



UNIQUE SELF
EMERGENCE

Evolutionary Unique Self Module
Confessing Your Greatness

Step 1: The first step in this practice is to learn a process that allows for accessing an embodied taste of your greatness. Please listen first to the guided experience *Confessing Your Greatness*. Here is the transcript of the experience:

This guided experience is an invitation to experience an aspect of your own uniqueness. We call it confessing your greatness. Find a comfortable spot where you will not be interrupted. You may prefer your eyes closed or open. Take two slow deep breaths and then let your breathing return to its natural rhythm. As your breathing returns to its natural rhythm, recall a time in your life when you absolutely rocked . . . a time when you offered something to someone, or did something that felt completely right; it was exactly the appropriate response.

As you let yourself remember the experience in its fullness, tap into the energy of that moment; feel the energy flow in your belly, in your heart. What was your focus of attention? Be aware that you are re-experiencing an aspect of your uniqueness. At this moment of greatness you were offering one of your unique gifts. You may think that your action was what anyone else would do, but in fact it was your unique response.

When you re-live this moment, you are tapping into the felt sense of your Unique Self. Let yourself revel in that experience, double the intensity of it in your body; and now make it ten times as intense, and a hundred times. Feel the pleasure of it in your body. When you find your mind resisting or minimizing, simply return to the sensation of pleasure of being in your Unique Self. Breathe it in, as you rest in your own presence and savor the felt sense of your uniqueness.

Step 2: Each day, take a moment to recall this embodied sense of being in your Unique Self. Relive the experience again, and as you did in the exercise above, emphasize the intensity of the felt sense of pleasure of living in your greatness. Let yourself savor the experience for at least three minutes.

Also pay attention to the ways in which you express your greatness in your everyday life. In this way you are cultivating the habit of being in your uniqueness and appreciating yourself for the awesome being that you are. When you notice that you are not appreciating yourself, return to this felt sense of your greatness.