



BEING WHO YOU ARE MEANT TO BE

The idea of being who you are meant to be may at first inspire a feeling of destiny. Yet, what it really means in this week's materials is the true expression when we live in harmony with our inner constellation of truth.

There is so much in life that can seem to inspire us to be "unnatural" instead of who we really are. Much of being who we are meant to be is simply knocking off being anything but.

Essential to being who we are meant to be is the ability to have **authentic connection**.

Text or call? Meet in person or on Zoom? A nod or an embrace? Saying goodbye with an honor of admiration or saying see you later and move on? In every encounter, there's an opportunity to go deeper. Leading with light is choosing to make authentic connections that fill our life with wonder.

KEY POINTS

- ◆ When we lead with our light, we are being who we are meant to be.
- ◆ Essential to being who you are meant to be is making authentic connections.
- ◆ Leading with our Light of Response helps us respond with our best, not our fragmented self.

QUOTES FOR THE JOURNEY

To accept oneself as a stream of becoming, not a finished product. It means that a person is a fluid process, not a fixed and static entity; a flowing river of change, not a block of solid material; a continually changing constellation of potentialities, not a fixed quantity of traits

-Carl Rogers

We all have extraordinary encoded within us, waiting to be released.

-Jean Houston

Be yourself. Everyone else is already taken.

-Oscar Wilde



DISCUSSION QUESTIONS

1. How did your practice of leading with the Light of First Cause go for you this week? Any insights or demonstrations?
2. What do you see as the keys to bringing forth your best self?
3. Do you think it is better to disown aspects of yourself you don't like or to somehow come to understand them and integrate them with the rest of yourself? If the latter, how would you achieve that?



OPTIONAL PROCESS

OPTION ONE

Share With the Group

Author Charles Vogl in his book, *The Art of Community*, shares his yearly birthday practice:

"I have a birthday tradition where I clear my calendar to make sure I do at least two things that day. The first is to write a letter to myself about what's happened in the past year, how I feel, and what I aspire to do in the future. This causes me to reflect on how I've spent my time and who's been involved.

Then I make a list of the people who made a difference to me, and I call them one at a time, right down the list. My only goal in each call is to tell these individuals that I noticed what they did for me, how they made a difference, and that they matter in my life. Sometimes they've done really extraordinary things that saved me in a tough time. Sometimes they simply extended their friendship and made me feel welcome. I never exaggerate. I simply tell them that they made a difference to me.

Most people never say these things. So when you do, it might sound weird, but good weird. I've never had someone get upset because I make this call. But there are a lot of people who feel newly appreciated and part of a stronger community."

Invite the Group To Take Five Minutes To Write:

Who is on your list of people? What was the difference they made in your life? Are you willing to contact them in some way and let them know?

Share with the group.

Suggestion: See if each member is willing to share with at least one person on their list and report back next week. Or they can email the group to keep people engaged throughout the week.

OPTIONAL PROCESS TWO (Worksheet handout) Making the Authentic Connection

Not to say you could never make authentic connections with the following, but let's identify some alternate ways to make the authentic connection.

◆ Instead of sending a text message, I might...

During the week, I text my wife and let her know that I love her. This week instead, I just called. It was out of the blue with nothing else to say in that moment, but it was striking the meaningful impact it had.

◆ Instead of shooting a quick email, I could...

Instead of asking a question to a co-worker with whom I don't always have a great rapport with, I invited them to lunch to talk about the topic. It is also my intention to get to know them better.

◆ Instead of a general topic, I might...

I often ask my son how it's going. He always says, "Pretty good." When he asks me how I'm doing, "Pretty good," shoots back almost without thought. Today, instead of the usual question, I asked him, "What's your favorite part of junior college so far?" He just started school. Simply asking a more interesting question, grounded with a deeper desire to really want to know, led to a meaningful conversation.



PRAYER FOR THE WEEK

In this amazing universe made up of a seemingly endless number of things and beings, we breath into the conviction that God is all there is. In each of these many things, different, unique expression, there is that One God, that presence that connects all things to each other and to the Divine. Everywhere we turn, all we see is God, in the smallest of ions to the biggest of mountains. And that amazing God presence must then be part of each and every one of us. Yet each of us are each individualized expressions of the Divine, having our own experience, walking our own path, thinking our own thoughts, believing our own beliefs. This is absolutely perfect just as it is. Each of us has a fire of truth in the core of our being. A part of us that knows exactly who we are and who we are meant to be. We are brave as we tap into that truth and boldly walk and talk that truth in each moment of everyday. We are meant to be unique, rare, beautiful Divine beings having a human experience. We are grounded in the truth of who we are and proudly show the world and ourselves what makes us our perfectly imperfect selves. We accept and love ourselves right now, in this moment and all moments, just as we are, knowing we are Divinely guided, supported and protected. We are 100% undeniably ourselves in every way and that is AWESOME! We breathe in the gratitude and accept the gift of who we are with open arms, so grateful to be our own beautiful, wonderful, divinely perfect selves. So we release these words into the law knowing they are powerfully true and affirm their perfection, and so it is.

Are there other examples of more inauthentic forms of communication that we might bypass for something more meaningful?

LEADING WITH THE LIGHT OF RESPONSE

This week, give intentional practice to utilizing your Light of Response.

When a stressful moment arises, when someone says something that pushes your buttons, when a story on the news grips you in the wrong way, practice your Light of Response.

If helpful, when having a negative experience in the moment, try chanting silently to yourself:

"I experience _____, but I practice _____ (your Light of Response).

For example, if your Light of Response is love, you might chant:

"I experience fear, but I practice love."

"I experience anger, but I practice love."

"I experience sadness, but I practice love."

Journal, note, or recognize the difference, if any, to share more about next week.

AFFIRMATION

I have all the resources I need as a Divinely guided expression of Spirit. The people I love support my well-being and happiness. My inner voice guides me in the perfect direction. If it's meant for me, the path will be shown to me.



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