

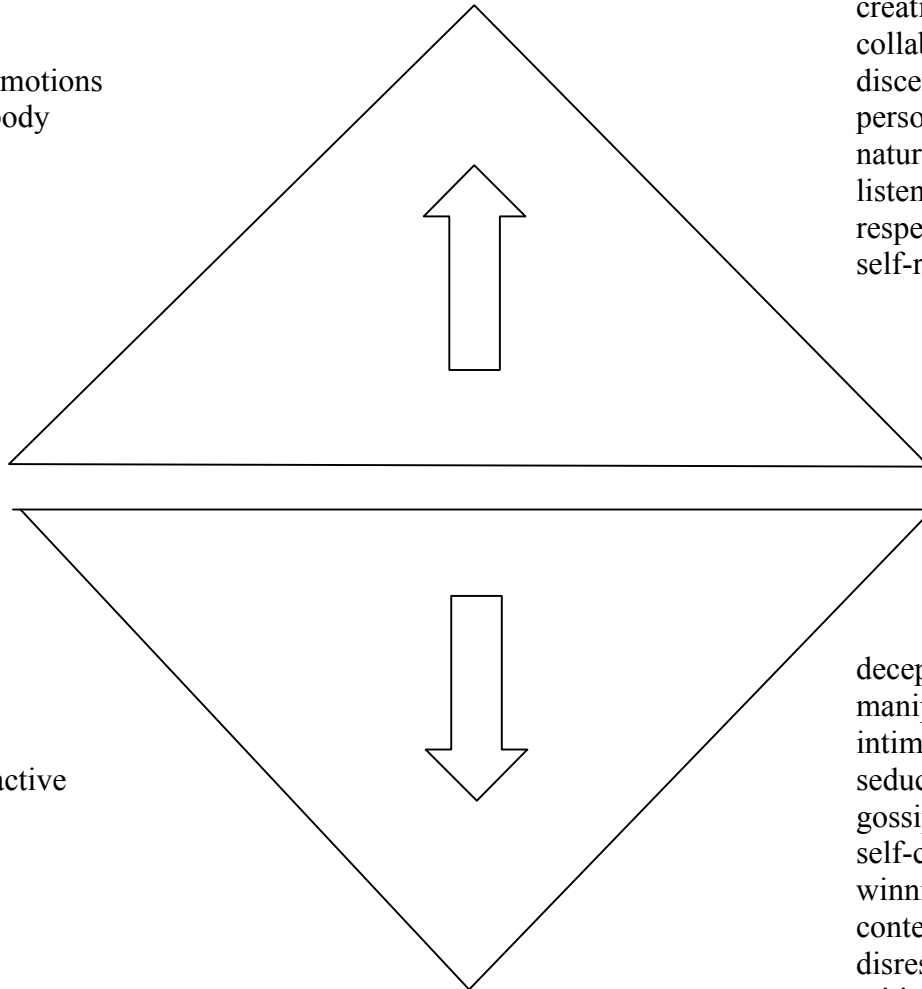
## Authentic Self (higher consciousness)

### Feelings

unaffected by others' judgments  
balanced flowing energy  
physical vitality  
compassion  
empathetic  
grounded  
aware of your emotions  
aware of your body  
patient  
kind  
empowered  
peaceful

### Values & Behavior

wisdom  
intuition  
honesty and integrity  
life-long learning  
creative, curious  
collaborative relationships  
discernment  
personal responsibility  
nature-lover  
listening  
respect for others  
self-respect



stuck energy  
pain & disease  
anxiety  
hyper or hypo-active  
depression  
addictions  
feeling driven  
perfectionism  
impatience  
reactive anger, rage  
distress  
inappropriate guilt & shame  
low self-esteem  
fearful  
defensive

deception  
manipulation  
intimidation  
seduction  
gossiping  
self-condemnation  
winning at others' expense  
contempt, superiority  
disrespect  
criticism, blaming  
ignoring our body's needs  
passive aggressive  
victim of circumstances  
power plays  
rescuing: hurting our self

## Adapted Self (shadow material)

Sometimes we think we're seated in our Authentic Self, but we're not. An adapted "good" part of our personality is people-pleasing. We developed childhood coping strategies to seek positive strokes and avoid punishment. Before we can discover the Authentic Self, we must heal the unconscious emotional wounds that drive these adaptive coping strategies.

Ask this question repeatedly: "Who I am really?"

To move **up** into your Authentic Self, you have to go **down** into your shadow. The Hero's Journey requires us to make our unconscious material conscious. We're challenged to develop self-awareness, self-compassion and claim our true identity, which will enable us to make wise choices.