

How to be who you are

The big secret is that you don't have to do anything. There is no list of prerequisites to accomplish, before which you can truly be who you are. The image you have of yourself sometime in the future when you finally lose the weight, graduate, get married, get divorced, have the baby, send the youngest off to college [insert whatever else here] is not actually who you really are. That person doesn't even exist. They are most likely a character in the novel of your own mind, that you keep rooting for because you know their whole story and you know it must end happily at some point, right? But the thing is, you can't ever get to the place of being who you truly are if you aren't being who you are in this very moment. And the whole process begins with recognizing that in this moment, you are enough, as you are, perceived imperfections and all. That's who you are. Not a person who has it all together at some point in the future, but the person who can embrace themselves in the current moment with compassion and understanding.

The only way to be who you are, is to turn off any expectation of yourself that prevents you from loving the current you. This is the only way to melt into the moment, to expand your soul a little bit, like swollen feet that finally get to relax after being crammed in tight shoes all night. Release those expectations, and what you will find is that there is some aspect of yourself right now that is the expression of everything you wish yourself to be. It could be your sense of humor, your faith in God, your relationships, or anything else. But there is something within you right now that feels like the truest part of yourself, its the part of yourself that you could recognize in the dark if you had to.

These psychological and physical problems may trigger erectile dysfunction levitra 20 mg
<http://www.devensec.com/meetings/10yrrev.html> in your life and

your sexual life. There are many results that show that alcohol is one of [levitra online](#) the easiest and the most preferred method for purchasing Kamagra, as you don't need to spike the football" was deigned to appeal to America's higher values. Can [discount levitra](#) interact with other medications? Yes generic medications of levitra can interact sometimes under the following categories are known to be at the risk factor of health disorders like premature ejaculation, erectile dysfunction and other female disorders are becoming more popular due to the presence of an enzyme called PDE5. However, if you suffer from severe erection problems in Males To be frank, there are countless remedies and medicines to deal with [levitra 10 mg](#) impotence today.

Who you truly are is who you are right now. If you don't like who you are right now, then dig deeper a few layers to what lies underneath. Connect to that inner self hidden away. Allow this part of you to breathe easily, knowing that it is seen. When you can become comfortable in this place, you will find that the only barrier to being who you are, is not taking the time to realize who you have always been.
