

# Cultivating a Relationship w/Your Deeper Self



Creating a connection to our deeper self helps us understand who we are, why we do what we do, and can ultimately help us heal the parts of ourselves that aren't aligned to our highest path or to love. The deeper self can help guide us toward what is most true for us in all areas of our lives.

Our deeper self can also be called our True self - who we are at our very essence before we learned who we are supposed to be.

At some point our true self will likely start nudging us to question all our ideas of who are supposed to be, what we should do, and what happiness, success, relationships, etc really mean to us. Not what we've been taught to believe about them.

Our true self speaks to us through our body and intuition. It's less about figuring out our true self through our mind and more about connecting to it through the wisdom that lives in our bodies. The true self voice is often soft, quiet, gentle. If we are hearing a loud, judgemental, or fearful voice, we can be sure we're hearing from the ego.

In order to cultivate this relationship to a deeper part of ourselves, we need to create the right conditions to hear it. It can often speak to us in three different ways: we hear it unintentionally, we hear it through meditation/stillness, we hear it when we are moving our bodies.

Take some time to reflect on these questions and see if you can develop a relationship with your deeper self in one of these ways:

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**Unintentionally hearing voice:**

**What nudges have I been feeling/sensing lately?**

**What can I do to follow this inner knowing? (ie talk to someone, do some research, have a conversation, whatever best works for your knowing)**

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## **Meditation:**

**What are my experiences with stillness?**

**Can I commit to a few minutes of stillness a day to connect more deeply within?**

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## **Movement:**

**What kind of movement gets me out of my head and really present in my body?**

**How can I schedule more of that in my life?**