

A person wearing a white shirt is sitting in a wicker chair. They are holding a book in their hands. On a table in front of them is a white cup of coffee. The background is a soft, out-of-focus indoor setting.

TRUE SELF MANIFESTATION

How To Tap Into True Self

True Self is just another name for our authentic self, our higher self, our intuition. when we are in True Self we are open to the Universe.

TRUE SELF

— *coaching - alignment - abundance* —

MANIFESTATION

Welcome

Hi there!

I'm Angel Minuto, and before we get into this workbook, I wanted to introduce myself to you.

I am a licensed Clinical Social Worker (LCSW) and Certified Clini Coach® I have years of experience in all things Internal Family Systems/Parts Work, manifestation, and a whole bunch of stuff in between!

True Self Manifestation is my passion project, combining my therapy expertise and love for manifestation. I use an Internal Family Systems, Parts Work approach to help you:

- Tap into your True Self energy.
- Help you recognize what parts are sabotaging your manifestations.
- Learn how to begin working with these parts.
- And MANIFEST the life you've always wanted!

I want to give you a big thank you for purchasing this mini course! I hope you get so much out of this!

ANGEL MINUTO
TRUE SELF
MANIFESTATION

TAP INTO TRUE SELF

Goal Setting

What you will get when you learn how to tap into True Self

01

True Self is another name for our authentic self, our higher self, our intuition. When we are in True Self, we are open to the Universe. We are open to receive what the Universe has to offer.

02

When tapping into True Self we intuitively know we are on the right path, or that we need to go a different route all together. When in True Self we find meaning and purpose in our lives, free from the noise of past programming and conditioning.

03

We develop an understanding to what is going on in our internal world. We become Self-Led, with the parts navigating instead of taking over. True Self is in control. True Self can also give those parts the things they've always needed.

04

When we are in True Self we no longer function from a place of fear, anxiety, past traumas, limiting beliefs, expectations. We can filter through all of this and be in the present.

HOW TO KNOW IF YOU'RE IN TRUE SELF

The 8 C's

In Internal Family Systems, the 8 C's are used to see if you are in True Self energy. You don't need to be in all 8 at once, even one is enough!

1. Curiosity
2. Calm
3. Clarity
4. Connectedness
5. Confidence
6. Courage
7. Creativity
8. Compassion

In other words, are you feeling open? Open to possibilities? Open to what is coming up for you at this moment?

What does it feel like?

What does it look like when you're in True Self? What does it feel like?
Can you remember a time when you felt one or more of these 8 C's?
Felt openness towards something? Let's explore that!

Think of a time where you felt any one of the 8 C's. When was this?
What was going on?

As you are remember that time, write down how you were feeling, emotionally
and physically. Get very specific here.

Practice True Self

Think about that time you felt like you were in True Self, now really notice it. Notice how you were feeling. Can you feel it again right now? What does it feel like? Maybe you feel relaxed? Maybe you noticed less tension in your body? Maybe a little tingly? Possibly less “noise” in your mind? This is True Self!

If you are noticing other thoughts and feelings that aren't the 8 C's, these are parts. Anxious, angry, sad, shame or guilt. These other emotions are parts. If you notice these, or other emotions beyond the 8 C's, no worries, just write it down!

What does it feel like
when
you are in True Self?

What other feelings are
you noticing?

Our Parts

Our parts are what block us from our True Self or from listening to our intuition. Often times, fear and anxiety can pop in and talk us out of what we intuitively know is right.

How I do know it's intuition?

A great way to find out is to notice if there is a feeling around what you suspect is intuition.

What is that feeling?

Often times we think it's intuition, but really it's anxiety.

People confuse anxiety with intuition all the time.

There isn't a feeling with intuition, it's a knowing.

It'll come in like it was meant to be there, there will be a calmness to it. And calmness is one of the 8 C's of True Self.

After we receive this intuitive knowing, or hit, this will be where the parts come in. We might notice anxiety, overwhelm, fear.

Our parts are trying to keep us safe. They have positive intentions.

But they are working from past traumas, programming, conditioning, expectations, and pressures.

This is why it's important to know when it's

True Self and when it's a part.

By being able to differentiate between the two, we gain clarity, and we are functioning from the present moment.

Not the past.

Feeling Disconnected?

Sometimes it's difficult to access True Self energy because we are so disconnected from our thoughts, emotions, and bodies.

Connecting to ourselves, our True Selves, is one of the keys to manifesting.

We can't co-create with the Universe, nor can we work with parts sabotaging us if we are not connected to ourselves.

When we are connected, we gain valuable information, insight, awareness, leading us to a fulfilling life.

Here's a mindfulness exercise that I have been teaching for years! I call it a Mindfulness Check-In!

It only takes a couple of minutes and I recommend doing it 3 times a day.

Mindfulness Check-In:

Take a breathe

Then ask yourself these three questions::

- 1.) What am I Thinking right now?
- 2.) What am I feeling emotionally?
- 3.) What am I feeling physically?

By doing this a couple of times a day you become aware of what is going on inside of you. You regain that connection back with yourself

3 Action Steps

The key is consistency. continuing to practice tapping into True Self, understanding the difference between a part and your intuition, and reconnecting to you is not only important in manifestation, but throughout your daily life. So follow these action steps to keep you intune with your internal world!



01

Any time you are feeling disconnected, do the Mindfulness Check-In to reconnect to what is going on inside. This includes tapping into True Self energy.



02

Notice when you are experiencing one of the 8 C's. Try often to recreate this. Mindfulness and meditation can also be helpful to tap into True Self. But so can a walk in nature, or a shower.



03

Begin noticing your parts. What are they doing? What are they afraid of? Can you reassure them? Let them know you can handle what is coming up? Ask them to step back if needed.

Next Steps

01

Practice tapping into True Self and start writing down those intuitive hits. Ask yourself, can you act upon them? Know that the Universe wouldn't give you something she didn't think you could handle.

02

When in True Self, start talking to the Universe. What it is that you want to manifest? Tell her. Then pay attention to any signs or clues that will point you in the right direction. Tune in with yourself to notice if you are in True Self or it's a part. Keep building that trust muscle.

03

Want to learn more about your parts? How to build a relationship between the parts and True Self? Watch the video included in this mini course, utilize the guided meditation, and worksheets!

Notes

Use this section to keep track of those intuitive knowings or hits
that you are getting from the Universe.
Follow them and see where they lead!