

Who You Really Are

You do not have a soul; You Are A Soul. You have a body. Your physical body is a temporary house for your soul to use to navigate through this earthly plane. After you shed your physical body, your soul will continue to exist. Sometimes, it is hard for us to wrap our head around this concept because we have been conditioned to believe differently. We tend to buy into the concept that this body is who we are. And that everyone around us is their body. But as Wayne Dyer so beautifully states, “We are not human beings in search of a spiritual experience. We are spiritual beings emersed in a human experience.” So, we want to emphasize that a Soul is who you really are, not the body that you are occupying.

You are part of source energy, and you came here to create. It does not matter what name you give to Source, just know that they all mean the same. You can say Source, God, Divine, Universe, Spirit, Higher Power, Source Energy, etc. Just use whichever name resonates with you. What is important to know though, is that in this physical body, you have access to source energy. You have access to clear communication from source energy. You have an eternal connection to source that can’t be separated. Source energy is part of who you are.

The larger part of you, of your soul, is still in the Spiritual world and did not come here in your body. Only a smaller part of you came into and resides in your physical body. Abraham-Hicks states that “This larger part of you will always be stable, Non-Physical, Pure, Positive, God Force, Source, Love Energy. That’s *who-you-are* and part of that Consciousness is projected here in this physical body. The larger part of you is Non-Physically focused and taking in the benefit that you are providing by being here in this physical body.” This larger part of you is called your Higher Self. Your Higher Self is always with you and always guiding you. Your Higher Self, as well as all of the others in the Non-Physical, want nothing more than the best for you. They are *always* orchestrating on your behalf. They are part of you and want nothing more than to guide you and assist you on your journey here on earth. They already know that all is possible for you. Sometimes you just have to get out of your own way in order to allow it to come to you.

The Spiritual world is your natural home. Your entire Spiritual Team is around you at all times. This whole divine team is ready to assist you and available for you in the Spiritual world for you to call on at any time. We want you to realize that you have so much power available to you at all times. So much so that sometimes it is hard for you to comprehend and realize how much power and resources actually are available to you. Recognize that they are there for you. Be open and aware so that you can receive their guidance. The guidance can come to you in many forms. It can come through your thoughts, your intuition, how you feel inside, or any of your senses. The more you work on becoming aware of it and developing it, the easier it is. It is like a muscle that strengthens the more you use it.

Through the use of your body, you are able to explore all of life. You are exploring through your senses, you are feeling a wide range of emotions, you are feeling the contrast that is part of life. As Abraham-Hicks says you are here to ride on the river and to experience all that life has to offer. The river may give you a rough ride at times, but you are here to experience it all and to enjoy the ride. You are here to enjoy the journey, to find joy in the journey, and to ultimately live a life of Joy.

Right now, you are in the process of re-discovering who you really are. I hope that the ideas and concepts that we are beginning to discuss are resonating with you and ring true for you. Even if they seem unclear or confusing to you right now, that is okay. Clarity and understanding will come as you continue on your journey.

Your life is about the continuous expression of who you truly are. This sentence is so important, so I want to emphasize it again. Your life is about the continuous expression of who you truly are. And through this program, you are learning who it is that you truly are.

Who you are is a magnificent and divine being. As we said, you are an extension of source energy who has come here to joyously create. The desire of the Non-Physical realm is for you to be happy with where you are in this moment. When you understand the power of feeling good now, no matter what is going on in your life, you hold the power of achieving anything that you want to achieve. Your life is about living in a state of fulfillment, satisfaction, and joy. Where you are continually expressing who it is that you truly are.

You are stepping into the unfolding, into the transformation of your life. You are the creator of your own reality. You are the creator of your experience. We want for you to remember that there is nothing that you cannot be, do, or have. You can live from the place of optimism, positive expectation, and expanding joy. In this moment, in the now, is where all of your power lies. You have a natural and joyful zest for life. Your natural state of being is a state of love, joy, peace, and gratitude. This is where you are fully alive and connected.

The creation of your life experience is up to you. In the past, most of us just adapted to the ideas of what others thought was best for us. Rather than taking control of this for ourselves. We gave up our basic freedom. Our freedom to create our own life experience.

When you awaken, you open up to this heightened spiritual awareness, that we are discussing, where you can discover who you really are. And begin to live your life from that state of being.

When you align with source energy, it re-awakens the clarity and the ability to see who you really are. And that you have the power to make your own choices. When you re-align with source and with who you really are, then you are able to joyously create in your life and intentionally guide your own life.

When you are feeling good and experiencing profound joy and elation, that is when source energy is pouring through you. You can be in constant connection with source energy, joy, all of the good by consciously choosing the direction of your thoughts.

You cannot help but move forward in your life but that is not our ultimate goal, you are both here, and in this life, to experience outrageous Joy.

What would happen if you looked back over our time together and said, "That was the most fulfilling and rewarding time of my life. Yes, it is possible and together we want for you to begin building your dream life.

The journey from where you are to where you want to go can be a joyful journey. And together we are here to experience the ride!