



On the Road to Authenticity

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Intuitive & Empath*



The Journey Begins . . .



*It took some
planning . . .*



Then I set out on
my way . . .

. . . and I forgot

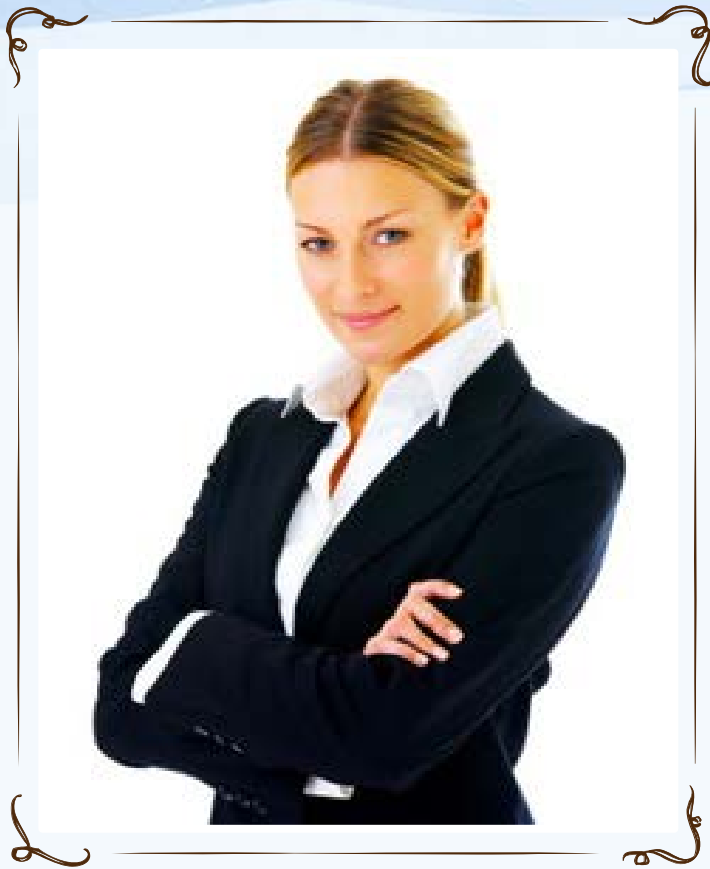


A little town called Self Loathing

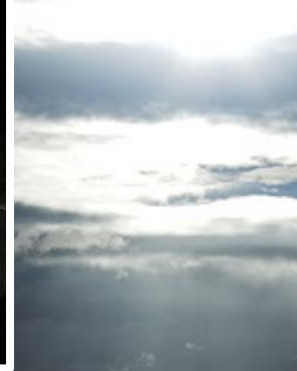


*Lost in the
city of*

CONTROL



Disillusioned in the Land of Facades



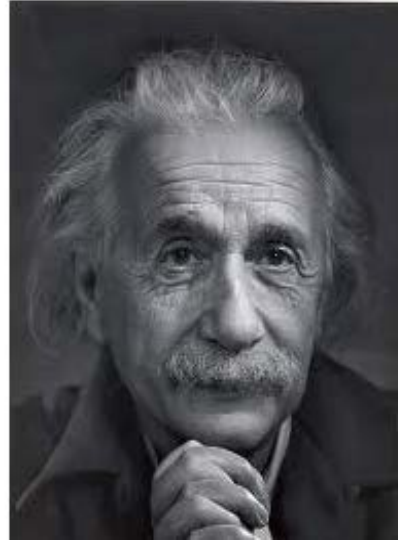
That One Very Dark Night





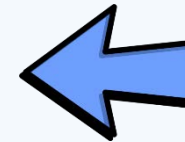
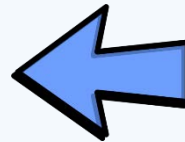
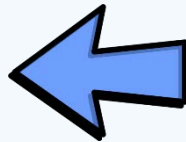
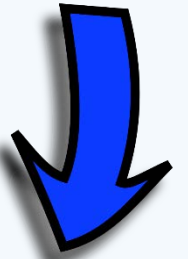
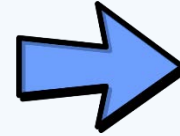
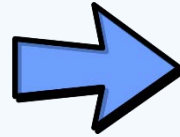
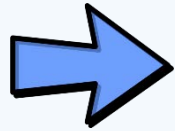
Dropping into Surrender

*Developing deep
understanding...*

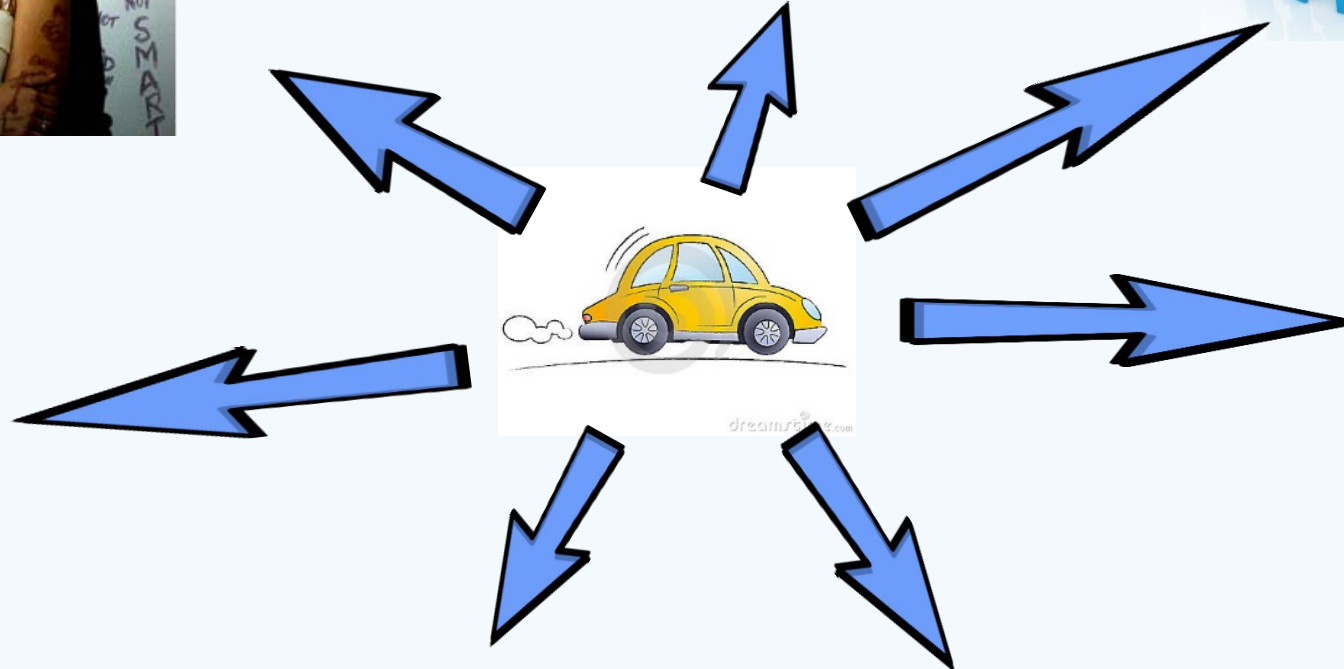
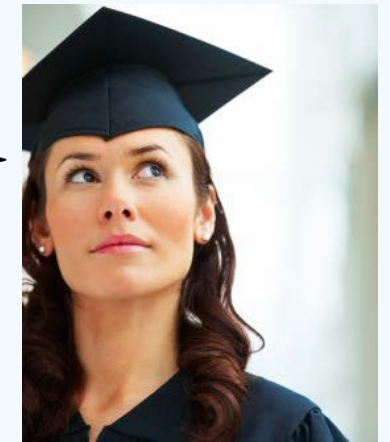


- *New Perceptions*
- *Support and Connection*
- *Giving up that which no longer serves*
 - *Habits*
 - *People*
 - *Ideas*
- *Embracing Deeper Truths*

How I thought it worked



How it Actually Works



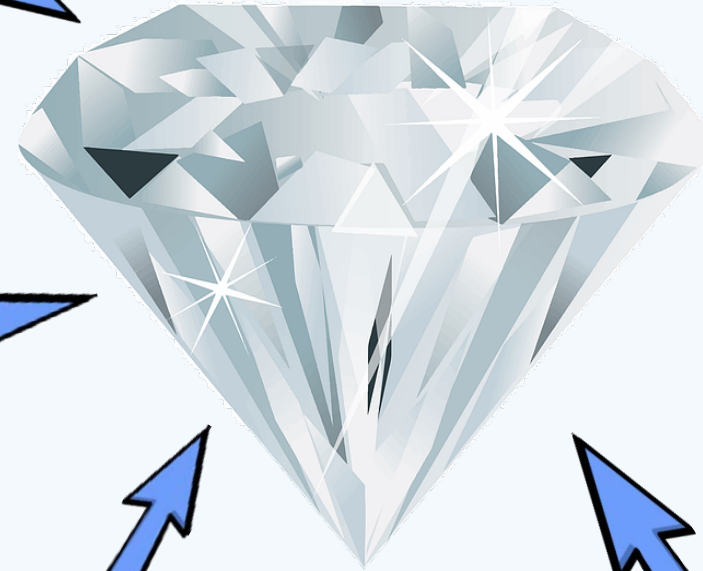
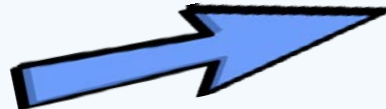


Authenticity

is the
daily practice
of letting go of who we
think we're supposed to
be and
embracing who
we are.

Brene Brown

Reclamation!!



“Pause and remember: It is through our deepest trials and life hardships that we are given the greatest opportunity to find the person we have been looking for our whole life – our authentic beautiful self.”

– Jenni Young

Alanis Morissette – Empathy



Dance Party!!



There are so many parts
that I have hidden and
denied and lost

There are so many ways
that I have cut off my nose
to spite my face

There are so many colors that
I still try to hide while I paint

And there are so many tunes
that I secretly sing as I wait



You come along and invite
these parts out of hiding

This invitation is the one that
I've stopped fighting....

Thank you for seeing me
I feel so less lonely

Thank you for getting me
I'm healed by your empathy

Oh this intimacy

There were so many times, I
thought I'd die not being
truly known

There've been so many
moments: forever lonely in
my vocation

You come along and

celebrate each feeling

And there you are all honor

and inquiring.....

Thank you for seeing me
I feel so less lonely

Thank you for getting me
I'm healed by your empathy

Oh this intimacy

There was a day where the trust
that was being asked of me

Required too much you see
To accept your generosity

And to know myself enough to let
you help me

Thank you for seeing me
I feel so less lonely

Thank you for getting me
I'm healed by your empathy

Oh this intimacy



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