



Discover Your True Nature to Overcome Limitations - Part 1

by: Alicia Isaacs

Do you know who you really are? Okay, I hear you say an emphatic, "Yes!" But do you really know who you are? Many of us identify with being our physical bodies - I'm tall, I'm short, I'm beautiful, I'm fat, I'm black, I'm white, I'm Indian, I'm American, I'm Canadian, I'm a doctor, I'm a writer - and the list goes on and on. But these externals do not identify our true nature. We identify with these externals because of misplaced identity and hence the reason for many of our inferiority complexes, fears and insecurities.

Let's do a short exercise

1. For just a moment try to forget about your body - ignore your body.
2. Close your eyes and observe with your inner eyes what's going on inside of you.
3. Pay attention to your mind, your thoughts.
4. Now, quiet your mind from thinking, and focus your attention to your feeling place, your emotions, your inner feelings.
5. Allow yourself to connect with the inner peace, inner joy, inner love - at first you may just get glimpses of it if you've never done this before but keep focused and it will begin to become clearer and you'll be able to connect on a deeper level.

This place of peace, this place of Being, your inner spirit, this Inner Sanctuary is where you dwell and who you are and your connection to the Universal Mind, the Source, God, the Supreme Being. In this place you are unlimited. The ever flowing Infinite Supply flows to and through you. You are the sun, drawing your life energy from the Universal Source and shining brightly from within, emanating through your mind and body into your outer world. Do you see yourself?

Now you ask the question then, what is your mind? What is your body? They are but instruments through which the giant of your unlimited potential shines through. Your mind is the tool to express the ideas of your infinite being. It's the tool to develop and nurture your life purpose through the activity of thinking. Your body is the tool for your inner being to physically experience in expression this purpose.

Changing your life may seem like an overwhelming frustrating process. But it doesn't have to be if you're given simple doable step-by-step strategies that will get you from where you are to where you want to be and experience a transformed life. Sign up right now for Alicia Isaacs' FREE online newsletter to find out how to do exactly that - Go here: <http://www.changinginsideoutnow.com> now to get access to more life-changing tips and steps.



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