



Module 6

Discovering Your Authentic Self



Review of Module 5

What did you discover about fear and doubt living as *undercurrents* in your life?

How did it feel to allow yourself to feel the opposite or positive feelings?

As you go forward to step into your Majesty why is it important to be aware of the *undercurrents* in your life?



Being Authentic is something you are required to do yourself. No one else can step into this for you. Are you ready?

In order to step into your Authentic Self, it is necessary to connect with the Divine which resides in you. The Divine may also be called God – Universe - Source. However, for this program I will keep to the word Divine.

You will also allow the Divine to flow to and from you to change not only your life, but the life of all those around you.

Are you ready to step into Your Authenticity and see and feel the Divine in you?

Write down why you are ready:



The Divine is: Powerful - Holy – Supernatural – Sacred - Blessed
Each of these belongs to you because the Divine lives inside of you.
Next you will journal on how you have all these attributes.

Powerful - You are a powerful being because the power of the Divine flows through you when you are connected and guided.
Journal about how it would feel to be truly powerful.

Holy - You are set apart for a specific purpose.
Journal about what specific purpose you feel you have been set apart for.

Supernatural - You are above and beyond the natural when you allow the Divine to flow through you. Journal about experiencing the supernatural.

Sacred - You are connected to the Divine (God).
Journal about how it feels to be connected to the Divine.

Blessed - You are Divinely favored. Journal about how it feels to be Divinely favored.



Stepping into Your Authentic Self is a life changing step. Once you begin this journey you will never see yourself or those around you in the same way.

You will move, grow, create and expand from a sacred space, a space that comes from deep inside of you and flows outward.

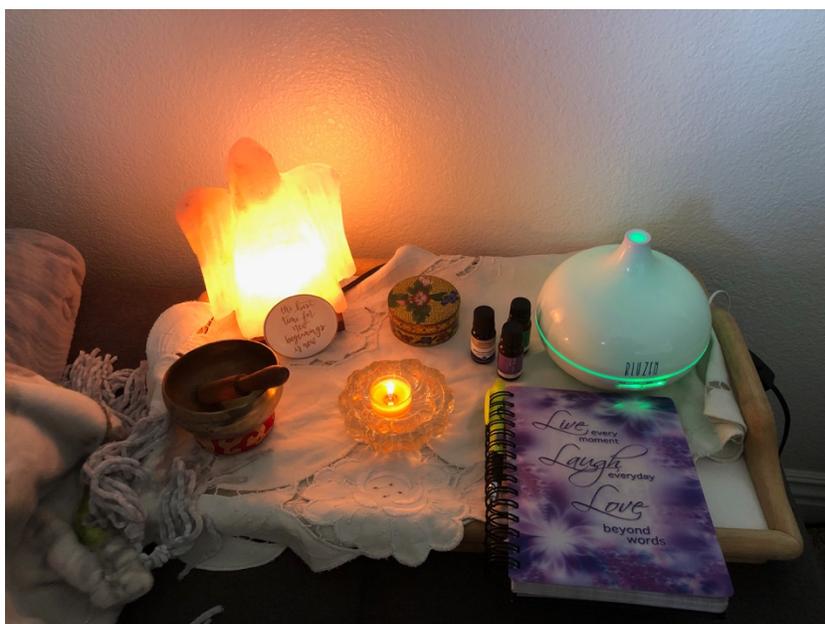
Into order to begin you are required to set aside a time where you will connect with the truth that is inside of you. This is a time that you must hold sacred and not allow anything or anyone to disturb. You will start with 20 minutes of doing the “Deserving Process”

If you are ready, please repeat this aloud:

I am ready to step into my Authentic Self. I commit to spending at least 20 minutes every day connecting with My TRUTH, connecting with the Divine in me and receiving what is necessary for that day.

Example: My intention for this time is to connect with my truth, receive guidance, inspiration, support and love.

My intention for this time is: (Write down your intentions in your own words):



Setting up your Quiet Time Space:

Now it's time to take action. Be sure to set aside this Quiet Time Space starting tomorrow. No excuses. This is for you and if you are taking this program seriously, it's important to commit to this.

It's important that your Sacred Space have an atmosphere conducive to being able to relax, connect and receive. Here are some suggestions.

- Set aside a specific place for your Quiet Time. It doesn't have to be an entire room. It can be a corner with a comfortable chair or outside on a patio, etc. Use this place every day.

- Candles (light a candle, or several, during this time)
- Essential oils. Place drops of essential oil on your wrists and rub them together. You can also diffuse them in the room.
- Journal or notebook where you will write any thoughts, revelations, inspiration or questions.
- Favorite pen or pencil - something that you **love** to write with.
- Soft music – If you desire, you can play any music to your liking that creates a feeling of relaxation and reverence. (This is not necessary.)
- Tea, coffee, water: Any beverage you prefer or more than one if you wish.
- Tissues – Sometimes you will have strong emotions during this time and if you have them handy you won't have to leave your space.



What to do in your Quiet Time:

- Write down what you're thinking: Write down thoughts, concerns, ideas, anything that comes to mind. Don't censor yourself, just let your thoughts flow onto the paper. Write until you feel the flow stops.
- Gratitude in your Quiet Time: The next step is to write down 5 things you are grateful for. As you write each one, feel the positive emotion this brings to you.

- Asking in your Quiet Time: This is where you write down what you are asking God/The Divine/Universe to bring to you. Your list can be short or long.
- Keep track of any manifestation in a separate note book: If something you ask for manifests, it in a manifestation notebook. This way you can keep track of what you are manifesting into your life.
- Recording what you're receiving from the Divine: Keep track of any new thoughts, ideas or inspiration that comes to you by writing it down in your notebook. You can read through these anytime for a lift-me-up.



You may receive answers, inspiration or revelations while in this Quiet Time. Be sure to write it all down. Sometime it will come later in the day or even days or weeks later. Be aware and open to people, circumstances, messages, books,

conversation, encounters, emails, etc. that may contain the response and or confirmation you are seeking.

Be committed and consistent with your Quiet Time. Do this for yourself and be open to the revelation about your true authentic self.