

This affirmation may sound odd when you listen to it for the first time, however, it is one of the most profound truths about who you really are. It is extraordinarily empowering.

Since the dawn of human civilization sages, philosophers, and spiritual masters have taught, *as you think, so you become*. But it is only now in the 21<sup>st</sup> century that real scientific evidence for this statement has emerged through the studies of quantum physics, which makes life take on a whole new vision.

It inspires a deeper way of inquiry that challenges you to find out why it is that you may think the way you think and what conditions have arisen to make you feel that way, and then you can find out ways to change them. Asking yourself these deeper questions opens up new ways of being in the world.

When Neale Donald Walsch makes the affirmation “I am what I say I am and my experience is what I say it is”, he empowers each and every one of us to question and become aware of who we really are, instead of repeating what all the other people of our lives have been saying about us since we were born.

In the same manner, the way you automatically perceive your experiences is dated because it is intrinsically connected to who you thought you were. In other words, you are able to create your interior reality as well as your exterior reality in the way you choose.

In therapy we will bring awareness to the layers of your Self that do not serve you anymore. They were constructed by others. Then you can re-create a healthier, authentic You. No one can decide that for you. There is no ultimate reality than the reality you are creating for yourself right now.



Neale Donald Walsch is a modern day spiritual messenger whose words continue to touch the world in profound ways. The *Conversations with God* series of books that emerged from his deep spiritual connection has been translated into 37 languages, touching millions and inspiring important changes in their day-to-day lives.