the radical self realisation guide: uncover your authentic self + live on purpose
**Self realisation** is understanding ones’ true self; which is distinct from the mental chaos that ensues us in our everyday life. It is realising our full potential and that all that we want and need already lies within us.


We get bombarded with constant messages on how we SHOULD behave, believe, act, that sometimes it becomes difficult to decipher who we really are.

**Who** do we want to be as human beings?

**What** are we attracted to?

**How** do we want to live our lives?

**What is essential** and how do we live this out to its full potential?

These are the **BIG questions which will take us to the core** of our self-realisation.

All the bright lights of modern life beckoning us to live like this or like that can be extremely alluring, however they are not set within the parameters of what humans actually need to be happy. Until we become absolutely clear on what is actually important to us we will never be fulfilled nor be able to reach our full potential.

We are entirely and completely responsible for our lives and how they are being played out. Once you are fully aware of this and just how powerful you are, life will begin to shift.

Some say the grass is always greener on the other side - the truth is the grass is always greenest where you water it.

**Follow your heart.**

**Really Feel It.**

Then follow the feeling.

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*So many people are looking for it: their Big Life Purpose. Becoming YOU is your purpose.*

~ Danielle LaPorte
The key to self realisation starts with this one very simple yet extremely powerful question.

**Who am I?**

Allow yourself become clear on where you stand right now, today, by asking the question who am I? Either this question brings you to an inner sense of stillness, or you will respond to it with a collection of thoughts and beliefs that you have gathered over your lifetime to define yourself - the image of the Self that you have created.

Begin realising that the latter is not your true self.

Allow your mind to sink into your heart and **FEEL** what it feels like to be. Just to simply be.

Once you are clear with who you truly are, which is separate from the illusion of the Self you have created, the idea of self begins to dissolve and your true sense of Self and purpose begins to surface. This is all part of your journey to self realisation.

Imagine if the REAL YOU, the one where you’re the hero, the superstar, the rock-legend, the one where all of your talents, gifts, creativity and idiosyncrasies are completely embraced and unobstructed were to be unleashed into the world! What kind of possibilities would open up for you?

How would life be different? Does it excite you?

**Share your soul, your heart, your love.**

Get a piece of paper and draw, write, doodle, create, plan how your life be might look, smell, feel + taste like if you were being authentically YOU.

Email it to me at studio@viendamaria.com.

~ Eckhart Tolle

To be in the grip of an opinion means to be in the grip of your mind and mistaking that for who you are in essence.

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4 steps to self realisation:

1. A soulful operation:
Open yourself up and examine who you really are.

Find a quiet place where you can get extremely comfortable. Find a lovely piece of paper and your favourite pen. Do it old-school. Use your hands for this one. Leave technology alone.

Maybe prepare a cup of tea. Settle in. Get cozy.

Begin asking yourself: who am I?

Wait. Listen within.

Take a sip of tea.

Wait some more until the answer starts flowing.

Let it flow until every possible aspect of who you are is entirely exhausted. Maybe you need another piece of paper.

Go to the edge. Beyond reason. What does who you are FEEL like? If you were able to see yourself from an external point of view how would you describe yourself and your innate gifts, talents and characteristics?

Some of you might start with more pragmatic answers like: I am an account, a mother, a student, a daughter and so on, however this isn’t really WHO YOU ARE. Those are roles that you perform.

Then slowly your answers might start to look like: I love singing (you are musical) I love taking care of others (you are a nurturer) etc:

I am wild, imaginative, a healer, thoughtful, creative, spontaneous, magical.

Keep going until you have found every word that you can think of that describes who you are.

FEELINGS are magnetic.
Get poetic, lyrical, and abstract.
2. Name your Superheroes:
Who do you really admire?

We are most like those we most admire.

Hard to believe but true.

The people we admire, respect and look up to reveal to us aspects of ourselves.

We are always attracted to that which is a mirror image of ourselves. Now that you are aware of this, breathe a sigh of relief! It’s good to know that we carry habits and characteristics of those we cherish!

Write down the names of your superheroes/superstars/bionic people you most admire and what it is that drives you wild about them. Then try to find aspects of yourself where you share those attributes and characteristics.

If you can’t think of what characteristics you share right now, that’s okay. It will come clear in the future. Come back to it at a later date.

When you have started living your life in alignment with your authentic self, it will be much clearer to you just how fabulous you are and what you have in common with your superheroes.

In the meantime focus on what characteristics you admire and why. Write them out. Here are some of mine just to get you started:

- **Russel Brand** - honest, open, wild, funny, courageous truth-teller
- **Rachel Bilson** - cute, sweet, feminine, adorable
- **Louise Hay** - whole, fulfilled, wise, gentle, kind, beautiful, graceful, ageless, successful
- **Johnny Depp** - leader, doesn’t care what other think, risk-taker, experimental, adventurous

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3. True purpose
Finding your natural talents and abilities.

What are you really good at? What are you drawn to? What makes you feel passionate, empowered, energised, uplifted? What is easy for you?

These things are the signals to your life purpose.

Part of self realisation is living out your purpose in life. This brings absolute fulfillment and contentment and allows you to play your role in this grand universe.

What do you absolutely love to do and could spend every waking minute of your life doing? What brings you joy? What do other people commend you on? How are you admired? What makes you smile on the inside?

Your innate strengths, that which comes easily to you, that which you love...
That is your life purpose.

Ask yourself.
Ask you friends.
Ask your family.

Then write it down. Get clear on it. Really get to know yourself.
4. Outrageous action

Taking action that will create forward traction

By now you should have 3 pieces of paper which give you an idea about yourself and all that you encompass:

1. Who Am I?
2. Who and what characteristics do I admire?

These sheets of paper will give you a clearer understanding of yourself and steer you in the direction of self realisation.

It is outrageously important that you live your life in line with your authentic self.

Why?

• Because this creates **harmony and true happiness** for you and everyone that you touch.
• Because you want to be **living out your own dreams**.
• Because by being self realised enough to live your purpose **you are expanding and fully expressing** your part of the life puzzle.

If you are living out someone else’s dream, not only will you never be comfortable with yourself, but you are also taking an opportunity from someone else.

Being your **TRUE SELF** allows you to give the world your gifts.
I have a gorgeous girlfriend who is a writer and story-teller by nature. She is extremely witty, insightful, clever with words, hilarious, and intensely talented. Yet she is working in retail. With fabulous high end brands and their designers. And she hates it. Now, I know there are some girls who would die to have the job she has. She is living someone else’s dream. And she is deeply unhappy. Why? She is not living out her authentic self. Living out her true purpose. What does she need to do? A little bit of self realisation.

The action that you need to take now that you are clear on what you’re about and who you really are is to:

• Write down how you see your life being lived out to its full potential in the future. Think about who you truly are, taking all of your natural attributes, talents and strengths into consideration, and envision this as how you see your life being lived out.

• Be very specific, precise, dream wide, allow that inner voice to guide you and let it flow, baby! Nothing is impossible or out of reach.

• Back to Earth! What is holding you back from living out that dream? Write it down on a fresh piece of paper.

• Now write HA HA HA HA HA over that in big red letters. Or shred it to pieces.

• Finally, outline a few actionable steps that you can take to start living your life on purpose.

Let’s just stipulate that we’re all connected. Let’s just assume that that’s true and that our purpose in the world is to look for those connections versus to feel like we have to establish them.

~ Dyana Valentine

Start doing it.
Now.
Right now.
And remember that I love you.