

“Know Thyself” Finding Your True Essence

What we rarely realize or recognize about ourselves is how much our True Being is shrouded by accumulated layers of (mis-) identities over our lifetime(s). Shrouded in perceived and mostly accepted identities that really have nothing to do with who we truly are at our Core Being. These identities have been assigned and accepted by us in all manner of ways, starting from early childhood and even as carryover from other lifetimes or from misperceptions that run through our genetic lineage and DNA but which are nonetheless programs through which we often view ourselves and choose to navigate our life. We most often only "know ourselves" as any amount of innumerable labels. "I am" a son, a daughter, a brother, a sister, an only child, a friend or a foe. Maybe we identify and label ourselves as a Christian, a Buddhist, an Atheist, Islamic, Spiritual, or maybe a Catholic. We may identify ourselves by our skin color or by our race, believing that we are Black or White, Asian, American, Indian, European, Middle Eastern, or Latino, maybe more precisely I say "I am Polish". We also identify ourselves as married or single, heterosexual, homosexual, or maybe no sexual or bi-sexual. We may identify ourselves as a good student or a bad one, a "go getter" or lazy. We may believe and identify ourselves as athletic, creative, funny, overly serious, too left-brained, intelligent or not so much of any of these things. We might think we are successful or a failure, positive or not so positive, and every variation and label in between depending on the circumstances of the moment. We identify with our physical vehicle even more, I am fat, thin, short, tall, bald, or have all my hair. The separations to categorize are really quite endless; and many of which are dis-empowering, out of context, nor relevant at all.

No matter which identities or labels we believe ourselves to be, at the Core of our Being we are in fact none of these things but something far greater and much more powerful indeed! See these are just masks we wear and roles we play in a lifetime, some from one lifetime and into another, but they are not who we really are. Who we are in Truth is unified, eternal and unchangeable. For who we really are is only ONE, One who is experiencing an infinite number of perspectives, an infinite number of (outward) "points of focus" all from only a Single Source. The same as the sunbeams casting out light from the one Sun, we are the rays of light emanating from the One Source. All other identity is but an illusion of separation from the One Unified Infinite Creative Force simply for the purpose of experiencing Itself. And you and me, we are just a point of Its focus with free will co-creating the experiences.

The greatest struggles that I find in my life and with all of the thousands of people I interact with is that we mostly feel separated from each other and identify who we are by the masks and roles we play (from our ego) rather than understanding and identifying as our True Being. Our One True Being who is literally having a grand experience of Its Infinite Self and who has never moved out of the higher realm, nor out of love and joy for all of creation; it simply knows no separation. And although the process of accumulating these misconceptions and misperceptions of separateness did not happen overnight, there is help to *quickly identify and eliminate the many layers of false identities* we are hidden in which keep us feeling alone and dull and in a life that is unfair and unceasingly programmed and predetermined. Working together we can break this illusion of separateness and ego-based living by creating new understandings and develop new found perceptions of exactly who and what we are and how to move forward in that knowing anew. We can then use our True Identity to set out each day totally empowered to joyfully and mindfully create the lives we have only dreamed of having up to now, free of labels and societal impositions. For in Truth, our True Essence is

unbounded while everything else is an illusion of separation just playing with you until you discover the game of Maya and finally seek to conquer the ego and truly begin to Know Thyself.

To learn more, and for one-on-one Spiritual Guidance and Theta Healing appointments, or to attend any of my group settings where we will work together to find our True Essence and our real co-creative powers, please visit www.higherrealmiving.com or contact me at 614-819-3616. In Loving Service and Kind Regards, Angie Herrick