How I Discovered My True Self

Being your true self is a journey of self-discovery that is always changing. You can tap into the person you were called to be by truly looking at the natural gifts and abilities. The person you were raised to be by your parents and family has nothing to do with the person you are. How can they know everything? They may know you better than anyone but how can they truly know you until you get to know yourself. This is a time for reflection. The more you know about the person you are and who you wish to become, the more you have to offer in your everyday relationships.

Becoming a mother was where it all sank in for me. I had been looking for a purpose and even though I was dancing, giving of myself through art and offering my talents to the world I still felt like something was missing. Having a child may not be the answer you want and it may not be your path, but it helped me see who I was and for the first time in my life I liked what I saw. I finally had someone who thought I was great!

You have an internal uphill battle as a human being. You may be beautiful or super intelligent but we all feel a little disconnected to our true self from time to time. How can we not? We are beings full of energy and when we allow certain energy to flow and the right thoughts to lead us we become an entirely new person in that moment. We are only as good as our thoughts and emotions at that moment.

I feel most connected to my true self when I am working with my hands. If I am building, painting, making a craft with my lids and writing, I feel I am one with my divine destiny and I can never be sad. If I stop and allow negative thoughts to flood me and their energy saps me of all of my spirit and motivation. Get moving and don’t think too much. Just do what feels good and right and you are becoming one with the divine. The feeling is different for everyone so how do you know you are connected? The answer is simple. You will feel love.

If you feel love you are always in tune with your true self. Keep the feeling consistent with what you do. If they are one and the same you know life is becoming what you make it. This is the same with people. If you do not feel their love for you then be cautious not to allow them to sap your precious energy and motivation. Surround yourself with people who love you and you will in tune with your true self. They see your true beauty.