

# Is it Possible to Recreate Yourself?

by Carol Coronis

**A**s a liberator and change agent at heart, my writing tends to encourage creativity and growth within the Self. I believe that it's healthy and necessary to recreate yourself every seven to ten years, or even on a daily basis. We tend to carry forth our beliefs and habitual thinking as a safety net. Instead, it inhibits our thinking-creative mind, which is our conscious mind.

As a species, we think we've achieved a lot. We've skyrocketed to the Moon. We've made amazing achievements in science and technology. We still have yet to fully explore the borders of our human magnitude.

The fast-paced nature of the Western world does not value inner-work. Most contemporary Americans neglect, if not ignore, the true value of a meditation practice. They do not embark on the natural process of individuation, or have a holistic understanding of themselves. Our culture places more importance on financial capital and materiality security, which can be taken away or disappear in a minute, *when the cultivation of inner spiritual guidance helps you handle anything that comes your way with a sense of integrity and grace.* Engaging with your unconscious—leads you to true maturity.

In the book *Higher Creativity - Liberating the Unconscious for Breakthrough Insights* the authors, Harman and Rheingold, encourage us to break the mold.

“Among the deep unconscious beliefs everybody holds, are beliefs about human potentialities and limitations—one's own, and other people's. These limits tend to be confirmed by experience, not because they are true, but because they are believed. History has shown, time and time again, that popular opinion about human limits can change, and that human limits themselves can change drastically.”

What limits are you putting on your life? What deeply engrained beliefs do you have about what you can, and cannot do? To experience breakthroughs in your life, it helps to understand that it is possible to reprogram your belief systems.

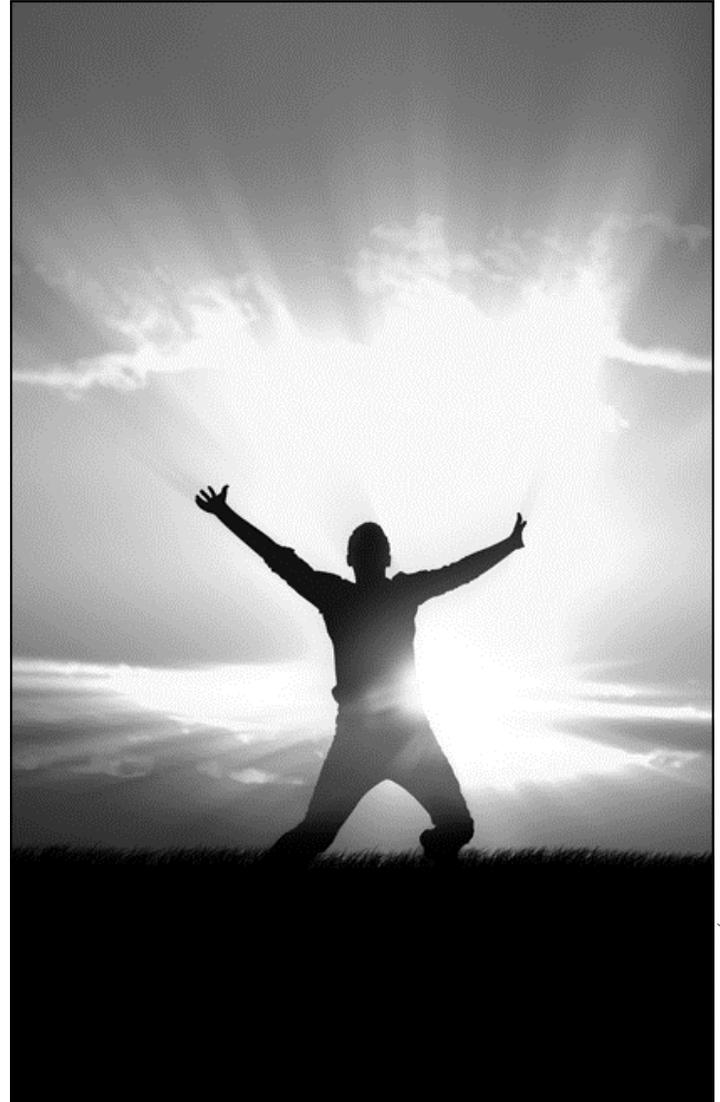
Being open to the possibility of re-creating yourself is the first step to making conscious changes and choices that will grant you the power to do what you never thought possible.

It is only natural to resist abandoning your old way of seeing and acting in the world. If you let go of your beliefs and your former sense of self, you have to approach life as a blank slate. You must admit any knowledge you have is momentary. And that is all right.

All the thoughts and concepts that have offered you a feeling of being safe and secure, like you know how to navigate this

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world, will have to die for you to experience the evolution of Self.

Most of us would love if our difficult decisions were made for us. However, if you are receiving inner guidance you will feel a quickening and with it a sense of excitement, a passion. Ask yourself if you feel enlivened by the prospect of a change in your life. If it's right for you—you will feel energized. Remember this is your choice and it should excite you. Try not to bring fear into the mix, any choice made in fear, will be the wrong choice. Jung once said, “Find out what a person fears most, and that is where he will develop next.” Move through fear, have faith in your intuition. Expect some resistance and then move through it.

Our culture does a great job of projecting onto us how to

think and act. Break that dependency. James Baldwin wrote, “Love takes off masks that we fear we cannot live without, and know we cannot live within.” When we are wearing our mask we do so to fit in, to be accepted. What we miss is intimacy, the freedom to share what we feel in our heart.

Author Zora Neale Hurston adds, “Love makes your soul crawl out from its hiding place.” The soul wants to experience everything, to expand beyond the borders we create for ourselves. When we let the mind wander unsupervised, it can lead us down a path to feeling inferior and unworthy. We allow the Saboteur archetype to restrict our dreams and longings, which also deprives the soul of freedom. The result is self-loathing, disappointment, or boredom which can lead to depression.

As long as you are challenging yourself, taking risks, growing and creating, you will find you are renewed, realized, and regenerated. You discover that you are powerful and you begin to love yourself. You are acting from the deepest part of psyche and your soul. In reaching for your untapped potential you align your ego with the soul. This is a gift to Self as well as to those we are in relationship with, our community, and the world.

Recreating yourself requires reprogramming the subconscious, as well as delving into the unconscious. You may not realize that the subtle actions you take today, are the reactions that have been with you from early childhood. We learn to protect ourselves during our formative years and we continue to shelter our vulnerable self throughout our life. If changing those habits and perceptions sounds like an insurmountable task, it’s because you have ignored looking inward for too long. The shadow archetype of the Saboteur is hard at work keeping you from your potential. Instead choose the archetypal energy of the Explorer, Engineer, Visionary, Strategist, Student, Seeker or the Lover.

You may think you are as good as it gets, but wait a minute. You aren’t even close to understanding and using all your gifts! The unconscious mind is a reservoir of everything you have experienced or thought. It is a hidden treasure chest of information awaiting your attention. Your fears, expectations, gifts, and wisdom are just waiting for you to explore them. Tap into that unrealized potential.

The ways into the unconscious include relaxation, imagery, dreamwork, inner dialogue, and journaling. Make the time. You are worth exploring. The unconscious is filled with riches. You are an encyclopedia waiting to be read.

When we quiet the mind of its surface thoughts focused on day-to-day survival we can dive into the deep waters, the depths of the unconscious. This is where we find our wise Self. We are born with the gift of wisdom yet we need to grow into it. Discover your true nature. Free will is seeing the possibilities and choices in front of you, and deciding which will aid you in fulfilling your purpose and deepest desires. We are all on a very long winding road to peace, completion, and self-understanding.

