

DANNY SWANSON

empowering your life

“The Keys to Living an Inspired Life... Here and Now”

Part 5 - Love Yourself - Own ALL of you

Did you know that there are 4600 human traits recorded? And that in alignment with the Laws of Conservation and Equilibrium, you possess every one of these in some form or other.

I know when I first heard that I was pretty shocked! So when you talk about and think about knowing yourself... how much do you really know?

A really important step in living an empowered life and finding meaning and purpose is being authentic or real.

There is no competition for authenticity

That's about knowing who you are and loving accepting that... "warts" and all. It really is all about integrating it into a whole person, rather than living life through a bunch of dis-integrated personas.

You see as we are growing up and we are assimilated into our families and cultures we learn about other people's expectations of us and quickly learned good and bad and right and wrong. We start to believe we need to behave in a particular way or do particular things to be a "good" person.

This approach causes stress and distress amongst many other things. It's too hard trying to live a life which is dis-integrated, not authentic and shows itself through various personas. You know... we have our work persona, our "in law" persona, our partner persona, the local sports club persona and so on. All these people and groups expect us to be a particular way and we can use a lot of energy trying to be these things.

But remember the laws of nature...energy is never lost or gained it just changes form and inside every good there is a bad. Inside every saint there is a sinner, inside every positive thinker there is a negative thinker... we are always in balance.

In fact the things we observe in others around us which annoy us and/or we judge as bad or wrong are those parts of us that we disown and deny. They generally go against the things that we value and our priorities.

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Disowning and denying parts of us takes up a lot of energy and keeps us from being empowered and truly experiencing fulfilment and meaning.

So this week we understand a little at a time starting to integrate some of those parts of us that we currently disown or deny. It is truly a liberating and energising experience which will calm your mind and open your heart.

Empowered Actions for this week:

1. Think about three or four qualities or traits in people you know well that really annoy you(eg the mess the kids make, how my partner ignores me, or whatever it is)
2. For **each** of these qualities write down at least 10 instances to these questions :
 - When and to whom have I demonstrated this exact quality or trait (it may not be in the same way, but you have in some form or other)
– be specific
 - What are the benefits of this trait to you?
 - What are the benefits of this trait to the others you have listed?
3. Before you go through each trait or quality, measure the strength of the dislike or disowning of the trait in you...on a scale of 1-10 where 1 is not at all and 10 is completely.
4. After you have gone through each trait or quality, measure the strength of the dislike or disowning of the trait in you...on a scale of 1-10 where 1 is not at all and 10 is completely.
5. Notice the feelings, thoughts and emotions with each of them before and after as well.

Make notes in your journal on your experiences.

Note: You can also do this activity using qualities and traits you admire in others... you have all of those too!!