



The Authentic You

We are here for you now and forever. Relax and breathe Us in. Be at peace. Allow your outside world to fade away. Move within, deep within to your Inner Being. Let go of the outer you, the you that shows up in the world, the pretender. Within is where the “real” you resides. Unfortunately many have lost their connection to the authentic person. There are many aspects to the human identity. Some of those aspects were learned from your human experiences, but We would like to inform you that some aspects of the human you came with your physical form when you incarnated into this lifetime expression. Yes planted deep in your human DNA are aspects of what We shall call the Authentic You.

And “Why were those aspects planted in my DNA?” you ask.

Well of course to learn, to grow and to allow the Source to expand.

The aspects planted into your DNA that comprise the Authentic You are what may be referred to as setups. A setup is an opportunity to experience something that will allow you to find a genuine aspect of yourself. Yes the root, the seeds for what your Soul came forth to experience. Many of you have noticed that over your lifetime your authenticity has been suppressed, has been covered up. So many of you had those seed aspects, the real you, so to speak, taken away from you. Many of you heard so often growing up that you can’t do this, you can’t do that and you can’t act that way. Don’t talk that way or say those things, and on and on. Slowly but surely the real you was taken away, was suppressed.

How many of you feel you just don’t fit in? How many of you feel uncomfortable because you don’t fit in? And how many of you gave up the “real you” so you could try to be like others? How many of you thought there was something wrong with you because you were different? And how many of you longed to be the same as others just so life would not be so difficult?

And yet a part of you tried so desperately to be unique. So if you couldn’t act from the authentic aspects deep within, you would find other more superficial ways to be unique that maybe were more acceptable to others. You would dress differently, you would wear your hair differently, you might even put ink drawings on your body. For deep within you is the yearning to be unique, to be your own person. Many of you rebelled against your parents, society, the institutions all so you could be unique and different, your own person, so to speak.

Maybe your desire to be unique is part of your programming? But why are you struggling so much to honour that uniqueness? Why must you rebel, why must you try so hard to exert your individuality? Why can’t you merely accept that you are unique and love yourself for that uniqueness? Why can’t you believe that your uniqueness was what God wanted when your human form was created?

So Our message to you today is that it is not only okay for you to find, love and accept the Authentic You, but it was part of the plan. It is time if you choose to stop resisting the Authentic You. It is time to go deep within and begin to find that Real You. To explore without inhibition so you may come to know who you truly are. It is time to become the leader of your life. It is time to stop doing what others tell you to do, to stop acting the way others tell you to act, to stop thinking the way others tell you to think. It is time to discover You, to be You and to be proud of your uniqueness. It is time to stop following the crowd. Find the Authentic You, Love the Authentic You and walk proudly forward showing the world the Authentic You.

Be unto yourself true. Stop hiding. Dig deep within and let the True You come out and play. Celebrate your uniqueness. By doing so you will come to respect and honour the individuality of others. There will still be socially accepted ways of behaving, but within the laws and regulations that keep you safe there is much opportunity to honour your distinctiveness, allowing the Authentic You to show up more of the time.

It is time if you choose to find the Authentic You and show others how to do the same. When more of you find and are true to who you truly are your world will begin to change in a big way. Begin to honour the birthright that Source gave you – the Authentic You. Many of you may be confused for you thought you were being true to your uniqueness, but alas that is not the case.

And so We hear you ask, “How can I find the Authentic Me?”

There is a place within you that knows truth. Begin to find that place – your Truth Centre. It is the feeling place that can truly tell you if something feels right, if it feels true. We have told you before that each cell in your body knows the truth. That is why many use what is referred to as muscle testing to find cellular truth. It is from your internal Truth Centre that you will begin to find the Authentic You. Begin to become more aware of all your aspects, characteristics and behaviours. From this awareness look deeper into all those aspects and behaviours and as you look deeper into them go to your Truth Centre and ask if this aspect is part of the Authentic You. It is not a process for the mind. It is an exercise of the heart. Take time, there is no rush. Begin to discover the beautiful unique aspects of the Authentic You that were planted in your DNA. Over time it will become more obvious to you the aspects that are authentic compared to the you that you were taught to be. It is time if you choose to find the genuine You. It is time if you choose to live a more authentic, more real, and more unique life. Let go of the need to follow. Instead let the Authentic You lead the way.

We bring you this message from a place of love. We are with you now and forever. Our love for you is everlasting and unconditional.

With love always and forever

Shaltazar

March 23, 2017