



Sibella Circle Member & Visionary Leader

CREATING YOUR LIFE

Being Your Authentic Self

By Corinna Stoeffl

A Benevolent Leader knows who (s)he is. What do I mean with that?

Most of us grow up with the projection of our parents, members of our extended family, teachers, family friends - you get the picture - of who we are and how we are supposed to be. How did you deal with them? Did you rebel against them or did you agree with them? No matter what, these projections had a major impact in forming who you are and what your life is like today. Do you know what is really true for you? Now imagine your life 10 years from now. Can you actually enjoy YOUR life or are you living the life others told you you can have or should have?

Now imagine waking up in the morning with a sense of gratitude. Imagine feeling really good about yourself and not needing to prove anything to anybody. You know who you really are, free of others' projections. Knowing what is true for you frees you to choose what makes it fun for you to be alive.

Being you is not about succeeding as you or doing anything better. It is about the energy of you, whatever that may be. It is different for each person. When you are being you, you stop being at the effect of the world around you. How often do we attempt to deal with being at the effect of the world by creating a predictable life, by being in control of everything? How much energy does that require? How much judgment do you have to do in order to decide if you are doing the right thing? How much space is there in your life to just have fun?

I had my share of projections, not only while growing up but also during my marriage. To that I added my own assumptions as to how I was supposed to behave as a woman, a wife, a mother. These assumptions were a composite of the projection I bought as being correct and true. During the past years, I took classes which allowed me to become aware of all that. Now, I am stepping into a level of freedom, of awareness, an ability to ask questions, to create the life I would like to live. I have drastically reduced my level of self-judgment. I am not just alive, I really enjoy my life. Life has become an adventure, every day is an adventure if I am willing to be present with what is and not hide behind a pretense.

Being You is a gift available to everyone who chooses it, no matter what age. What if Being You could be fun? What if there could be ease in your life not matter what? I am teaching a one-day and 1.5 day class called the Being You Adventure. The classes provide tools that support you in being you.

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<p>Being in Awareness</p>	
<p>Corinna Stoeffl, Owner and Coach</p> <p>'Out of the Box'</p> <p>LIFE COACHING</p> <p>Being in Awareness gives people the means to change their views of how life works, so they can have the freedom, joy and success they desire.</p>	
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Wisdom comes only when She is wanted and welcomed. Desire Wisdom. Understand, She is always there; waiting for each of us with all the bounty of the Universe in Her arms. But it is only when we surrender to her divine knowingness does She yield Her resources. Ask Her for assistance daily. ~ Sibyl English, founder of Sibyl Magazine

