



Handout: Trust Yourself & Follow No One

Tools to help you understand True Inner Authority

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This guide will help you discover the root of your negative feelings and thoughts through understanding the "Authority Problem," and connecting with the true inner authority that resides within you.

The Authority Problem: What It Is and Why It Matters

- **The Core Issue:**

We resist God's authorship of our lives. This resistance causes us to look outside ourselves for answers, leading to doubt, fear, and dependence on others instead of dependence on God. God is our True Authorship and we are safe and loved in Him, yet we doubt it and pain results because of it.

- **Key Symptoms:**

- Relying on external validation (teachers, leaders, or societal expectations).
- Judging or comparing yourself to others.
- Feeling disconnected from your true purpose and identity.

How to Solve the Authority Problem

1. Understand Your True Identity

- **Who Authored You?:**

You were created by God as a being of love and light. Your ego creates a "self-concept," but this false self is limited and untrustworthy. True trust comes from recognizing the Self that God created and accepting it as True for You.

- **Affirmation:**

"I am as God created me."

2. Break Free from False Authority

- **Patterns to Watch For:**

- Placing others (gurus, teachers, leaders) above your inner guidance.
- Seeking “specialness” or believing anyone is “better” or “less” than you.
- Judging or comparing yourself to others.

- **How to Break Free:**

- Empower yourself by discerning teachings and trusting your inner guidance.
 - Recognize that all beings are equal reflections of God’s love but that beings who have untrained minds will often make mistakes
 - Follow texts that talk of a love that is unchanging, a vision that is whole and a way that brings peace. The trustworthy texts are the ones that do not contradict themselves.
 - Follow and choose teachers or leaders who admit when they make mistakes and take corrective action to change things in order to demonstrate inner transformation
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3. Practice Listening to Inner Guidance

Try these exercises to strengthen your connection with your inner authority:

- **Walking Exercise:**

Go for a walk and ask your inner guidance for direction. Turn where you feel led and trust the process.

- **Driving Exercise:**

Drive without a set destination, asking your inner self where to go. Be open to unexpected insights.

4. Daily Practice to Connect with Inner Authority

1. **Quiet Your Mind:** Find a peaceful space. Close your eyes and relax.
2. **Visualize:** Picture a calming color representing your true authority.
3. **Affirm:**
 - *“I need no external authority; my true authority is within.”*
 - *“My true authority is love, and I accept it now.”*
4. **Listen:** Ask, “What do I need to know to deepen my trust in my true authority?” and remain open to answers.

Key Takeaways

- True inner authority is your connection to God's love, always available within you.
 - Avoid falling into authority traps—no external person or concept can replace your inner connection to God. External persons are helpful and supportive on our path but not meant to replace critical thinking.
 - Practice asking and then listening to your inner guidance. When you follow the prompts in your heart you will learn that its trustworthy and your trust will increase when you see that it works
 - “Ask and receive!”
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Resources for Further Study

- **A Course in Miracles (ACIM):**
Chapters on "The Authority Problem" and "Self-Image versus Creating."
 - **Your Next Step:** Watch the video: *“What is Salvation?”*
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Remember:

You are as God created you—whole, worthy, and filled with love.
Trust yourself by trusting the divine guidance within.

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✨ Let love guide you always. ✨

Love, Britney Shawley
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