

# **FOUNDATIONS OF ANGEL WING (SELF-MASTERY VOLUME # 1) (PRESENTATION # 2)**

**PRESENTATION BY:**

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This book is 813 pages.

It is available on Amazon,  
it will be available during  
in-person retreats, and as  
a free PDF upon request.



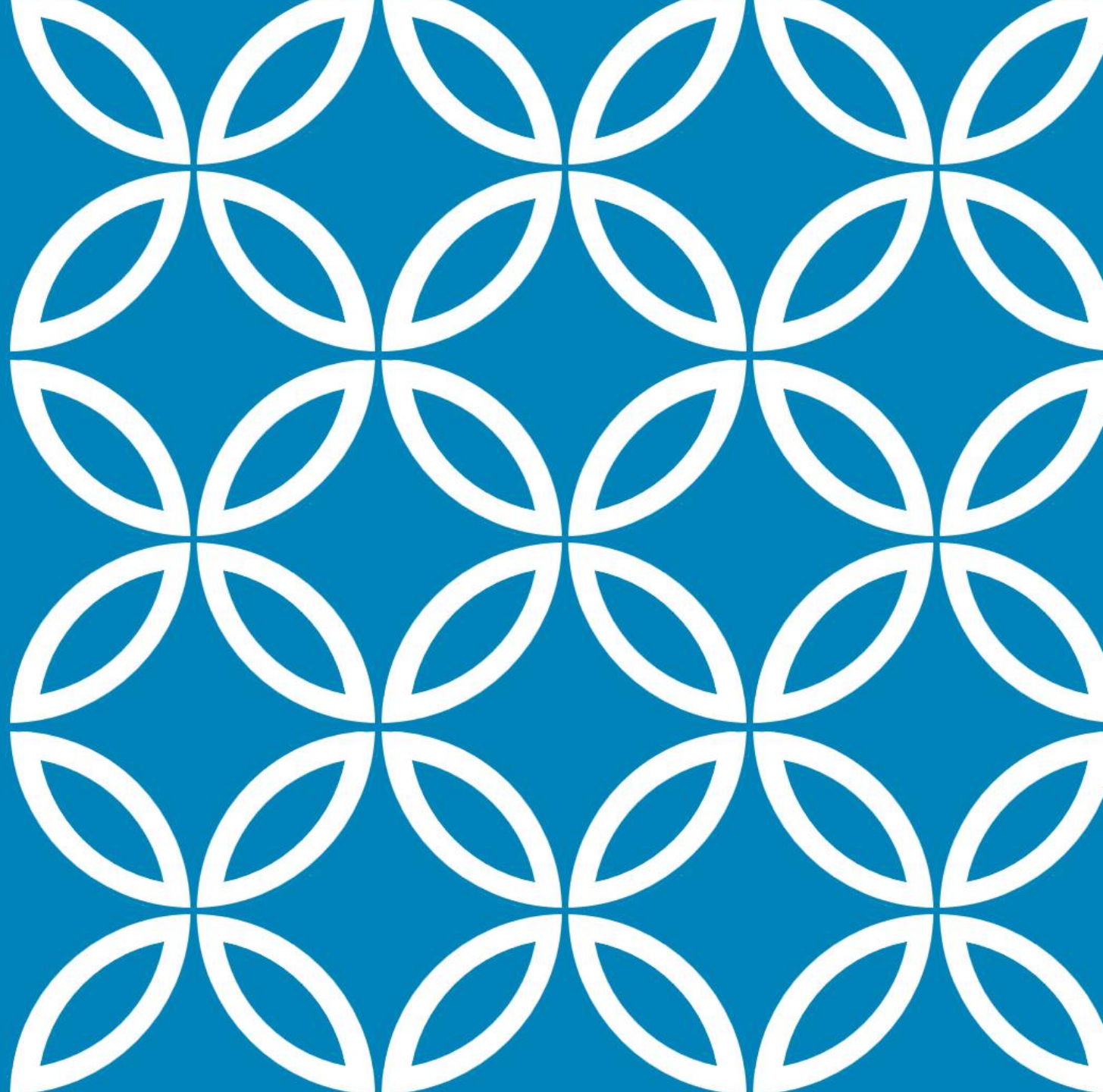
# FOUNDATIONS OF ANGEL WING (SELF- MASTERY VOLUME # 1)

~ MULTI-DISCIPLINARY FOUNDATIONS OF  
ANGEL WING'S GUIDING PRINCIPLES ~

THE ANGEL WING, LLC

# EXPLORING THE SELF: A JOURNEY INTO IDENTITY AND SELF-MASTERY

- 
- UNDERSTANDING THE CORE OF  
WHO WE ARE



# THE PRIMARY QUESTION

## WHAT IS THE SELF?

- Is the self located in the mind?
- Does it relate to the physical body?
  - Is the self embedded in thoughts?

**Question for the audience:**  
What is the essence of self-inquiry?



# Exploring Self-Mastery

Self-mastery starts with understanding the self.

True self-knowledge arises from exploring beyond societal definitions.

Self-inquiry reveals layers of identity.

Exploring the self helps differentiate between external labels and the deeper self.

Asking 'Who am I?' leads to deeper questions about personal identity.

How we define ourselves is influenced by our name, profession, relationships, and more.

# IDENTITY: THE CORE CONCERN

## WHO AM I?

### Bullet Points:

- Self-inquiry as a fundamental exploration of identity.
- What constitutes the self in the context of self-mastery?
- Asking “Who am I?” leads to deeper questions about personal identity.

# CONSTRUCTING IDENTITY

## HOW DO WE DEFINE OURSELVES?

- **Do you define yourself by:**
  - **Name, profession, or role?**
  - **Social connections or familial status?**
  - **Relationships, location, or environment?**
- **Explore what influences your self-definition.**

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# NAME AND IDENTITY

- Our name is a part of our identity
- Our name can influence how we see ourselves
- Our name can influence how others see us





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# PROFESSION AND IDENTITY

- Our profession can be a part of our identity
- Our profession can influence how we see ourselves
- Our profession can influence how others see us



# **SOCIAL CONNECTIONS AND IDENTITY**

- Social connections play a role in our identity
- Our family, friends, and community can shape our identity
- Our social connections can influence how we see ourselves and how others see us



## **LOCATION AND IDENTITY**

- Our location can be a part of our identity
- Our location can influence how we see ourselves
- Our location can influence how others see us





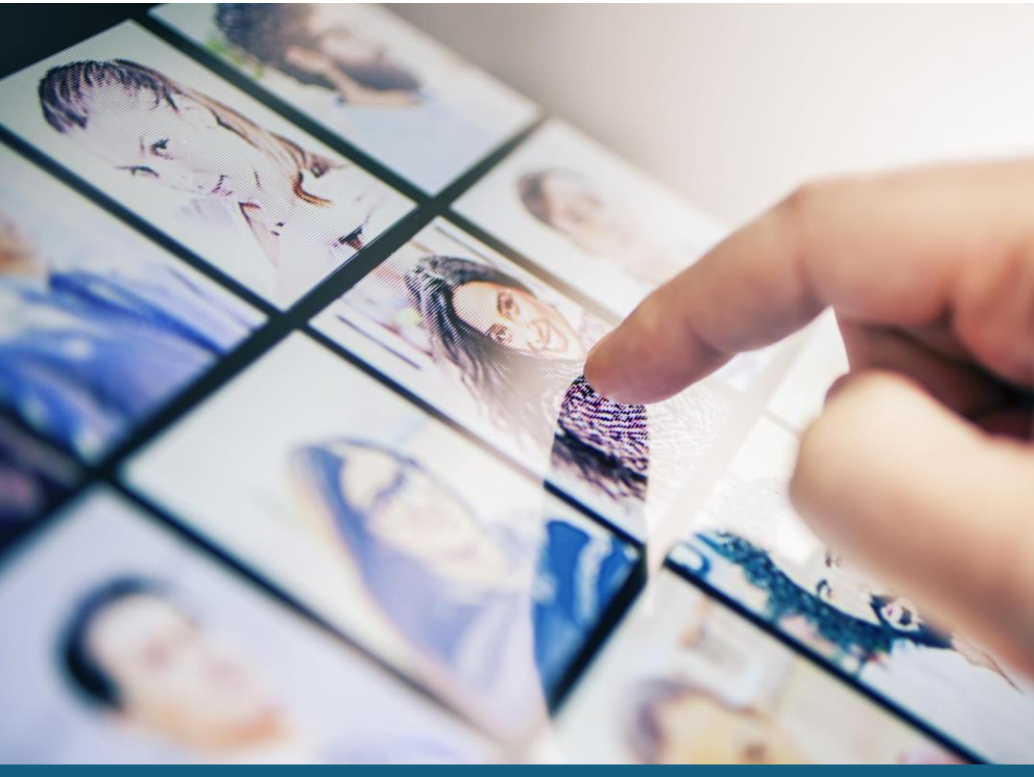
The background of the slide is a lush green field of low-lying plants with small, bright green leaves. Several pink flowers with white centers and pink stripes on their petals are scattered throughout the foliage. In the lower-left quadrant, a clear glass globe is partially visible, showing a map of the world with continents in a light color. The globe is slightly out of focus compared to the plants.

# ENVIRONMENT AND IDENTITY

- Our environment can be a part of our identity
- Our environment can influence how we see ourselves
- Our environment can influence how others see us

# **SELF-INQUIRY AS A FUNDAMENTAL EXPLORATION OF IDENTITY**

- What is Self-Inquiry?
- How Self-Inquiry Helps with Identity Exploration

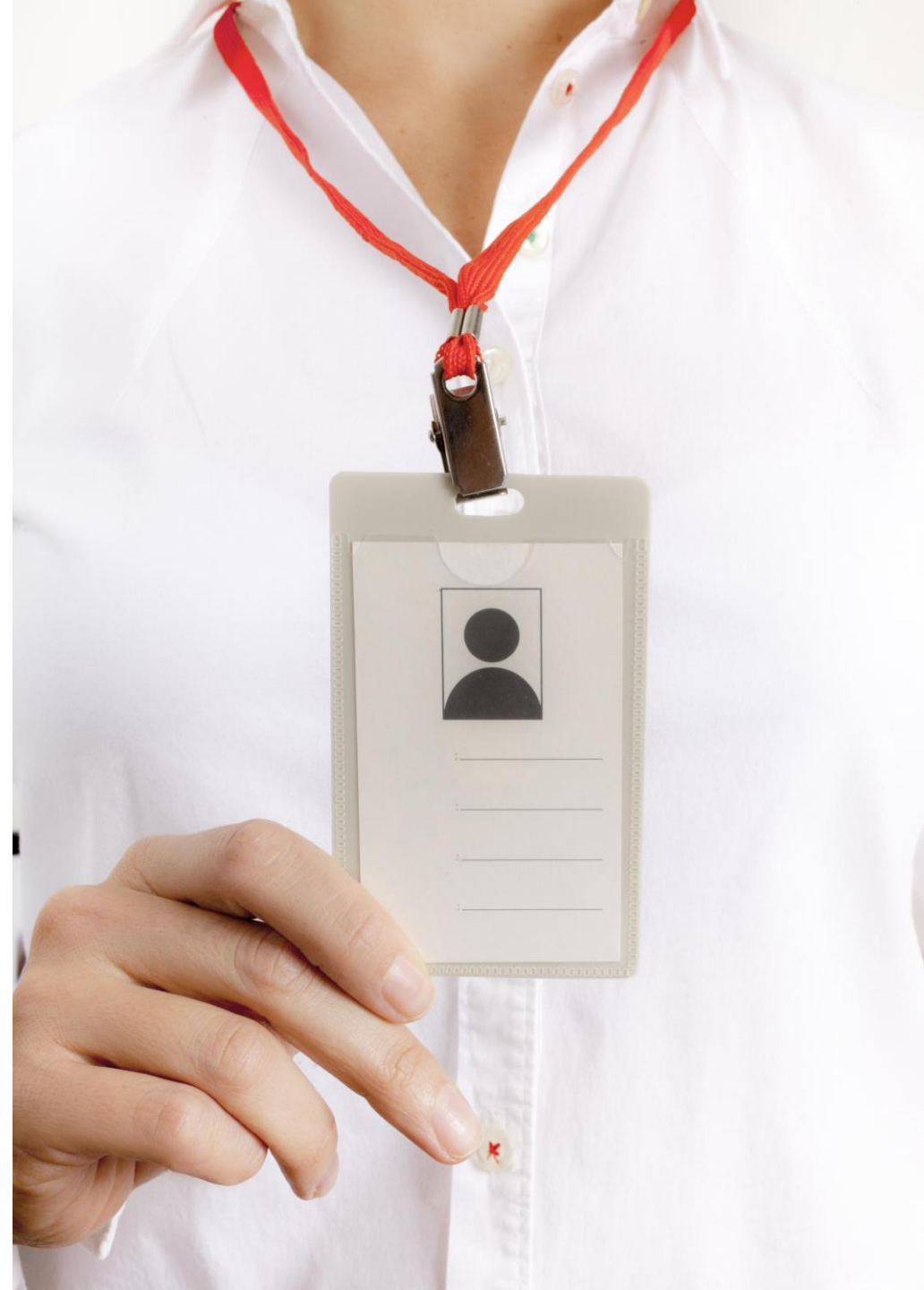




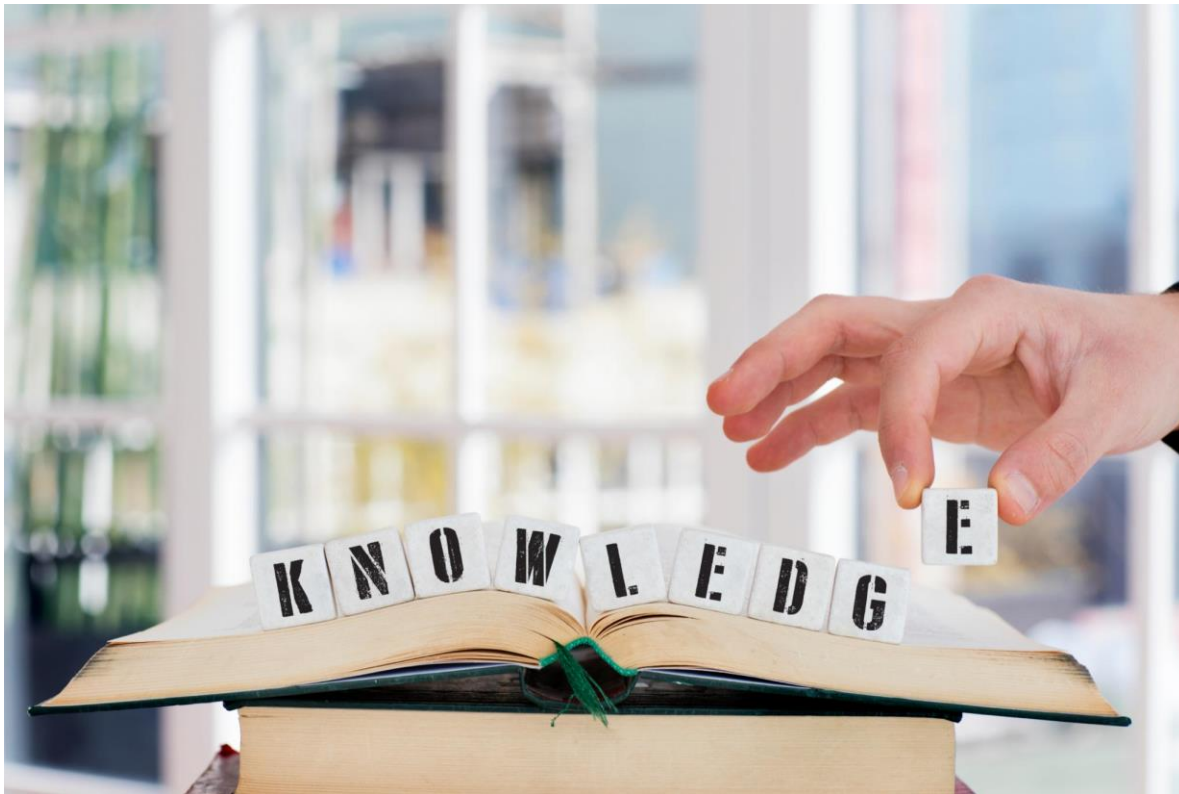
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# What Constitutes the Self in the Context of Self-Mastery?

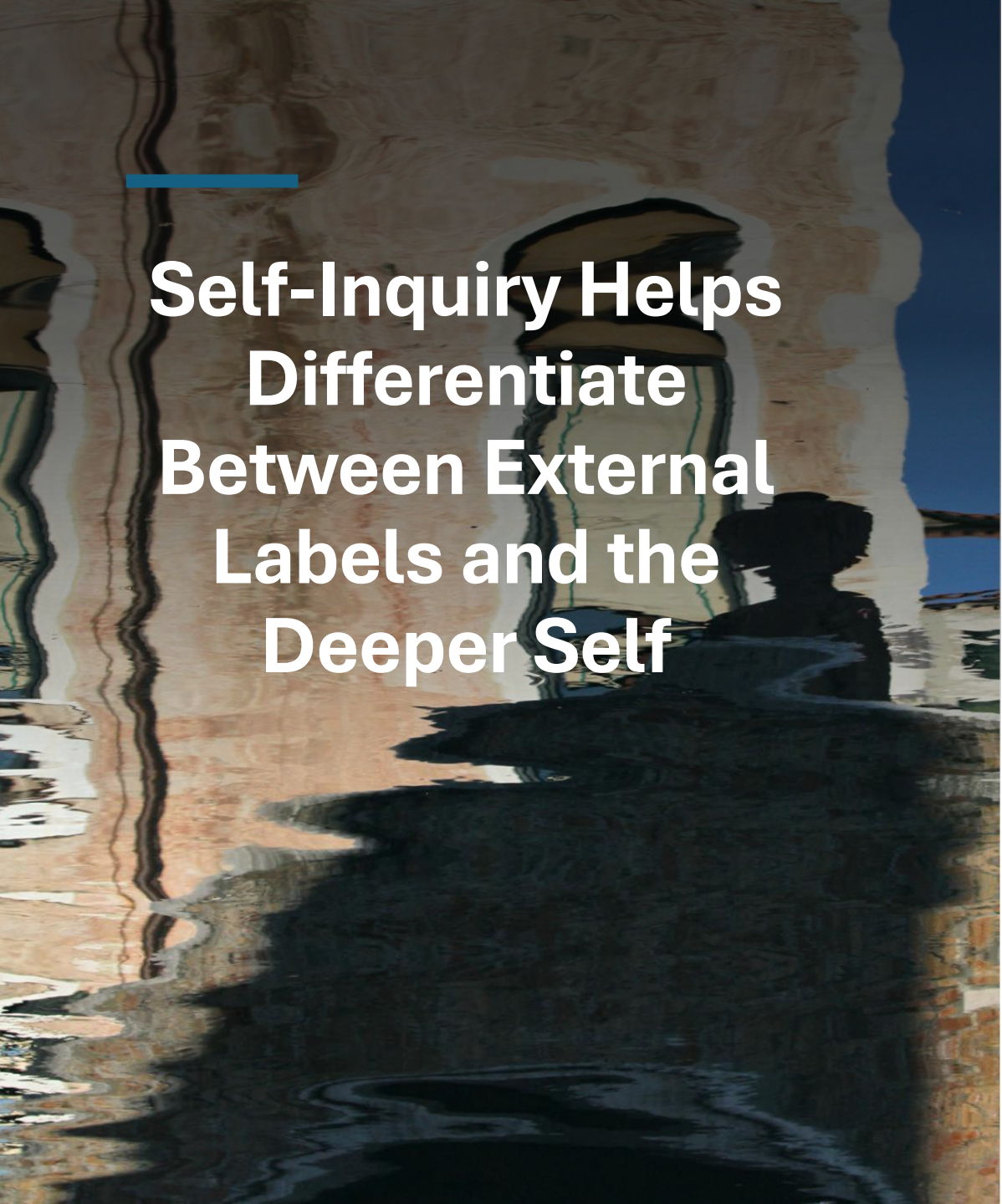
- Exploring the Self
- Self-Inquiry
- Personal Identity



# ASKING 'WHO AM I?' LEADS TO DEEPER QUESTIONS ABOUT PERSONAL IDENTITY



- Deep Questions
- Personal Identity
- Self-Knowledge



# Self-Inquiry Helps Differentiate Between External Labels and the Deeper Self

- External Labels
- Deeper Self
- Self-Inquiry



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## **True Self-Knowledge Arises from Exploring Beyond Societal Definitions**

- Societal Definitions
- Self-Knowledge
- Identity Exploration





# EXPLORATION OF THE SELF

## THE PROCESS OF SELF-INQUIRY

- Self-inquiry invites an introspective journey.
- It helps differentiate between external labels and the deeper self.
- **Reflective Question:** Could there be another defining element of your identity beyond the external?



# KEY TAKEAWAYS

## INITIAL STEPS IN SELF-EXPLORATION

- Self-mastery starts with understanding the self.
- Self-inquiry reveals layers of identity.
- True self-knowledge arises from exploring beyond societal definitions.

