

# Reveal

Embody the True Self,  
Beyond Trauma and Conditioning

A Self-Help Memoir  
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ISBN-13: 978-0692179765



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## PROLOGUE

Here, right now within you, the core of your being is peeking through the layers of your conditioned self. The essence of who you are lives beneath the beliefs and pain you have acquired throughout your life. Thoughts and feelings of being wounded, powerless, small, and not enough drive the impulses of the conditioned self. When you believe that this is who you are, your powerful essence is hidden.

The strategies of the conditioned self are here to try to find you safety, acceptance, love, and power. However, the more you follow the impulse of your conditioning, the more powerless and small you end up feeling. Looping in this habitual way of being feels familiar, so it is the path of least resistance. However, following this impulse keeps you asleep to your true nature.

In your wholeness, you are inherently powerful and expansive and radiant. This will never change no matter the degree of your trauma or how identified you are with your conditioned self. Stripping away the layers of everything that you have acquired in this (and previous) lifetimes that is not part of your True Self will allow you to embody the wholeness that is your birthright.

The first step is knowing who you are and who you are not. You are not your thoughts, your beliefs, your character or persona. You are not your roles, your family lineage, or your career. You are the embodiment of divinity. Your true nature is your unbreakable connection with the creative Source of all things. This is the essence of who you are, and this will never change.

Expansive, wise, loving, strong, and whole, you are more powerful than the mind can conceive. Taking your power back from your conditioned self is the most vulnerable and invigorating act of courage. Trusting yourself and your connection with divinity is what this leap is all about.

Through the center of your body, down to the core of the earth and up to the sky above you, there is a line. This line is the core of your being, your True Self. This is your alignment with Source, and it anchors you here on this earth so that you may embody this essence. When you embody the True Self, you embody your own divinity.

To the left side of your face there is an energetic mask. This is the mask of your conditioned self. This is the persona that you present to the world, the ideas you've picked up from other people about who you are and how life should be, misbeliefs about love, and so on. Your character structure lives here and guides a lot of your thinking and behavior.

If you drew a line from this mask down to the right side of your right shoulder, you would find a collection of shadows: your disowned parts. This is where you hide the things about yourself that you think make you unlovable, bad, deviant, and so on. Disowned desire, disowned power, disowned anger, disowned sadness, etc. live here. These shadows drive a lot of your thoughts and actions, but you are less aware of them because they lurk in the deep unconscious.

This line, from your mask to your shadow, is the line of distortion. Most people live from this place. When we live from our distortion, we continually loop through old patterns and limiting thoughts that keep us feeling disempowered. We choose relationships from our wounds, we make career choices from our ego, we don't speak on behalf of our authentic truth, we criticize and try to control life and people, and we do things that aren't in alignment with who we really are. Then we wonder why we aren't manifesting our dreams or why we keep getting sick or why people are so mean.

Living in alignment with the core of your being takes conscious awareness of your mask and your shadow. You need to claim these parts of you, get to know them intimately, welcome them, and integrate them into the wholeness of your being. Recognize that even though they are a part of your humanity, they are not who you really are.

Embodying the True Self can be the most vulnerable thing you ever do. The conditioned self works hard to stop you, telling you to stay small and do the familiar thing to find safety. But the paradox is that you end up feeling less safe and having less satisfying connection when you listen to the beliefs and impulses of your familiar yet false self.

All of us are born in full alignment with our expansive, powerful self, fully connected with the Source that beats our heart, fully connected to God. However, the trauma and conditioning of life have split us from our connection with Source. We become afraid of being in our full expression and standing in our truth and power, so we navigate life from a contracted, false place. Trying to figure out how to get back to our essence, we seek the powerful feeling of Source in work, relationships, community, drugs, our physical appearance, and so on.

As we attempt to feel powerful from this small place, we unknowingly perpetuate the patterns of our conditioned self. Wondering why life doesn't feel satisfying or why our relationships are dysfunctional, we stay blind to our own conditioning.

There is a Hindu proverb that says there are Three Great Mysteries: "Air to a bird, water to a fish, mankind to himself." Self-discovery, seeing the water that we've been swimming in, and remembering our true nature allows us to embody the higher frequency of our essence in all aspects of life. It takes a deep level of awareness and understanding between our false and our true selves to live in integrity with who we really are.

I have dedicated my life to healing old trauma, taking my power back from my conditioned self, and learning how to facilitate others in embodying their essence and loving from wholeness. Using each experience and every relationship as an opportunity to go deeper into my awakening, I become more solid in myself while also becoming softer and more fluid. Trusting myself to honor my truth, my whole system integrates in such a way that the old patterns and the old stories become outdated.

Although the journey has been long and painful, I've emerged more powerful and whole than I ever could have imagined. As a lifelong learner, I believe that there are no failures in relationships, in work, or in self-development. Every single experience we have is here to usher us to the next level of our evolution. The key is to use the information provided by the universe for our own self-awareness, growth, and healing.

In the pages of this book, I share with you my journey of learning to embody my True Self. The vulnerability that it took me to share my story with you almost felt too big to overcome. If, however, my pain and awakening offer you any bit of hope for your own healing, then every single painful experience I have ever had was worth it. To be revealed, to allow myself to be seen in both my light and my shadow, strips away layers of shame that caused me to hide for far too many years. Wanting all beings to feel empowered and fully self-expressed, this is my giant leap toward embodying this desire.

Love,  
Harmony