Evolutionary Emergence Coaching

# ACTIVATING PURPOSE, MEANING, AND ALIVENESS:

## A QUICK GUIDE TO UNIQUE SELF COACHING

www.evolutionaryemergencecoaching.com

# WHAT IS UNIQUE SELF COACHING?

Inner peace isn't found by letting go of your story—it arises when you embrace it fully.

Unique Self Coaching helps you discover the deeper pattern of meaning and purpose woven through your life.

Grounded in the work of Dr. Marc Gafni and Claire Molinard, it integrates psychology, spirituality, and evolution to help you move beyond ego into authentic aliveness.

When you live as your Unique Self, inner peace stops being something to chase.

It becomes who you are—an expression of love, presence, and purpose flowing naturally through you.

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# SEEKING WHOLENESS IN AN EVOLVING UNIVERSE

Peace isn't the absence of conflict—it's the presence of wholeness.

We live in an intimate, evolving universe, alive and creative through each of us.

When we forget this, we contract into fear and comparison—the root of stress and violence.

When we remember, we sense that *everything—including our differences—belongs to a greater harmony*.

**Your individuality is not separate from the whole; it is the whole expressing itself uniquely as you.**

We start to realize this life-changing truth by distinguishing between *the Three Selves*...

# 1. SEPARATE SELF

- The Separate Self is your egoic identity—the “I” who navigates, protects, and performs.
- It develops through healthy differentiation, but when over-identified with it, we live from fear, control, and comparison.
- Its mantra is: “I am what I achieve or what others think of me.”

*The Separate Self often feels contracted and disconnected from anything larger.*

# 2. TRUE SELF

- The True Self is pure being—your **essence** beyond all stories, roles, or personality.
- It is the spacious awareness that recognizes our oneness with all life.
- Its mantra is: “All is perfect as it is, just this.”
- Typically, we think this is where “peace” resides.  But what happens when we want to live our lives?  What happens to our desires?

***This realization is essential, but if we try to stay here, we dissociate from our own aliveness.***

# 3. UNIQUE SELF

- The Unique Self is the unique expression of the one True self, as YOU.
  - Your unique perspective.
  - Your unique presence.
  - Your unique gifts.
  - Your deepest heart's desires.
  - *Reality is having a unique experience as YOU*

- Unique Self blends individuality and oneness—it's the precise way your essence expresses through your perspective, your story, your desires, and your unique gifts. **Your unique story matters. You are intended and needed by life, by Reality itself.**

- Its mantra is: "I am a Unique Expression of All-that-is, with unique gifts to give in my circle of intimacy and influence."

*When you live from Unique Self, you act from love and creativity, not ego. You become the artist of your life, expressing the evolutionary impulse through your own distinct gifts.*

# WHY IT MATTERS

- **Authenticity & Purpose**: You stop performing and start expressing your innate essence.

- **Meaningful integration**: You blend the split-off pieces of your life story into one that truly matters. There are no ultimate mistakes.

- **Fulfillment**: Joy and meaning arise naturally when your actions flow from your Unique Self.

- **Wisdom and Skillfulness:** You can respond to any situation with whole-being intelligence.

- **Enables True Collaboration**: You can synergize with the unique gifts of others toward an inspired shared purpose.

*Unique Self Coaching activates a life drenched with meaning, purpose, and radical aliveness.*

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# A PRACTICAL EXERCISE TAP INTO YOUR UNIQUE SELF

1. **Pause and Breathe.** Close your eyes. Feel your breath soften your body. Let the noise settle.
2. **Remember a Your Aliveness.** Recall a time when you felt most alive, true, and free—giving your gifts to what was needed around you.
3. **Sense What Was Present.** What qualities and capacities were expressing through you? What felt effortless or joyful?
4. **Name the Essence.** Give words to that essence—perhaps “radiant clarity,” “fierce compassion,” “joyful truth,” or “steady presence.”
5. **Ask:** “How might this essence want to express through me today?” Let one small action or conversation arise from that inner alignment.

*Repeat often. Each time you do, you strengthen the bridge between your everyday identity and your Unique Self.*

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# WHAT'S NEXT..



If this guide sparked something for you, imagine the life that is awaiting you if you'd take up the path of activating your Unique Self?

As a certified Unique Self Coach, I offer a 6-Session *Activate Your Unique Self* program to launch your journey.

Schedule a free discovery call to learn more.

CLICK HERE

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