



Conditioned Self + Authentic Self - Where are you right now?

MENTAL SELF-LOVE

Authentic Self - Conditioned Self

Authentic Self

This is the state of being we are in when we feel best, joy-filled and focused. This is our natural state of being, of pure health and vitality. This is the artistry of your soul, your inner wisdom. We can get into this higher vibrational state by being in nature - where the vibration is always high, steady and clear. Or Turn up the music and dance. Or you could meditate and focus on your breath while focusing on someone/animal you love unconditionally.

Conditioned Self

This is our fractured false self, the one with all the heavy conditions of society, culture, religion and family placed upon it. Conditions. Conditions of how things “should” be. When we are in this state of being, we are in our ego, our survival mode. We feel depressed, angry, sad, anxious, disappointed. Nothing worthwhile comes from this place. Ever.

Your one job

Your task is to get into Receptive Mode, the Authentic Self and open the channels of communication between you and the Divine. These channels of frequency must be clear to be able to receive the information to move forward. When the channels are clear and open, we have an easy flow of information. When we are overwhelmed in our conditioned state, the pathways are clogged with debris and static, so the information may come distorted, or may not come at all.

Take the Steps

Especially when working on your business, cooking for yourself, being with loved ones and being with your clients

1. Step into your Authentic Self as early as possible in the morning.
2. Ask - what would you have me today?
What Could I do on Project a, b, c...?
What would you have me do?
3. Be still enough to hear the response - it may come immediately depending on how easily you can access that part of you, or it may take some time - the plan is to continue to practice this - because when you stretch and train that behavior, you can slip into it faster and faster - get more done - and be the loving, amazing human you can be - more often than not.
4. If you are not in the receptive mode, not in your authentic self - all your tasks will feel hard, frustration, annoying and overwhelming and will take twice as long to complete. Get into the receptive mode and let inspired action take over. You know you are here when the hours pass easily - you are in the zone.

Conditioned Self + Authentic Self - Where are you right now?

Signs you are in your Conditioned Self	Signs you are in your Authentic Self
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Fear	Faith
Holding Back	Expressing, moving forward
Worrying what other people think	Focusing on what you think about you and loving yourself
Procrastinating	Taking positive, consistent action
Isolating	Getting support from Spiritual Connection, Self and Others
Contractive Thinking	Expansive Thinking
Negative Thinking	Positive Thinking
Pessimistic about the future	Hopeful about the future
Seeing yourself and others through a distorted lens of judgment/fear	Seeing yourself and others through the lens of love
Feeling energetically heavy and weighted down	Feeling energetically light
Feeling like the Universe is against you	Feeling like the Universe is for you
Feeling like a Victim, life is just happening to you	Feeling empowered and that you are co-creating with the Divine
Using addictions to avoid feelings	Using Loving Actions to take loving care of yourself
Tension in the body	Body feels relaxed and open
Constrictive breathing	Expansive breathing

Conditioned Self vs. Authentic Self – Where are you Right Now?

Throughout the day, moment-by-moment you are either in your Conditioned Self or Authentic Self. Print out copies of this and track where you are at during the day. Put (CS) if you are in your Conditioned Self and (AS) if you are in your Authentic Self. You may want to jot down a note to represent what you are feeling.

Ex. (CS)-Worry, (CS)-Fear, (AS)-Grateful, (AS)-Joy

Use your Emotional Spiral for reference when you need extra help.

Date:_____ Day of the Week:_____

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5:45 a.m. _____	10:15 a.m. _____
6:00 a.m. _____	10:30 a.m. _____
6:15 a.m. _____	10:45 a.m. _____
6:30 a.m. _____	11:00 a.m. _____
6:45 a.m. _____	11:15 a.m. _____
7:00 a.m. _____	11:30 a.m. _____
7:15 a.m. _____	11:45 a.m. _____
7:30 a.m. _____	12:00 p.m. _____
7:45 a.m. _____	12:15 p.m. _____
8:00 a.m. _____	12:30 p.m. _____
8:15 a.m. _____	12:45 p.m. _____
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8:45 a.m. _____	1:15 p.m. _____
9:00 a.m. _____	1:30 p.m. _____
9:15 a.m. _____	1:45 p.m. _____

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11:30 p.m. _____

11:45 p.m. _____

12:00 a.m. _____

REFLECTION

What is my conditioned self?

How/when does it show up?

What is my authentic self?

How /when does it show up?