



The Natural Self: Earth Mother's Whole Body Wisdom

By Lynn Bieber

HANTA YO! Clear the way for Spirits Magnificent. A bold, energetic questing of Spirit is called forth as we explore "Earth Mother's Whole Body Wisdom," the vehicle for the Natural Self.

Deep within each of us is a core consciousness called Self. This Self is connected to our Source and can assist us as we learn to express our own unique gifts. The natural progression is one of individuation. Individuation requires a unifying vision of one's self and the world and demands you stay in alignment with this vision. It means you can stand alone in your identity. I call this "The Natural Self."

A strong sense of self, a core knowing that one is unique, capable, loving and evolving are some of the descriptive qualities of individuation. It brings with it a natural desire and ability to assist others in their individuation and magnificence. There is spontaneous joy and laughter and an inborn curiosity about self, life and others. There is a knowing that we are more than physical....that we are part of a much greater whole that is infinite, ever growing and ever evolving.

Every person is important and has special gifts to contribute to the world. Competition, greed and scarcity have become mastered and replaced with cooperation, abundance and appreciation.

Individuation involves doing that which you love to do. Recognizing what you can't not do translates into the definition of your natural genius. Planning your life to support the expansion and expression of this genius leads you into your magnificence.

There is no such thing as "roles" when one is individuated. One is simply one's self at all times. Titles are dropped because of the desire to be real and equal. Titles make it easy for others to give away their power to the "expert." They can act as outer definitions of a person and make the title bearer less real, less approachable.

Individuation leads directly into partnering and is based on health, not pathology. Persons that have reached a particular stage of individuation are constantly seeking simpler, more effective ways of doing things for everyone's highest good. Individuation contains multiple levels of developmental processes and is never ending. It leads one into community and creativity.

The Natural Self is the psychology of the individuated personality. As a person individuates, their own essence vibrates with greater intensity, others are attracted and easily increase the resonance of their own essence. The energy of individuation attracts, invites and interacts with the essence of others, which in turn, gives others more freedom and permission to express their own Natural Self.

Connecting and dialoguing with our expressive powers frees the Natural Self and releases us from the constrictive, binding forces of our cultural beliefs.

Two of my favorite quotes:

"GOD DON'T MAKE NO JUNK!"

"WITHOUT YOU, GOD IS INCOMPLETE!"