## What is Self?

Self is calm and peaceful, loving and open, compassionate and kind, curious and courageous, creative, connected and confident.

Self is the source of infinite wisdom, clarity, consciousness, our deepest Being, ever growing and ever evolving.

> The Goal ~ Self in the "seat of consciousness". Become Self-led.

> > The Survivor's Compass Anne Marck, LMT Copyright © 2018 Books in a Minute LLC All Rights Reserved www.annemarck.com