

# The Magic of You - Your Essence

By Coach Colleen Brady, The True Love Coach

Ever done something for someone and regretted it? Or committed to a project that you didn't really want to do, just felt like you should? Did you feel lousy? Probably, so.

*Here is a secret:* **You are better off in the long-run, if you only commit to doing what is yours to do. Yours to do because it feeds your soul, not the shoulds that plague you, and each and every one of us.**

It is amazing what wonderful things happen when you **feed your soul** and become your true self. You actually open the door for someone else to shine. They are happy and so are you.

Sometimes saying no is hard. But, when you are your *true self*, and are *true to yourself*, your essence emanates from you. When life is right for you, no matter how much of your essence you give away, as you share with others, there is more of you to give. Essence is limitless.

Have you ever wondered how Mother Theresa kept giving? She was giving of her essence. That well never runs dry, unlike giving from 'shoulds', which drain your inner well and your inner wellness and leave you lifeless and listless.

There are many helpful systems for finding yourself. One common theme is that you have to get out of your own way. If you are feeling resistance, recall a time when you felt closest to your essence. Stay with that moment long enough to catch the feeling, the vibration of that moment. Then let it go and continue on. Listen to a meditation, a talk, or song that excites you. If you are more visual, read an inspirational book. If it isn't it fun to be you right now, take a peek inside.

Now sometimes, it may feel like you are being yanked around on a loose chain, bouncing from one emotion to another. Hold your course. You are the only one who can find and define your essence - who you truly are. The answer will appear. Sometimes, I just make a request of the universe to make the answer crystal clear, so I can not miss it. Then I know I can let the confusion come and go because I am on the path to my clarity, my essence, the magic of me.

Borrow my technique directly or make it your own. It is your essence, your inner well of happiness, of joy, of knowing who and what you are.

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