

How do we know if we are in Self?

1. If I'm aware of parts, I'm in Self.
2. If I am in Self, there is not judgment, fear, or doubt, other than what I'm aware of.
3. If I am in Self, I'm showing up with at least one of the 8 C qualities of Self

The Eight C's +1

Caring

Noticing with care but without an agenda, with an intent to connect, to build relationship. Caring state of being = Relaxed and curious.

Compassion

Caring inspired action.

Curiosity

Noticing without judging combined with a desire for more understanding.

Courage

Fierce commitment to authenticity (from confidence) from love in the apparent face of fear. Moving through hard things despite fear or doubt that parts might bring.

Calm

Relaxed, a sense of ease, spaciousness in mind and body.

Clarity

Connectedness

Creativity

Confidence