

Be You

THE AUTHORITATIVE
RESOURCE GUIDE

CIRAK



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Introduction

Welcome and thank you for your purchase! I'm excited that you're taking your journey of self-realization seriously and hope that this workbook will be instrumental in expanding your self-awareness.

If you are currently reading *Be You – The Journey of Self-Realization*, this workbook is the perfect companion to help you process as you complete each chapter. The content is structured identically to the main book, so you should have no issues orienting yourself. If you have already read *Be You*, or for those who want to skip ahead and focus on doing the work, this workbook is the perfect refresher. All 51 chapters of the main book are neatly summarized to allow quick, daily reads, augmented by insightful and thought-provoking prompts to support you in your daily journaling practice.

Just like *Be You*, the choice is yours as to whether to read the chapters sequentially or just have fun picking out a topic that resonates at any point in time. There is no need to obsess about whether all sections are completed. Only spend your time on what is useful and resonates.

Finally, I would like to remind you that there is no judgement in this process – toward yourself or others. It's about reflecting honestly and authentically, and working through any stuck feelings that might be limiting you from living your best life possible. To that end, there are additional journaling pages provided at the end of this book to capture any insights about topics not covered in the exercises.

*IMPORTANT: This workbook comes with guided meditations and other online resources referenced throughout the exercises. They are instrumental for you to maximize your personal growth. To access these resources, visit **cirak.com/resources***

I look forward to supporting you in your personal expansion. If you ever have questions, are looking for reading buddies, or just want to share your experience, visit cirak.com and look for the many different ways to reach out and join the community.

Much love,

Cirak

PART I

The Essentials of Being You

The Journey

This section discusses how unique we are and how this is intentional by design. We're supposed to be unique and bask in that uniqueness. Each and every one of us has been gifted with our very own blueprint. This blueprint resonates when we encounter situations and opportunities that are a vibrational match, showing us the way as we move through life. But while we often feel this inner longing for authenticity and purpose, we don't always stay connected to it. Ultimately, we must learn to be open to all possibilities, see life as a continuous process, and give situations the space to play out.



Have you ever experienced a deep sense of your own uniqueness? Perhaps while looking in the mirror or spending time in nature? A moment when you actually see yourself and feel your uniqueness. Can you remember any times this has happened in your life? If so, list them, and for each one, close your eyes and remember the moment in time. How did things look, sound, smell, taste, and feel?



One of the block quotes in this chapter reads: "Who you are is already perfect. It's how you see yourself that gets in the way of your perfection." What comes up in you when you hear this? What does this statement mean to you?



Where does this longing to be more authentic come from?

Where do you feel it in your body? What situations usually bring it out in you? And why is it so difficult for you to stay connected to it? Go within, feel into it, and bring back that sense of connection to yourself.



When you reflect on your life journey, where does your mind go first? To your successes or failures? The lessons or the letdowns? The good times or the bad times? Notice to what degree you are inclined to celebrate yourself versus criticizing yourself.



Your Inner Voice

This chapter is about listening to and responding to your inner voice. This voice is not a mental voice but inner wisdom. When we listen to our inner voice, we make decisions that align with our truth. Things flow easily, and we feel radiant, confident, and fulfilled. Conversely, when we go about life without following our intuition, we make poor decisions, and friction builds up. Then, one day, we wake up and wonder how life got so complicated. Ultimately, our true wisdom resides in our bodies, not our logical minds.



Have you ever had an experience where you sensed you went against your inner voice? What were the circumstances, and why did you decide not to follow your intuition? Was it perhaps fear, lack, or people-pleasing? Or something else altogether? How did you feel afterward, and what was the outcome of the situation?



Have you ever experienced a full-body 'yes' in response to an opportunity? How did that feel? Close your eyes and connect to the sensations in your body. Lock in this feeling.

Your Headspace

This chapter discusses how the barrage of outside voices diminishes and negates our inner voice. We get conditioned to see and label the world in polarities, such as “good” or “bad” and “right” or “wrong.” When we listen to so many other voices and rely on constant comparison for our worldview, we reduce our life possibilities and potential to hear—let alone follow—our inner voice.



Can you identify some of the “barrage of outside voices” in your life? These may be messages from family or friends, from society or culture, from a religious affiliation or philosophy. List a few of these and note which specific messages resonate with you and which don’t. Which ones serve you, and which ones don’t?



What strategies, if any, are you currently implementing to stay out of your headspace so you can focus inward more often and leave outside voices echoing in the background? How are you nurturing your mental, spiritual, and physical well-being? Where can you do more?

Thought Awareness

This chapter suggests a gradual and incremental practice of focusing inward that can help us break away from our attachment to our thoughts. Through a simple breathwork exercise, we realize we are not our thoughts and feelings and that our worries only exist when we live in our heads.



Set a timer for three minutes. Find a comfortable position, and focus all of your attention on the touch of your breath at the entrance of your nostrils. Whenever you notice your mind has drifted, re-focus your attention on your breath. Do this and then continue reading.



*How did it feel to realize your mind is constantly drifting? Was it frustrating, or did you accept it? Notice how this is the same mind you've used to navigate life. Include the exercise in your daily mindfulness practice. Gradually increase the duration to five minutes, then seven, until you can comfortably sit for ten minutes daily. Mornings and/or evenings are best. Visit the **Online Resources** page mentioned in the Introduction of this book and do the 12-minute "Thought Awareness" guided meditation.*



What are your most consistent "what if" and "should have" thoughts lately? Write them down, close your eyes, and take a full minute to observe each of those thoughts.

Filtered Reality

Our expectations and the stories we tell ourselves impact how we see the world. No two people experience the same situation in the same way because everyone has their own set of filters through which they interpret what is happening. We end up comparing what's happening to what we think *should* be happening, causing us tremendous unhappiness and stress because the reality we experience feels limited and unfulfilling. But by establishing a meditation practice, we can begin to understand the unlimited possibilities available to us. The greater our thought awareness, the more open we are to seeing the actual reality of what's in front of us, which is full of aliveness and newness. The fewer filters we have, the better our decisions will be.



After reading this chapter, are there any filters you can identify through which you interpret life? Is there a story you've been telling yourself (about failure, lack, or not feeling good enough) that may not be true in reality but has quietly influenced how you see things?



*Visit the **Online Resources** page mentioned in the Introduction of this book and do the 12-minute "Thought Awareness" meditation. This is your go-to daily meditation to create awareness around the filters of your mind.*

Separateness

Trying to control life leads to a feeling of separateness. By constantly judging things as "right" or "wrong," we create a sense of distance between ourselves and the things we judge. But the moment we come out of our heads and connect to our bodies, the separateness dissolves, and we feel more united.



As you go through your day, notice how whenever anything enters your field of experience, you immediately rate it, judge it, or analyze it. Next time, make an effort just to see things as they are. Instead of judging, look for and examine the details. Let your senses pull you out of your head and into the present moment.



Our judgments are always a reflection of ourselves. Think of a few people that get on your nerves and write out your judgments of them. Next, think about yourself. Are any of these faults you find in yourself? Could you think of alternate stories for those who get on your nerves that may help you to see their actions in a different light? Perhaps they have a sick family member or are otherwise under stress? Then, turn it around. Are there any ways you can forgive and find compassion for yourself for having these judgments?

Stuck Feelings

In this chapter, we learn how feelings can become trapped in the body—either because we resist negative feelings or try to hold onto positive ones—and how we can learn to release them through non-reactive self-observation. The key is to understand that our feelings and our reactions to our feelings are two separate things. Once we learn to observe our sensations, we can release any energy stuck inside of us.



Spend 5 minutes journaling about a difficult situation you're currently dealing with, something, or someone you feel triggered by. You don't need to analyze, just describe what happened and how you feel about it.



*Next, look for where you feel activated in your body, put your unbiased attention there, and just observe. Examine the shape, size, and intensity of the energy. Notice if a color comes up for you. Keep observing and notice any changes. If you do this correctly, you will notice the stuck energy fading and perhaps dissolving completely. Visit the **Online Resources** page and download the "Full Energy Clearing" guided meditation.*



To learn more about identifying and releasing stuck feelings, visit **cirak.com** and consider attending an upcoming workshops or retreats.

Triggers

Even though it may seem the opposite, triggers help you heal and give you insight into yourself. Of course, growth is uncomfortable, but it's much less intense when we stop resisting and accept that this is how life works. This chapter helps you see yourself in everything that happens because everything that happens is a reflection of how you see it.



List the top 2-3 triggers in your life that annoy you or depress you. Can you connect the trigger to a story from your past? Or perhaps it represents a part of yourself you don't like? Or maybe it's about you trying to control your future? Reflect openly and honestly on what the root of your trigger is.



*Next, visit the **Online Resources** page and do the 23-minute "Trigger Release" meditation. Make sure you are in a comfortable place where you can be uninterrupted. Bring this journal as reflective writing is part of this exercise. Headphones are recommended so you can really tune in. Releasing your triggers should be a regular part of your daily mindfulness practice. The longer you wait, the more buried the reactive energy gets.*

Clear Action

In this chapter, you learn that your reactions to the world around you reflect the stuck feelings you carry and that action based on reactivity only leads to confrontation. However, action based on your inner voice is free of distortion by your personal narrative. As a result, your mind stays clear, and you can take clear action from a calm, authentic place.



Write down an example when you took action based on reactivity? How did this feel in your body? How did you feel about this afterward? What was the aftermath?



Can you think of a time when you took action from a place of inner knowing? How did this feel in your body? How did you feel about your decision afterward? Were you happy with the results of your actions?



*Do you wish you could stay out of reactivity entirely, but it happens so quickly that you don't know how to prevent it? To come out of reactivity, do the 51-minute "Body Awareness" meditation from the **Online Resources** page. This meditation re-wires your nervous system to no longer react. Change is very incremental, but lasting. For maximum progress, do this daily.*

Self-Realization

This is the process of realizing who you are right now, moment by moment, and becoming more authentically yourself. Acceptance is a big piece of this, as you cannot move forward if you fault or resist yourself in any way. It's also about learning to appreciate past mistakes as growth opportunities, as they have led you down the path to recognizing what's true for you and what isn't. This chapter helps you internalize that there is no such thing as a direct path. Rather, detours *are* the journey.



Reflect on something from your past that you criticize yourself about. To what degree are you still holding on to negativity or judgment? To what degree are you able to see the learning lesson in it? How is this situation forcing you to grow and become a deeper, wiser person? Do one example for yourself and one for someone else you've previously judged.



Are there any situations you can think of where you're not as authentic as you could be? Are there ever times, perhaps at work or with family, when you don't speak up or go along with something even though you feel it goes against who you know yourself to be?