



## I Am the One



Your time is now to claim the truth of your gifts. Stop everything and simply breathe.



“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep yourself open and aware to the urges that motivate you. Keep the channel open. ... No artist is pleased. [There is] no satisfaction whatever at any time. There is only a queer divine dissatisfaction, a blessed unrest that keeps us marching and makes us more alive than the others.”

from The Life and Work of Martha Graham

We are each unique and gifted in ways that, without a conscious determination to remember, we may pursue our gifts as though they are not something we already possess. Your time is now to claim the truth of who you are. Stop everything you are doing and simply breathe. Allowing yourself to settle, enter an internal state of reflection. Breathing, no time, just the breath and your settling body.

“According to the readings, the soul, basically creative in nature, longs to find self-expression. In fact, the essential question repeatedly posed by the soul might be: Who am I? This question is addressed in infinite ways as each soul chooses specific experiences to meet itself. The soul gains firsthand knowledge not only about its own identity but also learns how choices lead to certain experiences. In time, soul experiences and acquired knowledge will lead to wisdom. Inevitably, wisdom will lead to compassion and eventually love will be the end result. At this point, the soul will know its individual identity as well as its true relationship with God. The soul will



have come to understand that its primary essence and God's are one and the same, LOVE.”

— Todeschi, 1998, p. 6

## Practice

You are being recognized by family, friends, and a group of your peers. Prepare a short acceptance speech that is genuine and true and from the heart — indicating that you recognize the truth of what they recognize in you.

You are preparing to reveal and celebrate yourself with these people:

## Prepare

1. The message that you are going to deliver.
2. How are you prepared in your body, what are you feeling?
3. Where are you and who is with you?

## Story

Tell a story that you know to be true about yourself that encapsulates your genuine self.

1. Consider how you came to the recognition of who you are.
2. What teachings or teachers helped you along the way?
3. What did you realize that sets you apart from others?
4. What unique gifts do you possess?
5. How are you currently expressing them?
6. How are you hiding them?
7. Who is your audience and what do they already recognize about you?
8. Generate 10 adjectives that feel true about you.
9. Make a declaration of how you intend to actualize these gifts as you move into the future.

**Begin today to live into these realizations.**



*"This is the extraordinary thing about creativity: If you just keep your mind resting against the subject in a friendly but persistent way, sooner or later you will get a reward from your unconscious.*

— John Cleese

## Reference:

Todeschi, Kevin J. (1998) *Edgar Cayce on the Akashic Records*. Virginia Beach: A.R.E. Press.

## Links

- Navigate to <https://www.ushipatel.com/> and order her Personal Brand Guidebook. Begin today to work through her guidebook and if so inspired, reach out for support from her and her team.

**Image courtesy of:** Timothy Dukes, taken in Sausalito CA. January 22, 2019.

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*