WHO ARE

YOU REALLY?



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Overview

Who Are You Really?

Do you know who you really are? Not your name, gender, race or religion. But do you know who YOU are?

Introduction

Many aspects of who we are could be shaped by our parents, environment, country, religion, and other external influences. However, these factors do not define the true authentic self.

Nearly all of us have been indoctrinated in some form or another. Our very school system, which was influenced by officials who believed it was important to learn how to read and write primarily for the purpose of reading the Bible.

Literacy is valuable; however, religious purposes should not dictate personal education.

Perhaps you feel a sense of being lost or misplaced within yourself. Do you ever feel like you are inside yourself, but observing from the outside? If you are interested in exploring the deep longings of your authentic self, I can guide you on that journey.



About Me/Bio

I am a person who believes in heart to heart, spirit to spirit contact. Many times, you will not see my picture splattered everywhere over social media, or anywhere for that matter. I was a middle child, so of course we are the ones with the least family photos.

Many people say first appearances are impressive. It is impressive. But what type of impression? In a world drenched in façades, it is difficult to sort the authenic from the fake. Therefore, I will now reveal how I occupy a part of myself in this world. I am an author, self discovery advocate and activist. I have a graduate degree in Counseling and Life Coaching. I have walked along side many people through my life. I have engaged in such positions as working with organizations that help people. I have been both mentor and coach in many of these positions.

I have had the the rewarding opportunity to implement former Texas Governor Ann Richards' initiative for workplace quality, using a method modeled after the Japanese Kaizen philosophy, at the General Land Office in Austin, Texas.

Did You Choose You?

If you were to go out to dinner and before you could look at your menu, the waitress sets your plate on the table with food that you did not choose. It would be my guess that you would not be pleased. Likewise, often we do not get to choose what we want in life because someone or something has made that choice. In a nutshell, the problem is that many people do not know enough about who they are and what it means.

The Worse Part

To some people, allowing someone else to define who you are and living like a robot may seem like an easy way to go through life. However, we are not robots. There is something deep inside you that senses when something is not quite right.

You may have visits to your physician with physical complaints that seem to be undefinable. It has been said statistically that many of our issues are stress related. This could be worse than having a slice of chocolate cake every night. Furthermore, depression which leads to mental illness is not a good way to live.

Whether it's vague dissatisfaction or full-blown depression, these are signs that you are not living the life you want and you are not being your authentic self. Too many people live their entire lives playing out someone else's script.

If you're reading this, I know you want something better for yourself.

A Light Shining In Dark Places

There is hope. There is always light shining in our paths. The sun lights the day. The moon and the stars give light in the night. You must ask yourself, are you content? If you knew you could find those answers that you dared not verbalize, but believe there could be an answer, then there is hope. I can assure you that self discovery is a road worth traveling.

Leverage Is Vital

One of the definitions of leverage in the Cambridge English Dictionary is: "to use something that you already have to achieve something new or better."

Partnering with me can give you leverage. My many years of personal experience of trials and errors can be utilized in your journey. Although I am educated and have book knowledge in many areas, it can never supersede real life experiences.

I am an advocate and an activist for self discovery. For me, this is not just a career but a calling. One valuable realization I've had is that I was "born to do this."

TESTIMONIALS

Although I could fill this page with many testimonials. I decided t choose three people to give me testimonials. These testimonials represen various stages of life.

D. Ray Moore.

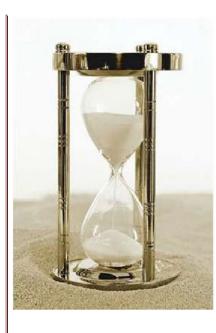
Throughout my life as an adult I have gone through many disappointments. I lost my first wife through a divorce. I lost my second wife of 28 years in death. Two years later I lost our dog that we had together for 16 years. I moved to Houston Texas, a very large city at the age of 62 years old after never living anywhere else. I did not know if was going to survive this pain until I met Ms. Aki. Ms. Aki has truly been my forge in my journey, and I am so very grateful for her guidance.

Ms. D. Denise Rivera

Ms. Aki has coached me in several stages of life. I am now 26 years old I have a clearer vision on the path that I want and need to follow.

Rock Ali / Sound Engineer / Producer

I am a 40-year-old Navy Veteran. Ms. Aki has supported me in variou paths in my life. I cannot express the gratitude that B.L. Aki has given me through the support and tools she provided.



Timing

I know it might sound cliché, but it's true; there is no better time than now. Keep an open mind about learning more about yourself.

If you've read this far, you already know that you want to create change in your life. You know something feels wrong and you carry that conflict within you. It's both unsettling and uncomfortable.

But it doesn't have to be that way.

You were born to do more. But where do you start? How do you dig down through the layers of other people's expectations and find your true self?

On the next page, you'll find some easy and fun exercises to help you start your journey of self-discovery.

Check List or Action Plan

- 1. Write down 25 things you are good at and love to do.
- 2. Write down your perfect day, starting with waking up and describing your bedroom, where you live, what you would have for breakfast, who would be there...
- 3. If you could do anything in the world, what would you say is your true calling?

If you aren't sure what your calling is, that's okay. If you know what you want to do but don't know how to get there, that's normal.

I work with people just like you—some who know where they want to go and others who need to dig a little deeper.

If you find these exercises useful, I urge you to take the next step and this one is easy, too.

Let's talk. I'd love to offer you a complimentary 30-minute discovery call to go over what you have written and see where that is leading you. You'll find that I am a great encourager!

Contact Information

To learn more about what we do and experience real life transitions, please visit our website: beeaki.com