

## Becoming your Authentic Self

A while ago I came across a quotation on Facebook that really resonated with me:

***“The planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these needs have little to do with success as our culture has defined it.”***

~David Orr

When I was growing up I was taught that the goal of life was to be “successful” and that meant to live the American dream with a nice car, a big house, and a lot of money. I was told if I could achieve all that I’d be happy.

As it turned out, somewhere along the way I realized that always striving for material gain was not making me or anyone else I knew truly happy. I realized that society had conditioned me to think in certain ways, with promises of fulfilment, but actually the path that I was taught to take was taking me farther from the road to happiness, and closer to a never-ending struggle of achievement and “almost” getting there, but never quite being able to relax and enjoy the present moment.

Through this journey I was given a gift. This gift has brought me farther away from the demands of society and closer to my true nature. I have learned to let go of expectations that were being placed on me to be someone that I wasn’t truly comfortable with, and with that letting go came a new sense of true fulfilment in simply “being” without expectation or needing to achieve something in order to be considered worthy.

This shift in awareness is what I call true healing. There are many definitions for healing and as many modalities as there are definitions. Through the years I have trained in a multitude of them, all with some positive results, but at the end of the day, how much truly changed on a deeper level?

When you can let go of some of the basic, core patterns of outmoded thought that run your life, and open up to a more expanded sense of yourself, the resulting transformation over time can be significant. One day you recognize that you’ve encountered a situation that you’ve encountered many times before, but this time you react differently. You are better able to step back, be neutral, and not feel pulled into the drama of it. Those are the moments when you can see how the subtle changes over time really make a significant impact. Letting go of our

automatic patterns allows us to make more conscious choices that address our true selves and not just our idea of what we think we should be to satisfy the needs of others around us.

Receiving and integrating pure energy from the Source has been the basis for me of uncovering that deeper, truer Self that was always there, but covered by many years of misconceptions and conditioning.

Source energy is the energy of All That Is, and it has an intelligence that knows exactly where to go and what to do in the body. It helps us to release old ways of thinking and behaving that are holding us back and allows us to experience greater freedom and wholeness. When I work with people I become a vessel for this energy to come through.

During a session with Source energy I usually just ask the person I am working with to be relaxed and receptive. Distance is not relevant and some of my most powerful sessions have been through Skype or the phone. At the beginning we can set an intention or just chat a minute about what is most important to you, then once the session starts there is no speaking. During the session, many people experience sensations of warmth or tingling or they might see colors or images or maybe they don't have any particular experience and they simply feel relaxed. Either way, the energy is working and will continue to work even after the session with me is complete. At the end of the formal session I will ask if you have any questions and I will share any insights I may have received while the energy was flowing.

The results of the work mainly have to do with the recipient and what they are ready to let go of and move into. The more ready for change you are, the more you will invite that into your life.

I feel blessed to be able to share this gift with others. If you'd like to learn more about this work, please visit [www.ConnectoSource.com](http://www.ConnectoSource.com) or send me an email at [Colleen@ConnectoSource.com](mailto:Colleen@ConnectoSource.com). If you would like to learn more about the person I received this activation from, please visit [www.Abdy.info](http://www.Abdy.info).