



Article Title: Release the Authentic Self Exercise

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Imagine the satisfaction, contentment and sense of personal power when you operate from your heart, speak of your truth and act with impeccable integrity. Can you hear the excitement in your voice when you speak of that personal truth? Can you sense the internal liberation and strength that is at the core of who you are, and see the world around you with crispy clarity and a deep sense of respect?

Life is going to be a completely different experience when you can live from your authentic self. To live from the authentic self is to ignite life's possibilities and abundance of true happiness and bliss.

The following exercise is from my personal experience. For a period of a year, I have done it every morning at 6am for half an hour and life has never been the same.

I warmly invite you to try it and freely share this technique with others. You are most welcome to contact me if you have any questions or share your experience with this exercise at sonya@blue-skytransformation.com.

Read the following step by step guide and imagine you are implementing the steps while reading, before you actually do this exercise. It would be even better, if you imagine you are reading out the steps in your own voice, be as animated, warm as you want to find out the tone, tempo or voice quality that best work for you. Enjoy!

The Step by Step:

For best results, please identify a quiet and warm place where you feel safe and comfortable.

1. Start by casting your vision far away into the distance. If you can look out the greens outside a window that will be great. Else you can visualise looking out towards a mountain that is beyond where you are, through space and time.
2. Slowly drawing back your vision, like pulling a kite back, until your vision is focused right in front of you and finally rest inside of you.
3. Gently close your eyes and become very aware of all the sensations that you are experiencing.
4. Ask yourself, if there is a location for your authentic self, where could it be? Feel free to gently touch that part of you or just quietly acknowledge the location by thanking yourself for letting you know where it is.
5. How do you see the state that the authentic self is in? Is it covered in dust?
6. Or it might be covered by a thick layer of clay. What ever it may be, give yourself the permission to remove it and let the authentic self shin.
7. Observe the colour of your authentic self. Let the colour become more vibrant and brighter. Notice if there is a piece of music or picture associated with it, make them even more pronounced.
8. From where the authentic self is, allow it to expand into every part of you. From the top of your head, throat, heart to your toes, and just shin out of you, so brilliantly and brightly.



9. Remember a situation where you wish you had acted or spoke from your authentic self, what will you say or do now? Re-write the event with what you would say or do in your head. Bring up a few more situations and go through the same process.
10. Imagine sometimes in the future, a similar situation might come up. Operating from your authentic self, what will you say or do? Create mental images like you are right in the middle of the situation as it unfolds, with all the colours, close ups, see all expressions, sensations and hear all the words. Repeat this step a few more times with other situations.

For even better results please combine this exercise with the “Open Heart” exercise.

Enjoy life, enjoy who you are and unleash true happiness from within.