

One of my favorite ways to figure this out and one of the most powerful ways to identify what you need to reclaim personally. In other words, the aspects of yourself that you've hidden away, is to examine the traits or characteristics that you most admire in other people. So these are the qualities and others that you find to be the most magnetic and captivating. What we admire in others is often an indication of what we need to reclaim within ourselves.

Hello, and welcome. I'm so grateful to have you back here with me today. And I'm really excited to get into this topic.

Today, we're talking about self reclamation, which is really this idea that throughout the years, oftentimes, very early on in life, we tend to give away or hide away aspects of ourself that then as we go on with life, we really start to feel the void of having given away or hidden away these pieces of ourselves. And we can work to fill that void in by reclaiming these lost or hidden aspects of self.

The idea here too, is that we come into this world whole and complete. And we're sort of untouched by the expectations and circumstances of the world. But then through the years, we end up giving away these pieces of ourselves to sort of compromise, keep the peace, to fit in or to be accepted, to be loved. There are a variety of reasons why we do this, but it's really this way to adapt to our surroundings, and in adapting to our surroundings to fit in, we end up compromising our internal values. And what is really important to us. As this happens, we sort of drain ourselves little by little of our true nature. Because we're bending, we're molding or softening. And we're shaping ourselves to fit the desires of other people and to sort of avoid standing out. In doing this, we sort of shrink ourselves down so that we aren't seeing, because in being seen, we're sort of putting our vulnerabilities and insecurities out there for other people to judge to put down whatever it might be.

The danger here is that left unchecked, if we're completely unaware that we've been doing this, that we've been either giving away or hiding away aspects of ourselves that are important to us and important to our internal values, we end up becoming a product of our surroundings and of our relationships instead of an authentic reflection of our inherent values. And so we end up sort of wearing the masks that others have handed to us or are forced upon us instead of allowing our true nature to shine and reveal itself to the world. In this episode, we're going to be addressing how we can work to identify the aspects of ourselves that we've given away or hidden away, as well as how to start reclaiming these.

Before we dive deeper into the conversation, though, I want to note that this is a very broad and general introduction to this idea. So if this is new to you know that this is just a starting point to get you thinking, full self reclamation isn't something that can be done by

listening to one podcast or reading one book or working on this for a week or even a month. It's really something that occurs over time, and is worked on day by day, as we sort of work to unlearn and relearn certain things so that we can feel whole and complete and secure in our own skin essentially, and in our own life, and our purpose and our vision. And all of these things with this. And my intention with sharing this today is really just to sort of plant the seed. And then as with anything that I share, it's always up to you whether or not you want to water it. So take it if it resonates with you and leave it if it doesn't. On that note, let's go ahead and dive deeper into this topic.

So why do we give away aspects of ourselves? That's a very important first question to look at. A few months ago, I was reading a book by Jessica schwag. And there was a quote in it that was something along the lines of "inauthenticity is the attempt to be above all else likable," and it was just one of those moments where it was like, Whoa, so simple and yet so, so profound. I have these full body chills at the time that I read it because in describing what authenticity is in it so powerfully depicts what true authenticity is, which is the courage to be ourselves so fully, so completely that we risk being disliked. I found that to be so powerful and so true. I mean really at the core of authenticity, that is what it is... it's being true to yourself above all else. And putting aside the reactions of others, the judgments of others, releasing the care about those things so that you can honor yourself fully.

With this idea in mind, I want to start exploring some of the reasons why we give away or hide away these aspects or characteristics of ourselves, or who we really are. As you can probably guess, there are so many reasons why we end up giving away or hiding away pieces of ourselves. But one of the most common ones is because of other people's expectations. So this can be societal expectations, or cultural, parental, peer-based is a very common reason as well.

Another reason is because of traumatic or highly emotional experiences, we can end up losing or tucking away pieces of ourselves that are really important to us and part of our inherent core values. But we tuck them away as a sort of coping mechanism to deal with situations like these.

We also give away pieces of ourselves or hide them away, because we fear rejection, or we want to belong. This is especially true at a very young age, because we're really impressionable when we're young. And so it's very easy for us to sort of take on others values as our own. We do this to fit in or survive in certain surroundings or circumstances, or simply because we're just not as discerning when we're younger, because we don't know to be or we don't know how to be as discerning. But in the process of giving away or hiding away aspects of ourselves, we shut down our own desires and values in favor

of belonging or fitting in. Sometimes we do this as a mechanism of self preservation or protection.

Us people pleasers are especially likely to have given away important aspects of ourselves throughout life. What's so fascinating here is that we hide away these aspects of ourselves in an effort to fit in and feel secure, right fitting in is really about feeling secure. And yet, the more we end up hiding away, the more insecure we become as we distance ourselves from our true nature. And we end up locking ourselves into these very specific identities that end up stifling us in the long run.

And as time continues on, if we don't have any awareness that we're doing this or have done this, we can end up feeling rather stuck or lost. And this experience can manifest in many different ways. But some of the more common ones tend to be things like our boundaries with others can become blurred or unhealthy. We neglect our goals or our commitments to ourselves, we might require other people to validate our wins for us instead of feeling that validation from within. So if we aren't externally validated or don't receive enough validation from outside, we tend to downplay or diminish our own successes, then, as if our wins or our successes aren't as valuable if external validation doesn't come along with them. So if we're not receiving that outside praise, then it's not the same level of win or success as if we had.

We can fall into patterns of self sabotaging behavior. We can let others walk all over us. There are a lot of sort of symptoms of this, I'm just trying to think of a few others... So we might become fearful of speaking our truth or living our truth. We can sort of feel this internal inauthenticity if that makes sense. Because although we're acting in a way that allows us to feel like we fit in, there are things that we're doing that are compromising our values on the inside, we might feel as if we're trying to bend or break to make others feel comfortable. And in doing this, we end up dimming our light or shrinking ourselves to fit in on a broader level in terms of how we feel in our lives. When we're doing this, we can end up feeling disempowered or limited.

Sometimes, we can also swing to this sort of other extreme where we appear outwardly overly confident. And this is serving as a sort of mask to mask these aspects of ourselves that we've hidden away. And in doing this, we might try to control everyone else around us in an effort to make ourselves feel whole or complete. And yet we're still stuck with the same situation, which is that we're missing pieces that are important to us.

You might be wondering, what are the benefits of self reclamation? Like what am I going to get out of this if I start doing this work? When we reclaim these lost aspects of self, we end up reclaiming our

authentic power. And this is not power in the sense of having power over others. Not at all that would actually be force. But this is power in the sense of igniting our divine spark so that we can live life with intention and purpose and honor ourselves fully and completely. It's essentially making ourselves whole in reclaiming what we've had in a way we then free ourselves from the consequences of those lost pieces of self and we reap the benefits of the new we reclaimed pieces. So in this way, the perks are sort of twofold.

How do we begin to identify what we've given away or hidden away? One of my favorite ways to figure this out, and one of the most powerful ways to identify what you need to reclaim personally. In other words, the aspects of yourself that you've hidden away, is to examine the traits or characteristics that you most admire in other people. So these are the qualities and others that you find to be the most magnetic and captivating, it could also be the qualities that you find to be most attractive as well, in terms of personality traits, that is, what we admire and others is often an indication of what we need to reclaim within ourselves.

I will use myself as an example here. So for instance, I've always admired people who bravely and humbly use our voice to speak their truth, these individuals prioritize their truth and their voice above their desire to be liked, or to be accepted. In I have always found that to be such a magnetic quality and people. I also admire people who can behave in completely goofy or silly ways in front of almost anyone because they don't fear rejection. Whereas I have always tended to be more of an observer. And I will put myself out there completely and fully when I trust someone, and when I feel connected with them, but I struggle to do that. And I hide away the sort of silly or goofy aspects of myself, if I'm not completely comfortable in a situation, or I fear that I might be judged or rejected, I guess, in other words, and to sort of broadly summarize my feelings about this is that I admire those people who have the courage to be disliked, and those who have freed themselves from the limitations of needing to be accepted by others. I admire those people who don't shrink themselves to fit in. And this is the aspect of self that I've been working to reclaim for a very long time. I've come a long way. But there's still more work to be done. And I think this will be something that I'm working on throughout my life. But I'm very aware that this piece is missing, it's not missing completely anymore, because I have done so much work to reclaim it. But it's still not complete or whole within me. It helps when I do things like this. So this as I'm putting myself out there in podcast form, because it forces me to accept that it's impossible for everyone to like me or what I have to share. And yet I'm doing it anyways, because it's important to my soul. It's still terrifying. I mean, that doesn't take away the scariness of it, but I'm doing it anyway. And in this last month, I've I've felt more vulnerable and exposed and I have in a long time. And yet this work lights me up. So I keep doing it. Because I'm continuing to do this

work. Despite these feelings. Despite these fears, I'm reclaiming more of this aspect of self that I'm missing. So the one that has the courage to embrace the unknown territory that comes with vulnerability.

Something that I've been thinking about a lot lately is that we're all viewing each other through the lens of our own story, which means we're going to play a different character in everyone's book, right. And I can either choose to hide myself away in an effort to remove myself from the story altogether. Or I can briefly step out and stop caring how I fit into other people's story.

There's a concept of spiritual mirrors that's applicable here. So moving on from my example, let's talk about this for a moment. I also have a blog post on this, but I'll briefly summarize the idea here just to get you thinking.

So there are three different spiritual mirrors of perception. One mirror reflects back to us what we are, the other reflects back to us what we judge, and then a third mirror reflects back to us what we are missing. And this is the one that applies to this conversation today. So whether we've given it away or had it taken away, or have hidden it away, this mirror is showing us the aspects of ourselves that we need to reclaim. This idea comes from a thought leader, Gregg Braden if you're familiar with him. So he offers a very powerful example of this particular mirror, the third mirror which shows us what we're missing. He notes that if you've ever felt really powerfully attracted to another person, despite being in a committed happy relationship, this is an example of the mirror of what's missing at play. So the person you're attracted to has the quality that you've lost, you've given away or had taken away. Of course, this experience is not limited to romantic attractions. We can be powerfully magnetized by others in a completely platonic way as well. To get in touch with this more you can think about the people you admire or revere from a distance perhaps through social media, and try and reflect on what qualities they have, that you're drawn to like, what is it about those people that makes them so magnetic to you. And there's wisdom there in terms of what you might need to reclaim in yourself. This happens because we want to be complete. And so we end up subconsciously searching for the pieces of ourselves that we've lost throughout life, in hopes of making ourselves whole again.

This is the same reason that opposites attract, because the other person's qualities, fill in the gaps and spaces within us that have been created through this process of giving away or hiding away, finding in a significant other or partner, what we've lost in our self can, for a time allow us to feel whole or complete. It's sort of this illusion of completeness, though. If you think about the famous quote from Jerry Maguire, You complete me, in reality, this idea of completion coming from someone else, some external force outside of

ourselves, is merely an illusion until we do the work to reclaim these aspects of ourselves from within. As the relationship continues on, and we acclimate to it, or feel habituated, essentially, that lacking or missing feeling then washes back over us. At first, we're distracted by the sort of passion and excitement that comes with that newness. But as that begins to fade or more so as we attenuate to its newness, those feelings of incompleteness and washing back in and coming back over us.

When this happens, we can either internalize the feeling and recognize what's going on. So bring awareness to the fact that, oh, there must still be pieces of myself that I am missing, or I've hidden away, and I need to reclaim or we can continue to externalize the feeling and sort of be completely unaware of the missing aspects of self and then continued to search for them in other relationships or externally. And so we end up just continuing the search to find wholeness or completeness, not realizing that no one outside of ourselves, and nothing outside of ourselves will ever be able to fill in those gaps completely, wholly and for a period of time that endures. It's a temporary sort of fix. And it's not until we do the work to reclaim these aspects of self from within, that we truly begin to heal the root cause of our discontent.

So how do we reclaim these aspects that we've given away or hidden away, the first thing to do in this process is to know what you need to reclaim, we can't heal what we don't notice. And so that's why this awareness of what needs to be reclaimed is the very first step in doing the reclaiming itself. In addition to looking at what we admire or find so magnetic about other people, one of the most powerful ways to begin to identify what we need to reclaim is to journal and respond to a variety of different prompts to really get us thinking about these things from different angles. I'll include a long list of potential journal prompts in the show notes, so be sure to check there. Of course, once we know what it is that we need to reclaim within ourselves, then we start working to reclaim those aspects.

And the methods that you use to reclaim those lost aspects of self are entirely dependent on you. This is a very personal thing, because it depends on your experience and what you're working on. But to get you thinking, I'm just going to share a wide variety of ideas, and just take what resonates and leave what doesn't. So let's get into these now.

The first one is to familiarize yourself with your limiting self talk. Whenever I think about limiting self talk or limiting beliefs, this idea of weeds comes to mind. And it's because limiting beliefs are sort of like these weeds that get planted into our subconscious. So as they grow, they begin to take up more and more space in our conscious mind. And as they do, they overtake the landscape of our lives. And they're wrapping themselves around all the foliage or plants that

we've intentionally chosen to put there. And no matter how much we nourish and water, the plants we chose to seed they'll always be stifled by the overgrowth of the weeds right or they'll always be stifled by the overgrowth of our limiting beliefs. Something to ask ourselves is what has our inner critic been programmed to say on repeat. And this comes back to this idea of negative self talk being the egos way of sort of hitting the brakes on our souls desires. So our desires for evolution change growth, it does not like that. And so it hits the brakes. You can think about a situation where you were maybe going to do something new or out of your ordinary routine, and it was something that you genuinely wanted to be doing but then your mind started up with it sort of naysayer ramblings to convince you to stop when it does this. What is it saying in these instances? So a few common limiting self talk phrases are things like you're going to embarrass yourself or who are you to do this or what if you know insert catastrophe happens for this isn't something that you Do like you're not the type of person to do this, or so many people know more about this than you, you don't have anything to add. When we familiarize ourselves with our limiting self talk, we then create the space needed to notice it when it comes up. When we notice our limiting self talk, as it comes up, it gives us this distance this vantage point to actually observe it for what it really is. It helps us sort of zoom out in our perspective. And from that wider vantage point, we can see the limiting beliefs for what they really are, which is just the minds naysayer, ramblings to keep us safe or keep us from getting hurt. And from that place, we can then choose to act or do in spite of it, because we realize that this is just the you know, the inner critic talking and we don't have to take it at face value, or we don't have to buy into the stories that it's telling us. It gives us this distance to see it for what it really is. When we see these beliefs from a distance, we can also then become curious about them, and begin to think about why in the world. This chatter runs through our minds so often, and who put these thoughts there, and where are they coming from?

Our limiting beliefs are usually the result of subconscious programming. So they're the sort of like weedy byproducts from the subconscious that grow into the conscious mind and start affecting what we want to do there. So the subconscious mind accepts and embeds everything that the conscious mind does not actively reject or challenge. So it doesn't really have the discernment capacities to reject or challenge beliefs that get passed on to it by the conscious mind, if that makes sense. So it just must accept everything that goes down to it. And as children, we're not very discerning, because we just don't have the experience to be so so we tend to consciously embrace everything that is impressed upon us, right. So we are actively challenging a whole lot that comes into our mind in terms of beliefs, and values, things like that. So this is why limiting beliefs tend to be so sticky, because they've been with us for a very long time, they were planted into the subconscious, when we were very

little, to begin to free ourselves from limiting beliefs that have been with us for a very long time, we first must bring awareness to them, and then shift them over time by constantly evaluating them. So getting really discerning and challenging the thoughts as they come up. So this is why that distanced vantage point is so helpful, because if we don't notice them coming up, then we can't challenge them. Repetition is really the key to shifting anything at the subconscious level. And we should always be evaluating our beliefs, especially the ones we hold about ourselves. So think about these things as they come up. It's like, where did that come from? You know, why am I telling myself this all the time? Why am I telling myself, I'm this type of person, I'm not this type of person, or telling myself, well, you can't do that, who is saying that? It's this sort of inner critic, and it's these limiting beliefs that are telling us that but we're the ones who are consciously choosing to listen to those things, and buy into those limiting beliefs. And until we start to notice that they're merely limiting beliefs that are playing on repeat, because they've always been there, then we aren't able to challenge them. But once we notice, we can get curious and we can really start to push back on them. And because they were formed through repetition, we need to repeatedly challenge them, in order to start to soften them, remove them, essentially weed them out of our mind. Similar to this idea, but different.

Another method that we can use to begin to reclaim these lost or hidden aspects of self is to normalize unlearning, as much as we normalize learning. Just as we learn to grow and evolve, we must also unlearn to grow and evolve, we can observe the inner critic, embrace her concerns, and yet do just the opposite of what she tells us to do. So if you haven't listened to the episode titled Fear-apy, be sure to give that one a listen because it's really helpful here.

Another method would be forgiveness. Sometimes self reclamation requires us to first forgive, before we can really start to reclaim and this could be forgiving ourselves or forgiving someone else. This doesn't necessarily have to be externally expressed forgiveness as then you don't have to go around telling or you don't have to directly tell someone that you're sorry, although it certainly could be. It also doesn't mean that we need to condone poor behavior or forget about it, or that will allow people back into our life who aren't good for us. Definitely not.... none of those things. Merely that we're working to release any resentment that we've been harboring and really holding on to something that's helpful to think about here is that we can be motivated to forgive not because of others need for our forgiveness, but by the compassion we have for ourselves, holding on to the energy of unseer misdoings from someone else is punishment of its own sort. It gives continued power to the person who hurt us. And it disempowers our ability to heal.

In the book, The Four Agreements, if you're familiar with that, Don



Miguel Ruiz says, talks about knowing that you've truly forgiven someone when you can see them or hear their name, and no longer have an emotional reaction. So if there are people in your life that you cannot see or hear their name, without just feeling like that sinking feeling or anger come up, or whatever it might be, there's probably still work on forgiveness to be done there. And that will help free you to move forward and then begin to reclaim hidden aspects of self that might be associated with whatever situation that person was involved in. This is not true for everyone. So you might not have any forgiveness work to do in order to reclaim lost aspects of self. But I wanted to mention it because it is true in some circumstances.

Another idea for self reclamation is to start to connect with your younger self. So what does your younger self desire for you, if you're someone who finds it difficult to give yourself what you need in this moment in time, like if you feel guilty, or as if it might be selfish, to take time for yourself to really do this sort of work, then this can be a particularly powerful way to break through those feelings. Because when we think about our child self, like, like really get in touch with her, like envision who you are, maybe is like, six or seven or eight year old, it can help to actually take out a picture of yourself too. If you get in touch with that part of you, it's easier to connect with the desire to heal to repair, and it's almost like you're a parent taking care of that person, even though it's you, it somehow gives us this different vantage point. We need to care for ourselves even more than we need to care for other people. Because it all comes back to how we treat ourselves. And everything that we do for ourselves then ripples out and affects our relationships with others. And so it really is a selfless act to care for ourselves. But sometimes we get lost in this idea that we don't have time or that it's somehow selfish. It can be easier to motivate ourselves to change when we connect with our inner child because we see her innocence and have this desire to uphold her dreams and values.

Another important aspect of self reclamation is to release the relationships that no longer serve us. This is especially true in those relationships in which we find ourselves constantly having to shrink or bend or even break to make the other person comfortable. If we find ourselves constantly compromising our authenticity, or giving away our power to someone else, that relationship is probably not serving our highest good. It's to our benefit to let it go and absolutely to our detriment to hold on to it. So honor and know what is acceptable to you and what is unacceptable.

Another idea for self reclamation, is to sort of embrace fluidity and even a bit of contradiction, and also release the sort of ego identities that inhibit us. Another way to look at this is to sort of write our story in pencil, so and know that it's okay to change. It's okay to erase and release what no longer serves us, so that we can then pencil in something new or something that we've lost or

misplaced. So often the things that we do, and the things that we think, are merely products of habit, not necessarily because we've intentionally chosen for them to be there or to be that way, when we make some sort of change to our behavior, we often fear that others will judge us because the shift won't fit in with their idea of who they think we are. So we have to sort of give ourselves this freedom and the permission to change because no one else will do it for us. And we have to learn to release the idea that we need to conform to fit in with who we've always been. So it's sort of giving ourselves the permission to surprise others to recognize that if someone is uncomfortable with these reclaimed aspects of ourselves, it is their responsibility to work through that discomfort and not ours.

Another method is to meditate to move beyond the sort of analytical mind and into the subconscious. About 5% of the mind's patterns are conscious, and the other 95% are subconscious habits, behaviors, beliefs, or unconscious. And because of this, it can be really challenging to consciously change, limiting beliefs, patterns and habitual thoughts because they're buried deep within the subconscious. All of these things are so tied to the aspects of ourselves that we need to reclaim because we've hidden them away or lost them through the voice of our limiting beliefs or that inner critic, meditating to induce a theta wave brain state is a powerful way to shift subconscious programs and patterns, theta is the easiest to access in the morning and in the evening. So keep this in mind if you're choosing to meditate for this purpose. I have a meditation for releasing limiting beliefs that my website so I'll drop that into the show notes if you'd like to check that out.

Another way to reclaim lost aspects of self is to become playfully curious. So try out new habits or identities and don't take anything too seriously including yourself. Give yourself the freedom to explore whatever your soul calls you towards. And embrace what resonates and release what does it without guilt.

Another method is to prioritize your feelings. Take responsibility for your emotions, while at the same time knowing that the emotions of others are their responsibility. In other words, make it your job to act in alignment with your inherent values, and realize that it is not your job to make yourself fit into the confines and limitation of everyone else's. This means working to not take anything too personally, whether it's a criticism or a compliment, really, even in instances when we receive constructive feedback from someone we can receive it without personalizing it, if we're conscious about it. So we can then work to improve ourselves without creating some sort of limiting identity out of those criticisms. Along this same line, don't take the egos ramblings, so personally either especially not it's limiting beliefs. Be an observer, not a believer. From this distanced vantage point, we began to realize that what we experience in the external world is a reflection of everyone else's perceptions of self.

And we're all just sort of tossing our perceptions of self at each other. And again, it goes back to that same idea of, we can't control the character or the role that we're playing in someone else's story. But we can control the role that we're playing in our own.

The 10th and final method, which is one of my favorites, is to engage the power of imagination. So imagine the whole or complete version of yourself, the one with all missing or hidden parts completely reclaimed, you can sort of close your eyes and visualize who this person is. What does her energy feel like really get in touch with that? Think about how does she feel inside? And what does she radiate out into the world? Is her authenticity magnetic? Is it powerful, what like really get in touch with what this feels like? In that meditation that I mentioned that I have on my website, the one for limiting beliefs, I actually walk through this exact exercise. So definitely give it a listen, if this is calling out to you, and something that you're interested in. You can use this to visualize yourself as you want to be. And this is the idea of starting from the end first, and it ties a bit into the law of attraction. So the idea that thoughts become things. And when we powerfully envision the end result, the howl begins to reveal itself gently to us. And so we don't have to force anything, we can just envision it and follow the breadcrumbs and take action on those as they sort of manifest before us. Visualization is also a very powerful way to affect the subconscious mind. And again, with the subconscious, we can't think our way to changing our subconscious beliefs, but we can feel our way there through visualizing the desire result, and using the imagination.

I'm going to stop here for now, but I love to continue this conversation in the future. This is one of those things that can seem somewhat obvious, and yet it's incredibly easy to overlook the profound impact that it has on our lives.

As always take what resonates from this episode and leave what doesn't. Be sure to check the show notes for journal prompts and questions as well as for the link to that limiting belief meditation.

Thank you for being here, sweet soul. I hope you have a beautiful week and I'll see you or chat with you again next Tuesday.