

## INTRODUCTION

The idea:

***Living authentically:*** your unique truth is *energy* deep within you; it's the quiet yet persistent pull of your deepest longing ... energy that wants to express itself through how you live your life. Its voice is so naturally ***you*** that you may have missed it altogether. The potential to live from this innate essence has always been inside you, yet may have become hidden underneath a host of lessons, assumptions and beliefs you've come to think of as the real you—but are not.

***In a world that would rather you didn't:*** society doesn't want you to think for yourself or stand out from the crowd. Taking personal responsibility represents a threat to a culture of social acceptance, consumerism and compliance. Your unconscious mind doesn't want you to think for yourself, either. That's a threat to old lessons and assumptions about how life, and you, are supposed to work, the validity of which the unconscious mind *believes* keep you free from danger. In fact, the more you *do* stand for your authentic truth, the *greater* the pressure you experience to stop.

This book is about learning how to place your *trust* consciously in ***your own inner truth*** rather than **unconsciously** in the ***external world***, a world, by the way, that is more *dissatisfied* and *untrusting* than ever. As the quote above suggests, how do you learn to trust your wings?

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***Trust consciously ... in your own deepest truth, rather than unconsciously ... in a clueless, distracted external world.***

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