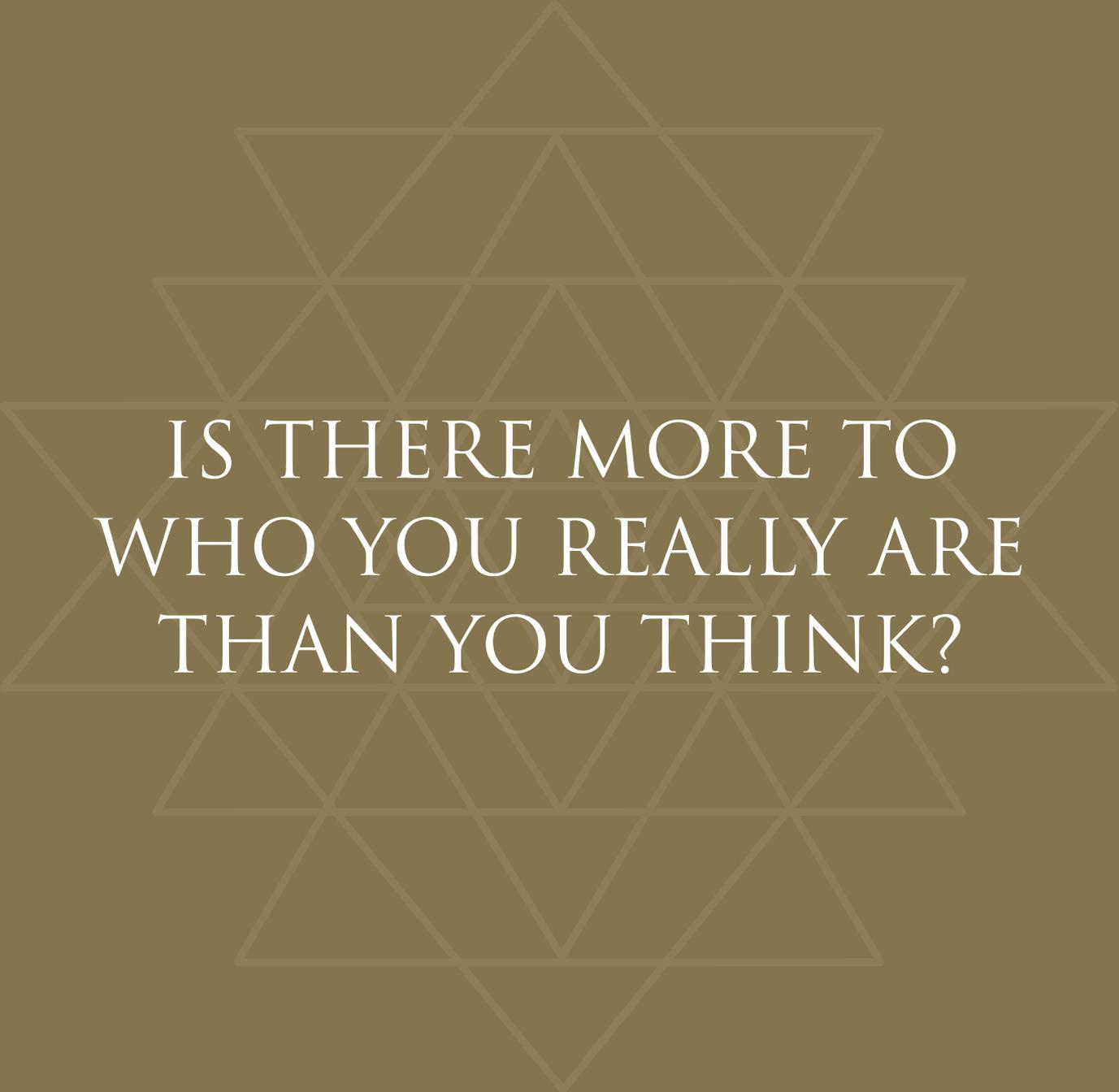




THE
SILVER
TENT



IS THERE MORE TO
WHO YOU REALLY ARE
THAN YOU THINK?

By Francesca Cassini





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We talk about discovering our true or real selves, but how do we know what that is, what that looks like, or even how come that isn't who we are now? Does that sound a bit woo-woo? After all, aren't we our real selves all the time?

I would dare to suggest that we are not remotely our true selves most of the time. In my experience we are a product of so many ideas, beliefs, assumptions, perceptions and projections, I am surprised we don't implode with the weight of all these labels and judgements.

Are you feeling at all indignant yet? I remember I hated the thought I may be unreal, inauthentic and that, somehow, I was the regurgitation of lots of other people's ideas about who I was and who I "should" be.

But let's explore for a moment what I could mean and you can see if it has any validity for you...

Have you ever wondered what your parents thought when you were born a little girl? In the 1970's and the 1960's, and back to the 50's and before, there was still a substantial amount of inequality between the genders and women were, on the whole, home-makers, the primary parent, and the wife. How did your parents' beliefs about women influence you? ... think back as far as you can to how your father treated your mother. Did he expect her to perform all the household chores, did he expect her to dress for him, did he expect her to live according to his rules? And what did your mother think about men? Did she think they were the main earners of the household, that she was subservient to him, and that a woman's place is in the home? Who looked after the money? Some women had to ask for money from their spouse and never had direct access to a bank account at all.

Whatever your answers are to the above, how did they shape the way you perceived your place in the world, your role and interactions with men, and your abilities? Many of us conformed to what our parents' beliefs were and some of us rebelled but, whichever option we chose, we were reacting to the beliefs of the time. Do those beliefs express what our true nature is? Absolutely not. They only express what the beliefs were in the society we grew up in at that time.





Let's explore what happened at school and how your years there influenced you. Did your teachers find out what your natural abilities and passions were and help you hone those, or did they try and shoe-horn you in to what the syllabus had to offer and what the educational system wanted as results? What about your peers? Did you share your deeper feelings and passions or did you conform to feel accepted and acceptable. What did you learn about boys and love and sexuality? Did you ever consciously explore who you were (and are) in relationship to this subject?

And what about the media and its influence?

The more we can recognise how many people influenced our behaviours and decisions the more we are able to see that this 'me' or 'you' is a cleverly created construct, designed to create our own 'safe' spaces in the world.

If you have chosen a course of action, either to conform or to rebel, you will not be living the truest version of you.

If that triggers you, that's wonderful. You know you are beginning to take hold of a tiny little thread and have the power to unravel it.

If this makes you feel vulnerable, that's also wonderful. Vulnerability allows us to be open to new ideas, and is actually a great strength.

Beneath all the ideas we've taken on board and woven in to the 'me', I show the world, is a treasure chest of gifts to discover. And we're going to journey together to do just that.

There are innumerable chests filled with treasure on the ocean bed waiting for courageous divers to find them. This exploration will show you a glimpse of how to be the diver in your own ocean, so you can reclaim your treasure. You see it was always yours in the first place.

Let's raise a glass to claiming your birthright as a wise elder woman.





HOW TO CHECK IN WITH YOURSELF...

You can check in with yourself about whether you are being true to your deeper self, and whether you are letting your true self express itself:

**Do you feel in your element?
Or are you in your comfort zone?**

They may feel very similar but they are distinctly different in essence.

My comfort zone is everything I have learned and experienced. It's comfortable because I know it as well as the clothes I feel most happy wearing... but when I am in my element, however I choose to express myself, will feel natural. Time may feel like it's standing still and, even if a challenge arises, I will choose to explore it when I am living my most authentic life. In fact I may even seek those challenges out, knowing that this is what brings every cell in my body to life.... Like the mountain climber or the diver or the writer or painter or horse rider or singer or chef if they are following their heart's true calling. This is where we excel but we may not think of it as anything extraordinary or unusual because it can be as easy as breathing for us. The sense of satisfaction which comes from doing what we love is beyond price.

Sometimes we hear that following our hearts is an easy thing to do. In a way it is because it's our natural state. What we're often not told is that it can also be scary. When I let my heart have its voice, I will no longer be conforming to others' expectations. We have chosen to be individuals, stepping away from being like everyone else. We may well be motivated to take a path which pops our heads above that parapet, becoming more visible. So we should all be prepared to feel the resistance and recognise that might not mean that pulling back is the 'right' action to take. Sometimes this resistance shows us how important this path is to us, how meaningful.





WHAT DOES OUR INNATE WISDOM FEEL AND LOOK LIKE?

This time in our lives is the most exciting, as we can let go of the pull of our 'identities' and begin to focus more on what our hearts are calling us to do. And as we follow this calling, our own wisdom will reveal itself more and more - at least to others, if not to ourselves. In fact just take it as read that our wisdom will be expressed... it can't not be expressed when we are being true to ourselves.

Just take some time to watch nature and see how everything expresses itself so perfectly. A horse, or a crocodile or even an insect can't pretend to be something other than itself and, if we watch closely, we will see each one expressing its own innate wisdom. If we take the humble spider, we can watch in awe as it weaves its intricate web, not only an expert way to stock its larder, but using its own silk which is five times stronger than steel of the same diameter. If we take that as an expression of natural wisdom what could our individual wisdom be when we discover it?

Whatever point we are at in our lives, whether we have journeyed through menopause years ago, are just embarking on that journey, or have yet to begin this particular natural phase of our lives, this is the perfect time to explore who we have been, as individuals, who we have become and who we are becoming...

This exploration creates a 'completion' in our lives. It draws a line in the sand between who I am now and who I'll be next... not from a fabricating kind of a way but from an unlayering kind of way. This is where we can start to unpick the identities which we may have believed were the sum total of who we were, and rediscover the shining jewel of our own hearts, the real you, the real me, where the wild, wonderful and wise elder women reside most powerfully.





Here's a valuable exercise you can try.
Take a piece of paper and, at the top, write:

Step 1: This part of my life up till right now is complete.

Step 2: Ask yourself: what you've learned and how have you transformed throughout your life, right up until now? Be as honest as you can with yourself (not the same as being as harsh as you can be). Look at the positive qualities as well as the negative.

Step 3: What have you created throughout your life - look at the smallest things as well as the big things like children or a business.

Step 4: What is it true for you to let go of in your life? This can be a challenging thing to ask yourself but allow the answer to arise naturally.

Step 5: What would you really love to do next? Keep going until you get that rush of excitement and inspiration... when you feel that energy course through your body no matter how tired you are and you feel yourself either 'lock on' to the idea or maybe even quail at the audacity of it.

Let this be the beginning of a blueprint to reclaim your wise elder self.



If you have enjoyed this exploration come and join us for free in **The Silver Tent** and consider becoming a paying member of **Silver Synergy** where you can attend live online calls to explore more of this kind of journey in to your true nature, and run the above exercise as an intuitive journey to dive even deeper.

You can attend an online course called **Claiming Your Wild Wonderful and Wise Elder Self**, exclusively for members of The Silver Tent and, when our restrictions have been lifted, I also offer retreats.

Join our free Facebook group.
Become a **member** of Silver Synergy.

