

# Celebrating Our Uniqueness

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## For a moment, just stop and think.

You start your day at 6:00 am, rush out the door, hit rush hour traffic, work hard, rush home, cook, eat, watch TV, hit the bed, and start another hectic day. Have you become a socially accepted zombie living for everyone but yourself? Is this the life you dreamt of while growing up?

Created by the expectations of society, we are conditioned to settle for second best. Losing our identity to "theydentity," we carry burdens from society about how to live. Your way of life may certainly be accepted by society, but is it what you really want?

Deep inside us lies the passion to conquer the world and reach to heights we may have thought unattainable. Then why is it that some of us succeed and some don't?

The answers lie in seeing beyond our conditioning. To conquer the outside world, we must conquer our inside world first, since our outer world is merely a reflection of our inner world. Once our inside world is in tune with our true self, it becomes beautiful beyond our imagination. Every circumstance we attract into our life is in direct relation to how we think and feel inside. We must have a good process internally to create great circumstances around us. Two strong emotions, love and fear, run our processes. When fear runs our process, we sabotage our success. But when love is running things, we encounter success every step of the way.

How do we know what emotion is predominant in our life? From the time we are born, our environment, belief system, values, experiences, and influences from others create deeply embedded patterns in our subconscious mind. It's not uncommon for a person who believes that life is a struggle to always attract struggle into his or her life. If you are living with similar recordings from the past, then realize you have a choice to create new recordings. Remember that your life is a projection of your internal programming.

It is our responsibility to move beyond the conditioning and break away from the patterns to blossom into our unique, true selves. ✿



## The following are a few recommendations to discover the unique you:

- \* The next time you feel angry, guilty, or upset examine where these feelings are coming from. Are you seeing the situation from your past experiences or from a fresh perspective? Remember that no one can cause you any pain without your consent, conscious or not.
- \* Keep a journal and jot down your daily highlights. If you don't like writing, take a few moments to reflect on your day. We get insights throughout the day about our uniqueness, but we have to pay attention.
- \* Remember: thoughts are there for you. You are not there for your thoughts.
- \* Expect the best and leave the rest.
- \* Stop comparing. You are unique. There never was and never will be another you.
- \* Be thankful for what you have.
- \* Love your unique self.
- \* Have fun and laugh. A laugh a day keeps the doctor away.
- \* Always give a smile from your heart to everyone you encounter.
- \* Take responsibility for your thoughts, words, and actions. Dare to be yourself and ask for what you want. **You will get it!**

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