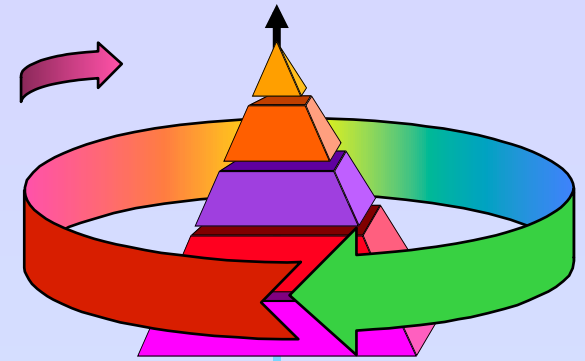


Introducing

# Sensing your Innerself



Your vision will become clear,  
when you can look inside your own heart.  
Who looks outside, dreams.  
Who looks inside, awakes.  
Carl Jung

## Sensing your Innerself

Your Innerself exists as the culmination of all that you have lived.  
Your Innerself – your soul - is absolutely aware of you and adores you.

If you want to get a sense of what you just read, do the following:

Be quiet for a few moments.

Think about something that delights you  
and let the thoughts of that experience  
roll across your mind.

Feel the positive energy surge through your body,  
as your Innerself resonates with your current thoughts.



## Sensing your Innerself

Next:

Think of that person who has wronged you and spend some time justifying your own position.

Or think of your own deficiencies, beating up on yourself mentally.

Now, feel the absence of your happy inner being.

Notice the feeling of divergence.



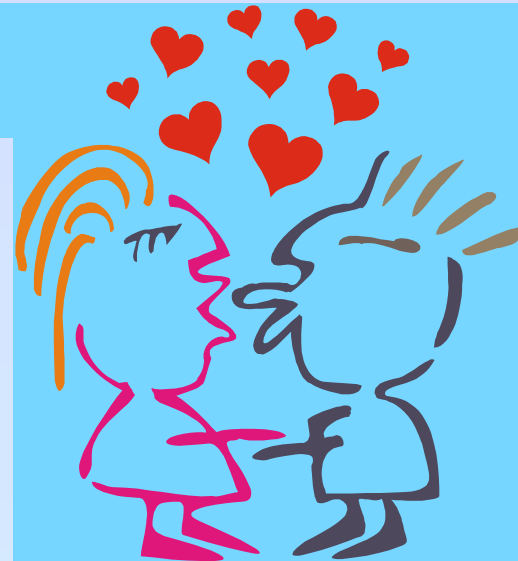
# Sensing your Innerself

## Reflections

Your Innerself never turns its attention from you, but .....

When you feel good,  
you allow the connection with your Innerself.

When you feel bad,  
you do not.



The very basis of your achievements and satisfaction in life  
is to find your true sense of self.

Sensing your Innerself

Time for reflection

Sensing your Innerself

End of session

Return to menu.