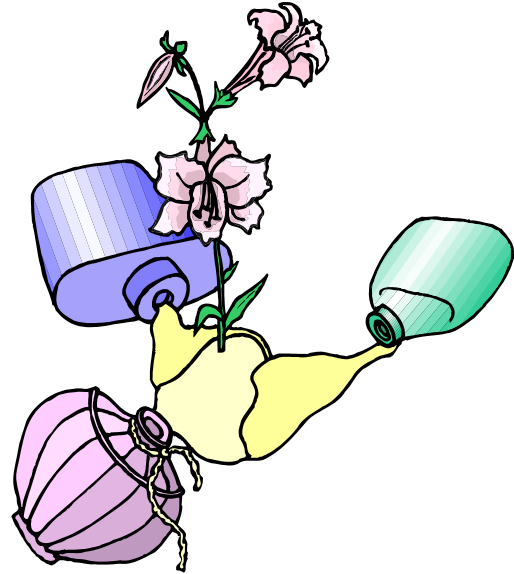




*The
Power
Of
Connecting
To
Your
Essential Self*

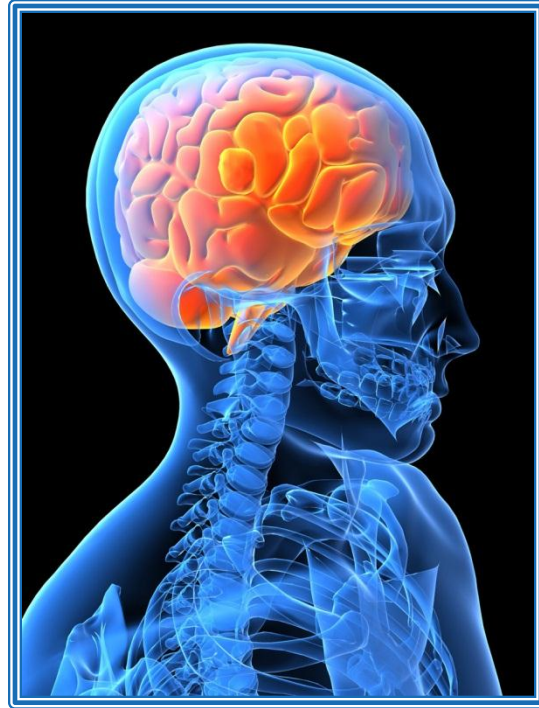
Can You Catch The Essence Of You?

- Describe It?
- Core Of Your Personality?
- Something Else?



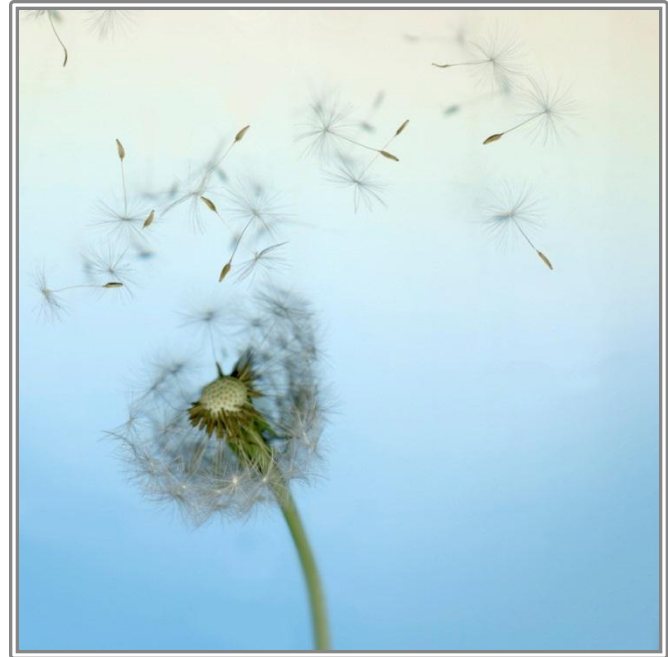
The Paradox Of Being Human & Divine

- **Human**
 - **Body/Mind**
 - **Personality**
 - **History & Culture**



The Paradox Of Being Human & Divine

- **Divine**
 - **Spirit/Soul/Essential Self**
 - **Part Of The Whole**
 - **Personal Point Of Connection
To Larger Living System**



The Spiritual Journey

- **Realization You're More Than**
 - **Body/Mind**
 - **Personality**
- **You Have A Dual Identity**
- **An IPP You Can Navigate**
 - **Human**
 - **Divine**



Your Paradoxical Identity

- Don't Ignore
- Discover How To Embrace & Navigate IPP Of Human vs. Divine
- Covers Two Levels Of Reality Simultaneously



No Collapsing Or Deleting Levels

Embrace Both Dimensions

Free Divine To Lead

**Personality/Mind Currently
Running Show
Conditioning
Habits
Beliefs/Emotion**



Build Relationship

- **Create Connection
With Essential (Divine) Self**
- **Your Point Of Connection
With Larger Living System**



Build Relationship

- **Talk To Your Essential Self**
 - Chat
 - Invite
 - Be Present To Its Reality
 - Prove Your Interest In Its Presence
 - Ask For Its Help & Guidance
- **Makes Essential Self Real For Body/Mind**



Discerning Essence From Personality



○ **Essence**

Talks Kindly

Never Judges

Never Compares

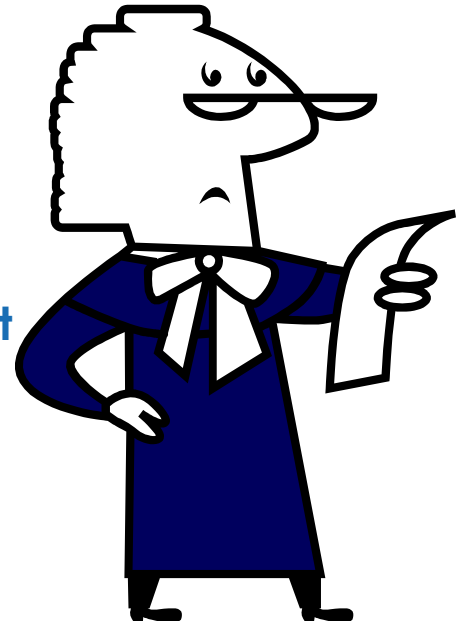
Loves You As You Are

Feels Good In The Body

Has Your Best Interest At Heart

Discerning Personality From Essence

- **Personality**
 - Judges
 - Compares
 - Creates Guilt, Shame, Embarrassment
 - Reactive
 - Demanding
 - Believes In Duality As Final Reality



Getting Behind The Chair – An Exercise

- Sit In Chair
- Feel Personality's Struggle With Inner Tug-of-War In Body



Getting Behind The Chair

- **Imagine 'as if' You Can Leave That Body-Mind In The Chair And Still Step Away**



Getting Behind The Chair



- Imagine 'as if' You Can Step Into Essential Self
- And Stand Behind Chair As Essential Self

Getting Behind The Chair

- Imagine 'as if' You As Essence

- See Body/Mind

- Sitting In Chair in Front Of You

- Engaged in Struggling With Inner Tug-of-War



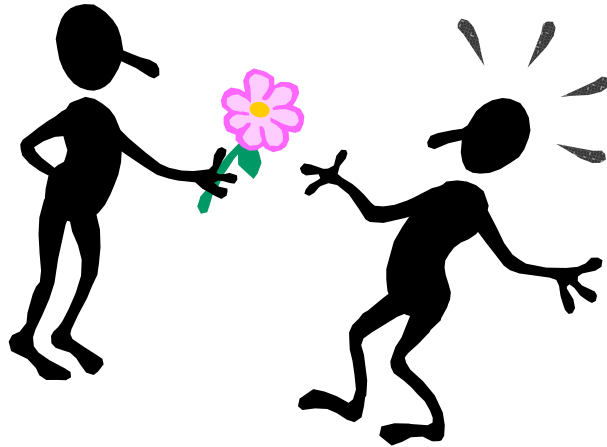
Getting Behind The Chair

- **As Essential Self – Extend Hands & Arms Outward**
- **Embrace The ‘You’ Sitting In Chair**
 - **By Design, That ‘You’ Must Endure Inner Tug-Of-War**



Getting Behind The Chair

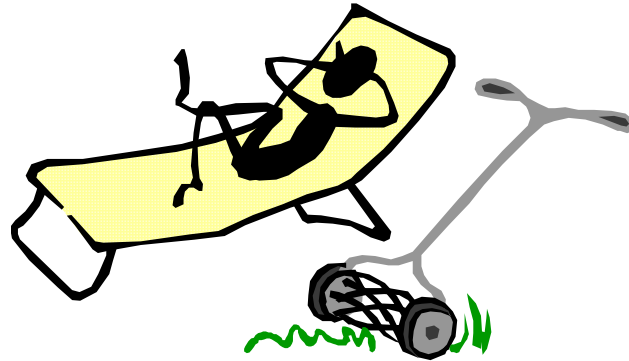
- Experience Accessing Both Human & Spiritual Perspectives Simultaneously



- Paradoxical & Cool

Getting Behind The Chair

- Relax
- Allow Practical Wisdom To Infuse Body/Mind



- Feel New Sense Of Peace & Calm

The Mystic's Three-Point Balancing Act

- **Two Points Placed In World Of Duality**
- **One Foot Placed On Edge Of Each Loop**

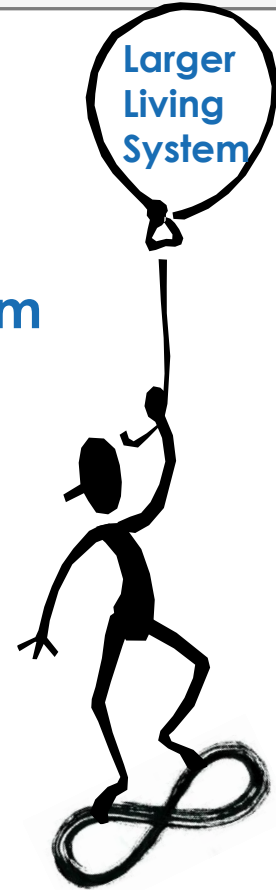


Three-Point Balancing Act

- **Third Point Connects To Larger Living System**

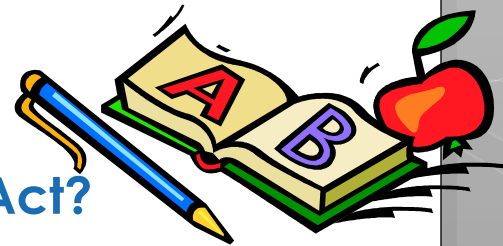
*'Be In The World,
But Not Of The World'*

Jesus



Homework

- What Is Your Paradoxical Dual Identity The Mystic's Refer To?
- How Do You Build A Relationship With Your Essential Self?
- Why Is It Valuable & Useful To Do So?
- How Can You Discern The Difference Between Your Essential Self & Personality?
- Describe The Steps To 'Getting Behind The Chair'.
- Where Are The 3 Points Of The Mystic's Balancing Act?



*Look Forward To Talking
With You Soon.*



Much love,

Ragini

