

You Are The Source!

Are You Walking in Your Big Shoes?

The truth of being the source and the creator of my life, penetrated my consciousness slowly, but when it finally clicked it transformed everything.....

For much of my young life I lived dependent on other's love, protection and validation. You could not guess that if you met the young me. What you would see is a pretty, strong willed, talented and successful young performer who excelled in everything she put her mind to. Nevertheless, hidden from human view including my own, inside my psyche, lived a lonely sad girl caged in a sense of hopelessness.

I grew up in between wars in a country fighting for its survival raised by two parents who escaped persecution and were struggling to provide for our bare necessities. Loving attention was not available and emotional support was nowhere to be found. As a child, the world and life seemed crushing and harsh. I felt at the mercy of it, rather than the source of it. Thus, my most meaningful lesson in life was to discover my inner power, creative talents and my ability to manifest. And I did! I mastered the ability to pluck my heart's visions out of life's infinite possibilities and mold them, with passion and commitment, into reality.

I was born and raised in Israel, and like most young Israeli women, I served two years in the army after completing high school. I was stationed at a border kibbutz under the Golan Heights. There was beauty in the simple life in nature and in working the fields—until the war interrupted it. Then there were the long nights and the two thousand bombs that fell on that kibbutz.

When the war and the service were over I could use a long vacation, but the pressure to choose a career was mounting. It came as a shock to me, as well as to my parents, when I decided to audition for Bet-Tzvi, the Academy for the Performing Arts. I did not exhibit any acting talents, so my decision was puzzling. My father considered my decision very frivolous and irresponsible. He proclaimed that he did not raise me to be a gypsy, and had no intentions of supporting my studies. He expected me to enroll in the university and become a respectable scholar.

I actually expected that from myself, too, but some other voice within me was guiding me toward creative expression. That inner voice seemed to know better than I did of what I needed. Now in hindsight, it is clear to me that my enrollment into the academy started my personal journey toward reclaiming my aliveness, inner freedom, and creative expression—a

journey that became my life path. I was a young woman restricted, bound, and even imprisoned by her fears, insecurities, and defensive patterns. Unknowingly, I was guided by a deep need to experience inner freedom.

In order to open ourselves to joy, pleasure, and true expression, we need to find out what holds us back and binds us. My personal journey has been one of many sheddings. Protective layers needed to melt away to first uncover despair and hopelessness. Then, it took self-awareness and self-nurturing to dissolve the fears, discover my true needs and desires and grow beyond the pain into strength. The gift is a passionate, powerful, and creative spirit, whose company I enjoy today.

As kids, we grow up looking for love and affirmation from the outside- our parents, our teachers, our peers. We need this love like the air we breathe. In order to secure a sense of value and safety, we develop an elaborate survival structure that is supposed to attract others' attention and good will. Then, for the rest of our lives, we continue living with our eyes out there constantly grasping for a sense of self, a sense of power and the symbols of success. The irony is that none of these qualities can be attained from outside. Life becomes a drawn out effortful road of trying to feel fulfilled. No matter how much we achieve, we still feel we need more and more proof that we are valuable. What is missing is our own recognition of ourselves, our realization that we ourselves are the source of love, creativity and power. We are, actually, already what we're looking for.

The source of life is everywhere, in everything and it lives in us expressing as us. There is no need to look for power, love or success outside. All of it lives within us. What we need to do is make choices, commitments and take actions to actualize these powers. Our real and deep knowledge of this truth allows us to manifest our heart's desires and live comfortably within our own authentic being.

I believe that we are innately wired for happiness and fulfillment. The pursuit of bliss is our sacred right and our deepest yearning. We're meant to relearn how to be present in the moment and be naturally intimate with ourselves and life. We can learn to have fun and engage in pleasurable activities, as kids do. We can learn to love with abandon, like wise fools, express ourselves like the inner artist that exists in each one of us, and be as caring and responsible as a great parent. What's more, we can enjoy all of these aspects of ourselves simultaneously.

I created Gates of Power® Method and curriculum to provide people who are on the path to self-actualization with a clear roadmap and many effective tools. We all long to experience and express the best in us. We want to live with a sense of inner power, creativity

and expression. We want to contribute, make a difference, and be loving and successful. The question is “**how do we get there?**” Here are a few tips.

TIP #1: THE FOUR GRAND QUESTIONS

When we want to get somewhere, it’s wise to ask the questions that would help us get to where we’re going. Asking the following questions (even if you have done many times before) sharpens your understanding of yourself and your purpose. Take a minute to ponder these questions.

The first question: Who am I? Who are you in your essence? Not your history, your resume, your beliefs, actions or habits. If someone would strip you from all of the above, what is the essence of you that remains?

The second question: Why am I here? What is the true meaning and purpose of your life?

The third question: What is in my way? What is presently interfering with you fully being your true, expressive self and living your purpose?

The fourth question: How do I get there? What is the inner shift that is necessary in order for you to completely align yourself with your potential and purpose?

Most people I talk to identify fear and self-doubt as what is in their way of being themselves. Yes, these do interfere. But, the compensative, defensive shell that we acquired to mask these insecurities is truly the problem. Our Defensive Self consists of habits, beliefs, energetic patterns and behaviors that cover up our insecurities even from ourselves. Insecurities that are concealed and unaddressed cannot be healed and strengthened. Living within the confining structure of our Defensive Self is our true blockage or cage. Self-awareness and emotional honesty help us to distinguish our truth from our cover. But, that is not enough. **How do we shed the cover and become the self?**

TIP #2: THE 3 ASPECTS OF THE SELF

We are all aware of different parts of ourselves. Sometimes, we are soft and vulnerable; other times, harsh and defensive. At times, we are playful and silly, and other times we are solemn, severe, and humorless.

It is natural to experience different aspects within the self. The key is to have all of the aspects work together in harmony so that we create strength and unity. Most of the time, there

are conflicts between different aspects of ourselves and as a result, we feel sadness and anxiety.

When I started to observe my own inner landscape, I remember being struck by the extreme difference between my “sensitive-vulnerable” aspect and my “fierce passionate” one. It almost felt like there were two different people living within me. When I was in my sensitive, vulnerable aspect, I could cry at the drop of a hat; while in my fierce aspect, I would experience a tremendous, relentless sense of determination. One aspect felt soft, the other somewhat hard, even harsh at times. I spent time learning to understand these seeming opposites. I realized the connection between them and found a way to unify them. You can think of aspects in terms of different energies, colors, attitudes, or ways of being inside yourself.

How are these aspects relating to each other? For example, how is the “tough guy self” relating to the “loving self,” and vice versa? How are they getting along? Is there a conflict? Which one is dominating your life?

What do you feel might be a better balance between your inner aspects?

In my own inner process and through my work with clients, I have observed three clearly defined aspects within the self. These tend to be in conflict with each other until we learn to unify them into a cohesive team under the leadership of our Expanded Self.

The Emotional Self

The emotional self is the aspect that contains all of our emotions. Our Emotional Self is extremely powerful and deeply affects our energy, our bodies, and our lives, even when it is repressed and shut down. It can be our gateway to ecstasy as well as to hellish suffering. Feelings are the nectar of life, and it is extremely important to clear negative feelings and move through and beyond them.

The Defensive Self

The Defensive Self is the aspect of the self that is concerned with emotional and physical survival. It originates out of the need to secure love and connection and out of fear of physical or emotional alienation. It is a “strong suit” that we create in order to feel secure and accepted. Most of us, before we engage in transformation work, live by the law of our Defensive Self at the expense of our Emotional Self. Our Defensive Self tends to criticize, confine and penalize us. The inner war between these two aspects causes us to stay small and repressed, and when we don’t feel, we cannot heal: cliché, but true.

The Expanded Self

The aspect I call the Expanded Self has different names in different traditions: the Higher Self, the Sud Guru, the Divine Spark, the Inner Christ, Neshalma Elohit, the Observer,

and so forth. What we name this aspect doesn't matter, living in its shoes does. This aspect of you is the one capable of awareness and compassionate witnessing. It possesses intuitive heartfelt knowledge and wisdom. It is capable of great courage and understanding. It knows what is genuinely "right" or "wrong" for you. It is the still voice that guides you, the healer within, the visionary, and the creative force behind your growth. It is your individual expression of the consciousness that is the Source.

This aspect of yourself is your true nature, beyond feelings that come and go, beyond your defensive construct, and your concept of yourself. It holds your essence. It aides you in the continual journey of creating and choosing what is most important to you.

The Expanded Self is the part of us that is in direct connection with Universal wisdom. So, how come we get so stuck in our negative emotions and our defenses? The answer is we do not know how to use our Expanded Self to coach and heal the two other aspects (Emotional and Defensive). Some of my clients spend half of their life meditating. They have a very developed Expanded Self, but before they trained with me, they didn't know how to use it to transform their Defensive Self and heal their Emotional Self. Other clients have had all kinds of personal coaching and training, but, when they came to work with me, it became clear that they were still internally divided, and that interfered with them achieving fulfillment.

I created Gates of Power® Method to train people to use their Expanded Self as the inner coach and the guide it is supposed to be. When your Expanded Self is leading your life, you have true power, focus and clarity to turn your visions into reality and be the leading force in all areas of your life.

Gates of Power® Method offers exercises and processes to help us connect to our Expanded Self and create a positive inner dialogue among all three aspects. The good news is that every one of us, with no exception, is born with an Expanded Self. It is always within us. We can learn to use its' wisdom to coach and transform. That takes the kind of training I offer in Gates of Power® Method.

TIP #3: THE 7 GATES OF POWER

Twenty-six years of coaching and counseling others as well as my own personal journey have provided me with a long, fruitful observational time. My observation revealed 7 channels or pathways of inner power through which our psyche finds expression. I call these channels "Gates." A Gate, by definition, is a portal or a doorway. Our inner being flows through these 7 Gates and expresses itself. The Gates are also portals for receiving. There is an exchange between our inner self and life. All of the Gates are interconnected and complement each other. Through them, we learn, expand, and experience life.