you desire than if you are creating from a place of not being connected. This is about claiming your own power and knowing that you are worthy of what you want.

Learning about your true authentic self asks you to discover what you like, what your gifts and talents are, why you are here and the highest expression of yourself is to know these things and to be in service. Authentic people know who they are and are inspired to become more of who they are.

Listening to your inner voice or your higher self is the sovereign way. It is the answer to all answers and the information comes through giving you inspired action. Meaning you will hear, see, feel or know the very next step to take if you stop to be quiet and listen to yourself. But remember the voice needs to be from your higher self, not your ego...and you know this because the higher self information will feel expansive, it may not feel comfortable but it will feel exciting or life giving. Your ego is trying to keep you safe so it will give you information that will keep you in fear or feeling stuck.

Here are some ways to become more of your authentic, sovereign self.

1. Use your voice and speak your truth. Speak your opinions honestly in a healthy way with compassion for yourself and others. Your voice matters and it has power and can create change, good or bad, depending on how you are using it. Say what you want to say as this is an expression of who you are, but this is also about using your voice in an a compassionate way towards yourself and others. When you gossip, speak critically of yourself or others, this isn't using your voice for the highest good of all.

2. Make decisions that align with your values and beliefs.

When you are taking action aligned with your values and beliefs, you create ease and flow, which is alignment.

3. Pursue your passions.

When you start doing things that you feel passionate about, you feel alive and you affect all others around you with this energy. The world needs more people who are pursuing their passions.

4. Allow yourself to be vulnerable and open-hearted.

Vulnerability creates connection and connection is one of the main reasons we are here on this planet.

5. Set boundaries and walk away from toxic situations.

When you set healthy boundaries and walk away from toxic people, you are telling yourself that you are worthy of having peace in your life.

How can you start living in full expression of who you are?

The way you access your highest potential and your power starts with listening to your higher self. Take time to reflect. What feels good to you and what makes you feel alive? What feels life giving or what feels expansive? These are things to explore.

You are living a life where you can have complete expression of yourself, and this is the way to live your highest destiny so you can thrive.

The cosmos is within us. Think big, dream big and let the world see who you really are! It's time to know who are, love who you are and let yourself live your highest potential.