



CHAPTER 13

Reveal Your Inner Wisdom

Unlimited Power

“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.” - Anthon St. Maarten

In the previous chapter I outlined a number of key points to help you unearth the essential qualities of your inner being. I stated that in following your bliss and staying grounded in the present moment, you bring more of yourself into your life's experiences. That is you let go of limiting beliefs and disempowering emotions. This could be because you may not be able to recall the past within the present moment. In this chapter I will summarise how you can reveal your inner wisdom through various means, all serving to connect you to a powerful future. As you step into your future and claim it with purpose, synchronous events begin to align to help steer your path toward a future filled with promise.

Before we continue our journey throughout this chapter, I want you to appreciate that you have more power than you realise. More genius than you can imagine. More wisdom and knowledge that you can ever access. These are not patronising statements to seduce you into a false belief. You possess unlimited power, although accessing that power is the basis to the upcoming paragraphs. When we learn to let go of the false belief that we are lacking or inadequate in some way; in that very moment, we arouse our potential.

We established in previous chapters, that who you are today is a result of your acquired programs, beliefs, thoughts and ideas about the world. Unless you examine if your present circumstances are serving you, you may remain stuck and inhibited. One has only look at mainstream culture to see the effects of the media and marketing hype has on our society. We are drawn into a fictitious way of life at the expense of our sanity and hard-earned dollars.

We are conditioned to be like everyone else. We attempt to stand out by decorating our external shell, hoping to be noticed as being different to others in some way. Yet we entertain the same thoughts and live the same lives as millions of other people, while longing for a better way. Contemplate this for a moment – when did you last entertain an “original” thought? In his book *Do the Work*, author Steven Pressfield realised it wasn’t until he was thirty years old that he pondered an original thought. Every thought prior to that period was a result of conditioned beliefs, attitudes and thoughts derived from society.

Your thoughts, beliefs, ideas, perceptions etc. are not yours, since you acquired these ideals from others from your childhood years and made them your own. Over the years you may have substantiated them by finding evidence in your external reality to prove them so. Yet every time you find evidence in your external reality, those beliefs are reinforced via your neural network.

Your reality is conditioned to your perception of it. It was the American author Anais Nin who said, “We don't see things as they are, we see them as we are.” What she was referring to can be illustrated via the following simplified example. If you were to ask a pair of twins raised within the same familial environment what their view of marriage is, they would yield two different answers given their experience and past. Yet both twins were privy to the same nurturing, having been raised in the same household – so how could that be? Your view of reality is influenced by your internal landscape, since each person presents with a unique historical outlook, which colours their perception of life.

As you change your filter, this corresponds to a change in your perception of reality – how is this possible you might ask? Through inner transformation in the form of personal growth and self-awareness, your preconceived ideas of how life should unfold are distilled into your life’s experiences. As you appreciate that life is more than what you know it to be, this will correspond to new and enriching experiences which show up in your life. We said it before – your outer world begins to reflect your inner most thoughts. Therefore, remain open to new possibilities by suspending your need to label or judge what you experience.

There are many people who do not even know they have these filters and yet continually react to their outside world. They believe reality is fixed. Your reality is anything but fixed. It is dynamic and pliable and mostly dependant on your inner world. Those who have achieved enlightenment have done so by transcending the material world – they are no longer limited to their conditioned mind. Their life view can be seen through universal consciousness – ever expansive, unlimited and non-linear. You do not need to be enlightened to

experience similar states of being. You need only drop what you believe is true in order to make way for the absolute truth.

So how do you reveal your inner wisdom?

Well for starters, you have the same DNA as all the geniuses that have lived before you. It lays dormant waiting for you to access it. Here's the catch – it will not express itself unless you create a conducive environment for it to thrive in. You must be willing to provide the ideal circumstances for it to flourish by moving into alignment with the same energy as that source to benefit from the wisdom. Likewise, let go of your past conditioning by surrendering the false self. Let go of ideas, beliefs and thoughts which stifle your personal growth. Let go of what you think you should be and view life with a new and open mind – lose your mind as it were.

Similarly, become passionately curious about the world – live in awe and suspense. Think like a child. Question everything, challenge all things. The late Steve Jobs expressed it poignantly when he said, “...*they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do.*” This is inner wisdom calling out to express itself through you. Let it expand – allow it space to thrive and feed it with passion, enthusiasm and energy. Say YES to life – allow the energy of life to permeate through you. Become the expression of universal intelligence coursing through your mind body and spirit.

Wisdom is available to us all. It is the deepest part of our nature, much like the DNA encoded into a tree. We should strive to get out of our head and into our heart by connecting with the inner wisdom of our soul. The heart is the seat of the soul where wisdom resides. It holds the key to universal knowledge and intelligence. One must become quiet so as to hear the call of the heart. In doing so you turn down the volume on the incessant internal chatter that marks one's mental landscape. Create time to be alone with yourself in order to harmonise with your inner nature. As you become accustomed and attuned to your desires, your urges and your passions, your inner wisdom will beckon you to connect with it at a deeper level.

Cultivate Open-Mindedness

In many ways unlocking your inner wisdom is a call to connect with the deepest knowledge which resides within, and yet it is simply more than understanding your thoughts or knowing your emotional constitution. Revealing your inner wisdom beckons you to connect with your heart and mind while your mind is the purveyor of universal intelligence. As you access your inner wisdom, cultivating open-mindedness becomes an extension of your inner state of being. To reveal your inner wisdom, you must be willing to cultivate a state of open-mindedness, rather than remain ill-informed.

Dogma and rigid thinking lead to intolerance, which in many ways describes the state of the world as it exists. Religious dogma imposes laws and principles which people must abide by to be deemed religious. Regrettably, if one strays from these principles, religious leaders and followers are quick to chastise them for going against their teachings. Sexual orientation is yet another case of fixed thinking, which gives rise to prejudices, fears and insecurities about other's lifestyle choices.

It is safe to say that close-mindedness stifles one's personal growth. I have met numerous people over the years who quite happily exist within their self-contained shells, refusing to maintain an open mind. In a world full of endless possibilities and infinite potential, I believe open-mindedness is the key to an ever-expanding consciousness. The following quote by the Buddha echoes this sentiment of openness, *"Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed."* Whilst I recognise it is not always easy to be open-minded, especially when our beliefs oppose those of others, we can strive to be tolerant irrespective of our beliefs. We acquire our beliefs as we mature into adulthood where we begin to associate with like-minded people. As we are presented with a different viewpoint than ours, it can be difficult to accept or at the very least, be open to considering it.

You can gain a lot by opening the door to your mind, least of which includes having fewer prejudices, which fosters harmonious relationships. Those who are open-minded are more optimistic and make the most of life, since they carry less stress through their openness to change. Conversely, I have consulted with a number of people over the years who were fixed in their thoughts and beliefs. Over time and with the willingness to change, they naturally let go of their fixed thinking in place of becoming more open-minded. For many of them, it was an ideal time to surrender their firmly held beliefs and principles, given that many

of these principles were formed long ago and had now constituted their personality. In doing so, they learned to carry less stress and are filled with peace and contentment in their personal and professional lives.

Being close-minded may impose on your personal growth and its associated benefits. Many people are resistant to change, preferring to remain within their comfort zone. Those with a fixed mindset dislike change, since they fear the unknown, of what change might involve. There is beauty and goodness contained in the world, that we must be willing to step out of our preconceived notions of what is right and wrong in order to experience it. Become like a child by marvelling at the world in awe – consider life through the lens of unlimited potential, conspiring to create a compelling version of life.

Expanding your mind by being open-minded, offers you a gateway to new ideas and beliefs. Although it is easier to remain safe inside secure boxes, venturing outside provides you with wide eyes to see the beauty and creative wonders of the world through spirit. Do you wish to travel through life being rigid and close-minded or do you desire to experience the richness of life by allowing your mind to expand? See new things? Try new roads? By surrendering control and letting go of firmly held beliefs, you make room for new ideas which are integrated into your experience. As you surrender control, you experience a positive manner of losing control. Often, being in control serves you well by being in command of your life's circumstances, yet it should not impose upon you by producing additional stress. Release a little of your fixed beliefs a little at a time. You do not have to transform yourself overnight. Experience new thoughts and ideas through a renewed and excited open mind.

Similarly, I invite you to change your worldview by viewing humanity through the lens of connectedness. Why must we hold on to the same worldview our entire life? What purpose does it serve other than to keep your thoughts stuck and outdated? The world is constantly changing, owing to the rapidly advancing information age we are living in. As we evolve and gain new experiences, meet new people, learn new skills, our worldview naturally expands to accommodate new thoughts and beliefs. Whilst it is not necessary to change your beliefs, it is liberating to feel you can if you want, since in doing so a higher level of mental and emotional freedom is attained. Moreover, as you consider new possibilities, being open-minded may cause you to feel vulnerable, since you must come to terms with not knowing “everything.” This may be a positive outcome of your new outlook, since change and uncertainty give rise to new possibilities. Far too many people believe they have acquired all there is to know about life. I find it refreshing and exciting to know that I do not know everything, and as a result, I constantly remain open to new possibilities.

Open mindedness allows you to gain more confidence, since an open mind is like a vessel in which to pour the wisdom and knowledge of life into. As you maintain an open mind, you experience more confidence through your willingness to assimilate new ideas and principles. People who are open-minded are willing to change their views when presented with new facts and evidence. Those who are not are resistant to change, find life less rewarding and less satisfying due to their fixed mental ideals. To the open-minded, you appreciate that opposing points of views are acceptable, since it is not essential that you always be right or have all the answers. Being open-minded is like choosing to live in a glass house as compared to one without windows. You witness different people approaching your glass house with varying beliefs whilst observing them freely, but still have the choice to invite them in. Conversely, if you live in a house with no windows, you are not concerned about having people approach your house, since you do not seek the company of those with opinions that oppose yours. It is my hope that you will consider being more open-minded as you harness the power of your inner wisdom to create a remarkable future.

Awaken Your Authentic Self

In many ways to arouse one's authentic self is a call to connect with the deeper wisdom which we have been discussing throughout this chapter. Reflect on the following questions for a moment. What does authenticity mean to you? How do you know if you are being authentic? What measure of authenticity confirms we have connected with this ideal? Let us take a step back before we delve into these questions by considering the following. How do you know when someone is inauthentic? Is it via their language? Their body language? The way they dress, speak or facial expression? With any luck, you may have some idea how to distinguish inauthenticity in others. Now consider this for a moment, what are other people's impression of you when they met you for the first time? In his book *Mindwise*, author Nicholas Epley states the following about our ability to differentiate what others think of us, "*Knowing others' minds requires asking and listening, not just reading and guessing.*" He is of course inviting us to engage our other senses in order to ascertain more about the other person, rather than form an inaccurate picture in our mind.

To reveal our authentic nature, we seek to suspend judgement about how life should or should not exist.

There is a level of discipline required to attend to those aspects which we dislike in ourselves. It demands courage to face them through an inner conviction and self-compassion. Consider the following statement relating to how others may perceive you, “If I am aware of my limiting qualities, perhaps other people are also aware of them?” Awakening your authentic self is a call to reconnect with your purposeful nature – the light of your being, rather than the egoistic mind, which rules your mental landscape. Release the need to attain perfection, since it is merely a guise to protect you from attending to something deeper that requires transformation. Free yourself from needing to be right, by choosing happiness, abundance, joy and love instead. As we have stated throughout the book, suspend your limited perception of how life should unfold or that it owes you something. Life does not serve to fulfil your every whim. You are the universal expression of life - it is your obligation to repay life by connecting with and revealing your authenticity. Say “yes” to life. Affirm that what you want is what life also wants. The more you acknowledge yourself as playing a larger role within the infinite intelligence of the universe, the more life accepts your role within it. Your authentic self reveals itself as life seeks to co-operate with you. In time, all your so called problems give way to new found blessings, opportunities and synchronicities, owing to the renewed sense of meaning and purpose, which you bring to life.

Our authentic self emerges as we develop a relationship with our deeper self. This means letting go of the false identity relating to who we think we should be and instead allows the real-self to emerge. Similarly, the ego plays its part in constructing the false self by convincing you of your inauthenticity. It does this by bargaining in the form of reinforcing your unworthiness, via a detracted self-worth. Every time you buy into this false premise, you strengthen the ego, by granting it power over you. The ego is self-serving and self-fulfilling – it needs to be nourished in order for it to thrive, otherwise it loses its identity. Without an identity the ego cannot thrive, since it cannot sustain itself without a reinforced sense of self. Yet, if we contemplate the nature of the self, we see it is a mental construct of the mind in order to create our place in the world. Author Michael Gazzaniga states the following in his book, *Who's In Charge – Free Will and The Science of The Brain*, about our sense of constructing an identity, “That you are so proud of is a story woven together by your interpreter module to account for as much of your behavior as it can incorporate, and it denies or rationalizes the rest.”

As you weaken the identity of the egoistic self, you reconnect with your authentic self through your willingness to embrace your spiritual nature. Your spiritual nature is the unbound and infinite essence of your soul. It is who you are and will always be when you cease to identify with the mental construct of

the self, in place of your soulful nature. Stepping into the light of your authentic self emerges, as you drop the mental façade of the constructed self. Once you have let go of this image, you make room for the actual self to emerge, which is grounded in authenticity. Secondly, strive to integrate your soulful nature and characteristics into the personality by merging with them. Remember, that which you oppose, you strengthen. That which you integrate into your experience, merges into the wholeness of your being. Authenticity then is a move towards unity, wholeness and integration rather than separateness. We arouse our authentic nature when we integrate our shadow self into the wholeness of our being. If we go to war with aspects of ourselves which we deny, we give life to the ego as it strengthens its hold on us. As we connect with the wholeness of our being, appreciate that we maintain an egoistic self. Yet our default nature is spiritual, we unite to become entirely whole as distinct from the wounded or broken individual constantly seeking to be fixed.