

Embracing & Becoming your Authentic Self by Jessica Noel

Are you living the most beautiful life you can imagine? Are you creating the life you want or do you feel tossed around by the tumultuous storms within and around you? Are you being influenced by other people's opinions, ideas, wants, needs, or desires?

As we explore what being our true authentic self means, sovereignty plays an important role. The definition of sovereignty is the ability to be self governing. We can choose to take full responsibility for our own well being, emotional states, and life experiences and remember that our life is ours for the making. We are not at the mercy of our perceived wounds, upbringing, or societal programming. You are the Ruler--the Queen or King of your inner kingdom. We can decide to govern our inner kingdom with authority, discernment, and power. When you do this, you are aligned with your true self and your kingdom thrives-- your life flourishes. Our outer world is a reflection of our inner world. Transform your inner world and your life and all your relationships will change.

As you embark on your journey toward authenticity, it can be helpful to find others you resonate with to support you on your path, however, remember that these supportive people are there to remind you of who you are and help you to find your way to freedom. The key is to remember that all the answers and guidance you seek lies within you. Your true self that has all the wisdom you need, the answers to all your questions, and the solutions to everything that crosses your path is already burning inside you, waiting to be discovered.

Take back your rightful place as the center and ruler of your life. Access your fullest potential by going within and finding your unique truth, your authentic self, so you can begin to create the life you truly desire and *know* you are meant to live. You and you alone are the master of your mind, the author of your book, and the creator of your destiny.

Here are a few tools to help get you started:

*Make the choice! Choose to be the ruler and creator of your life. Take responsibility for your inner world, which in turn creates your outer world. Choose to be powerful and to no longer allow any other person or situation to cause you to lose your alignment, your truth, your soul's calling regardless of your relationship to them. YOU, and you alone are the ruler and creator of your life.

*Become more aware of your daily life and notice how often you are making decisions based upon or compromising due to other peoples demands, wants, needs, beliefs, or opinions. Begin to practice discernment and make new choices that feel good to you.

*Tune into your soul "Yes's"---what brings you passion, excitement, joy or even relief?

*Identify what the most beautiful life you can imagine looks like in each area of your life and write it down, then hold that vision.

*Align your thoughts, words, and actions.

*Access your inner knowing through heart centered meditation practice.

*Remember that you are unique, amazing, beautiful, and deserve the best experiences that life has to offer. You have a unique calling/soul purpose. There is no one else like you.

I offer several individual services to support you on your path to embracing and becoming your authentic self. In addition, I am excited to be hosting the Cultivating Authentic & Soulful Relationships workshop series, as well as the Freedom Fridays Group-both begin in October.

For more information, visit <https://www.clarityandhealing.com/>