

RECONNECTING WITH “WHO WE REALLY ARE”

Everything we do (our behaviors) is based on “who we think we are” and the value we give ourselves.

“Who we think we are” is based on a load of thoughts and beliefs - acquired from our family, society, culture and human history - we have collected since our childhood.

Lots of these thoughts and beliefs are based on our doubts and fears of “not being good enough”.

Since the beginning of time, human beings have doubted their personal value (self-worth), thinking they are “not good enough” and doing things or behaving accordingly.

However, none of us is condemned to that cycle of doubt, fear and suffering.

We are not the deficient, limited, worthless and miserable beings we have thought for so long.

“Who we really are” is far beyond these old and destructive thoughts and beliefs.

“Who we really are” can be experienced by closing our eyes, being still, breathing gently and by visualising ourselves totally free of our past, our doubts, our fears and sufferings. “Who we really are” is in the now. “Who we really are” is love, joy and peace. “Who we really are” is whole and limitless.

At anytime, we can decide to let go of our destructive thoughts and beliefs and experience “who we really are”.

The way to do this is simple but requires time, vigilance and determination.

First, we have to be aware of our deep-rooted and ingrained negative thoughts and beliefs about ourselves.

Second, every time we notice we are judging or putting ourselves down, we must stop and gently remind ourselves of our decision to let go of those thoughts and beliefs.

Third, we reconnect with “who we really are”.

Finally, we practice steps 1 to 3 on a daily basis. Life provides us with plenty of opportunities to practice every day. 😊

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