



# How Deep is Your Love?

## Be Yourself

By Larisa Sharipova

**Many of us think that we have to say, feel, or be something other than what we are.** We say things that we don't mean but what others want to hear. We pretend, so that others will approve of us. In this way, we hide our true selves, both from others and our own selves. We try to fit into society or wear a "happy mask" to hide our real feelings. We play roles and suppress our true natures out of fear of what others

think. We all have so many unconscious beliefs and ideas that were probably handed down to us from somebody else and that we believed to be part of who we are.

We form our core relationships with ourselves and with our lives in early childhood based on the intellectual programming we were subjected to, the emotional traumas we suffered, and the role models we had in the adults around us. As you grow up, you build your connection with self, other people, and life on the foundation formed in early life. Living life in reaction to past wounds and old internal "cassette tapes," looping thoughts like "I'm never good enough, smart enough, or beautiful enough," blocks you from finding some happiness and fulfillment in life.

Your authentic self is the real you who is beyond all of those conditioned beliefs and thinking patterns that you have accumulated throughout your life. You can reveal it.

Become more aware of the quality of your thoughts. Allow yourself to sit quietly every morning before starting your day for just five to ten minutes to evaluate your thoughts and feelings. Just be aware of them; don't judge them. Watch them come and go like clouds in the sky.

Heal your inner child. Take ten to twenty minutes to be with yourself and connect with your inner child, which is the expression of you that is free, innocent, playful, and lovable. Your inner child has always been with you but may have shut down long ago.

Become more present. Following your intuition is probably one of the most important factors in being yourself. We all have intuition, but we don't consciously listen to it, trusting only what appears to be rational in our often irrational minds. Intuition is not from outer space; it's from inner space.

Be true to your nature. If we just let things be—we are naturally, simply, at our true natures. In this state, we are present to whatever is happening. True nature doesn't give you an instruction that you cannot relate to. It doesn't try to tell you to practice something you cannot practice.

Develop positive beliefs about yourself. Make it a habit to cultivate confident feelings about yourself (self-compassion). You are who you are supposed to be. Commend yourself for all the wonderful ways you contribute to the world around you. When you are in alignment with your soul, you will always be steered in the best possible direction. Try and see!

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*I can honestly say that I understand women very well. If you understand yourself, you understand women, because, in the end, all women are the same. ~ Diane von Furstenberg. Fashion Designer. Born 1946*