



INSPIRATIONAL LIVING SERIES

Who is the Mysterious Stranger Within?



Because we live in our bodies 24/7/365 days each year, it would seem that we would be intimately familiar with ourselves, and yet, nothing could be further from the truth. Truly knowing the mysterious person we call “self”, is a lifelong journey, and the quality of our life depends on knowing and befriending the *Mysterious Stranger Within*™.

Who is your Mysterious Stranger? What does she most want? How does he show up in the world? How does she experience life? What is he known for? Who is she known as? If you are curious about yourself, answer these questions.

The evolution of yourself personally and professionally demands exploring your *Mysterious Stranger Within*™. It is a deep dive into really knowing yourself. It is about:

- Discovering and living your life purpose... why you are here and what are you meant to express.
- Identifying and living your values (what is most important to you) ... not the values you inherited from your parents, but YOUR true values.
- Knowing what drives your decisions, behaviors, thoughts, and feelings.
- Exploring your limiting beliefs that create self-sabotage, along

with your inspiring beliefs that create a satisfying life.

- Embracing your intrinsic worth and claiming your full authority for your life experience.
- Getting behind YOU to care for YOU—your body, mind, emotions, and spirit.
- Gaining clarity on what you think and feel about your past and your future, and how that past and future is affecting your decisions and how you experience life today.
- And more...

And why would you want to do that? Simply put, with this profound awareness, you will have enormous choice about your life and how you experience it. You will be in alignment with your full integrity and love yourself from a very deep and authentic place.

Consider coaching as a path for this exploration. [Click here](#) to learn more about what coaching with Chris means.

[Click here](#) to receive my blog and enjoy my ongoing series about *The Mysterious Stranger Within*™... *Emerging Your Best Self*.

*The bud stands
for all things,
Even for those things
that don't flower,
For everything
flowers, from within,
of self blessing,
Though sometimes it
is necessary to
reteach a thing its
loveliness,
To put a hand on the
brow of the flower,
And retell it in words
and in touch
It is lovely
Until it flowers again
from within,
of self blessing
~Pema Chodron*

