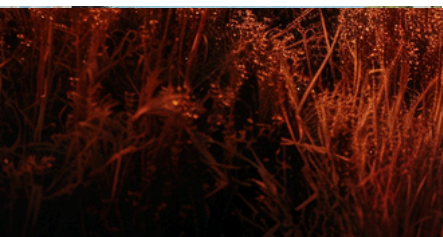
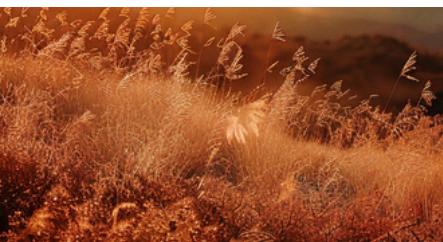


What does the real you *FEEL* like?

We need to know the difference between our **essence**, our real self, our inner being etc. (whatever name you call it), AND the ego, mind, and identity which we stick to: the part with all the patterns, old stories, and limiting beliefs that create separation from who we **really** are.



The problem is that we are so familiar with feeling not so good, feeling not enough, like a victim, not deserving, not so confident, not so lucky, feeling okay, feeling 'fine', feeling bored, feeling we have to give up our dreams and be reasonable etc... that we think this part is **US**.

We think that what feels **FAMILIAR** is our normal state of being.

But it isn't.

 [@frenchelegance.and.more](https://www.instagram.com/frenchelegance.and.more)

 [Aude De Vathaire - French Elegance](https://www.youtube.com/AudeDeVathaire)



The familiar feeling we have playing on autopilot most of the time, from the time we get out of bed, to the time we go to sleep at night, is just a series of **patterns and habits** that we learned as we lived life.

They are a record of the past. And as we REACT to life from those habitual thoughts, emotions and behaviors, we are headed to a predictable future.

By law of attraction, if we continue on the same path, playing the same cards, we can only create more of what we already know.

If we want a different result in our life, we must make some shifts.

First, we must be AWARE of the ego, mind, and identity repeating the same thoughts, beliefs, emotions, and behaviors.

Second, we must find out WHO WE REALLY ARE AT THE CORE and let our inner being take the lead. We need to understand that who we really are, is made of pure love and all the elevated frequencies of peace, joy, abundance, bliss, freedom, gratitude...

Look at a very young child of 3 or 4 years old. Look at how they live their life. Leave them in nature and observe them.

They will follow an insect on the ground, then jump and run, then pick up sticks and stones, then look at the birds etc. All that in a great and joyful mood.

They don't feel unworthy; they don't feel they have to compete or be efficient in any way; they don't compare themselves (only to try things out and experiment with what they are motivated to do); they don't question their value or confidence; they don't say they feel "okay", or feel guilty... they are just eager to live their life with an open mind and heart, ready to discover whatever shows up.

This is who we naturally are at the core: love, abundance, freedom, confidence, bliss, joy, peace, aliveness etc... all the elevated emotions, ranging from excitement to pure nourishing peaceful stillness.

Isn't this wonderful to know?

That in you, available any time, you can just reach into those elevated states and “go there”, and live them, and feel them, and express them... because it's YOU.

When I started to understand this, my perspective of life completely shifted. I realized the **power** that was in me and available to me whenever I decided to feel it.

I then understood that I could **practice** reaching that “sweet spot” of bliss every day, to raise my vibration and feel good in that moment, ON PURPOSE.

This led to the understanding that I had to **teach my body** to feel those **elevated emotions**.

If you wake up every day feeling just okay, or frustrated, or insecure, or unworthy, not feeling enough, or guilty of not doing better... and those emotions feel “like you” because you are so used to feeling them, you are just familiar with this state of being. You are going through life not being truly aware that what you think of you is in fact, not the real you.

It's like when I coach my clients and they tell me that they “are shy”, that they “are disorganized”, that they “are anxious by nature” and have always been. So they stick to this “tag” they believe in, and that repeated itself in the past, and they think it is truly a part of them and they can't do anything about it.

But all of these **beliefs and patterns** are just the final product of past experiences and stories you have been telling yourself repeatedly since then. They are maintained by your mind. They have become part of your identity. (e.g. “*I am the woman who experienced this and this trauma, and who avoids this because of that, and cannot do this because I am this... ”*).

But when you start shifting your awareness about who you really are at the core, then **everything can shift**. You begin to understand that you don't have to "be that way", with all the limiting parts of you.

You are able to start opening your consciousness to a grander perspective, and therefore to greater possibilities and freedom ahead of you.

Of course this is a life long exploration. I don't say I have got it all myself! There must be so much more to this. But I realized that just opening the door to this way of viewing things **radically changed everything in my life**.

That is why I invite you, too, to embrace this concept and see how things can open up for you, too.

Once you welcome this way of seeing things, you will give up a little more **resistance to change** because your mind will understand that there *can* be change.

You will understand that you **can** reprogram your body, mind and heart to change your reality. **Concretely, this means practicing new thoughts, emotions, and behaviors**.

It means **being aware of how you feel throughout the day**. You will have to be intentional and mindful of how you are doing. You can check in regularly at least 3 times a day and every time you feel the need to anchor yourself back to who you are.

It is part of the process to "forget" and get entangled into your old habits of thoughts and behaviors, but the more you are intentional about this, the more you will be able to catch yourself in the middle of patterns that don't serve you anymore, and the more you will be able to do something about it.

LEARNING the concepts is the first step: *YOU ARE MADE OF LOVE.*

Second step: setting your **INTENTION** to cultivate who you really are rather than running through life with automatic programs not serving you.

AWARENESS of how you feel in your day is the next step: Spotting yourself when you get into those not so good feelings...

SHIFTING your inner state is the final step: coming back into your heart and body while taking 3 deep breaths and coaching yourself back to a positive state, to who you really are.

Ask yourself in that moment what you would need right now to feel some relief, satisfaction or joy and try to find a way there.

The better we feel, the more aligned we are with our true self.

I have put together a small exercise on the following page to help you start practicing this today. I encourage you to try doing this as often as you remember and see how things begin to change for you.

Exercise: Remembering who you really are

Step 1: Pause and notice

How are you feeling right now? Is it a familiar feeling like stress, doubt, or “just okay”?

Step 2: Reflect & get curious

Is this really me... or just an old habit?

Step 3: Shift your state

Take 3 slow, deep breaths.

Now choose how you want to feel:

Peace? Joy? Freedom? Love?

Close your eyes and imagine that feeling filling your whole body.

Step 4: Anchor it

Say to yourself: “This is the real me. I choose to feel this on purpose.”