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Reinvent yourself as someone you can love

by [Sophie Benshitta Maven](#) — Category: [Activate Spiritual Capacities](#), [Expanding Human Being](#), [Get unstuck](#), [Raise your vibration](#) — May 22, 2016 [edit](#) [Click to comment](#)



You live in a world of your own design... Time to reinvent yourself as someone you can love

Your own design is like a [filter](#) you look through. You can't see the filter, just like you don't see the window unless you touch it...

A filter is like a pair of glasses...

A filter is also like a pair of glasses... They can be dark tinted, they can be yellow, green... and the world occurs differently with each pair of glasses. You can't see that it's the glasses that make the world look the way the world looks to you... unless you can take it off...

You can see only the ripples. The indication that there is something there...

It's the ripples that we don't like... we don't like the things we do, the things we think, the things we feel. We want to [change](#) the ripples. But the ripples are the surface of the iceberg... hidden, invisible...

But you can't change something that you don't know. You can't change something that you don't see.

We all want to reinvent ourselves, our world. Because what we have now is not working too well, not serving us too well. We can't have what we want, and we suffer.



But reinventing is a science, and it is not a "from the outside to the inside" thing.

It's exactly the opposite.

I have done two Reinventing Yourself workshops this week.

Reinventing is a skill... and a process, and something it is worth learning, it is worth practicing, experimenting with, because you have to live with your new invention.

Because no matter how you slice it, you always live in a world of your own design.

Your occurring world.

And your whole self... the being, the doing, the having.

Reinventing is not fixing.

Reinventing is not fixing. Whatever you are trying to fix gets into the "new you" and taints it. It is still calling the shot... and the new you will be a new version of what you wanted to fix. So fixing is not the path to a reinvention, to a new you that you can love, respect, and honor.

I am going to give you everything you need to know to successfully reinvent yourself.

Here are the steps to [reinvent yourself](#)

1. Step 1: Distinguish in detail who you are, the you you will start with, the one that you don't really like, the one that you hide, and the one that is making your life... not so desirable.
2. Step 2: Embrace it. Consider that there is nothing wrong with you. Like a child, when you say no to, when you try to change it, it will get you in the end.
3. Step 3: When you can totally embrace the old self, contemplate how the new invented self could be. Come from your natural inclinations, your strength in the invention of the new self. It will still be a lot of work to become that new self, but building on your strengths, it will be easier and more natural.

Now, I have worked with thousands of people, but I have never known anyone who could do this on their own.

This work is like digging for gold



Why? Because this work is like digging for gold. Between you and gold is a lot of dirt. And you need to safely discard the dirt to get to the gold.

Unless there is someone who can hold the dirt, you'll be stuck with it.

Dirt, in this work, is all the ways you are that devastate you. All the ways you are that you hate. All the things you do that you are not proud of.

I have a hunch that most people are so attracted to mind movies and other stuff, because they cannot dare to confront who they are and how they are... they want to jump to the dream, to the beautiful, to the rich.

But there is no jumping in the physical universe: you cannot defy gravity.

What goes up has to come down... The unattended and denied you will prevent you from having your dream life... sooner or later.

Another way to look at self and reinventing the self

You are born with a machine like self. It's predictable and consistent. It's called your [soul correction](#).

There is no life outside of the world "designed" by your soul correction.

It's like a prison, it's like living in a machine.

[The machine](#) does not care about you.

So what can you do?

With the work of reinvention, you can steadily enlarge your prison, the elbow room you have inside your machine.

Reinvention is like an artist creating a drawing. An artist does not stop at one drawing. An artist creates lots of drawings. And with each drawing the world becomes a little bit bigger.

Without work that enlarges the world, you live in a world that is more like a trench than anything else. One dimensional, and not fun.

The most important work is done after the work of reinvention: [allowing](#) a slightly bigger, a slightly

different world to show up.

I am sharing the method I used to take myself from a vibration of 85 to a vibration of 930.

Am I promising that you'll get to the same vibrational level where I am? I am not promising anything.

You'll get what you get.

Your vibrational level will be consistent with the number of times you reinvent yourself as a new person, the variety of ways that new person is, the amount of presence and work you invest in being that new person.

And ultimately the number of spiritual capacities you have to do the work.

Spiritual capacities, like curiosity, astuteness, awareness, patterns, creating mental representation, ownership, causing... remember, there are 160 capacities.

You, most likely, have five capacities. Maybe seven. And most likely you feel smart, and you feel that you can have everything you ever wanted with what you have.



The most frequent question I am never asked is this: how do you be that new person?

Because inventing a new self is only the starting point. The [seed level](#). Then you need to grow a full grown tree.

And unless you do it, you won't... duh.

I remember spending 10 hours straight distinguishing the [beingness](#) of brilliance and contribution.

It happened 29 years ago: I needed a job: I was desperate. Someone asked: why should they give you a job? I answered: I am brilliant and a contribution.

I was neither brilliant nor a contribution at the time, I invented it.[1](#)

The interview was the next day, so I stayed up all night. I stood in front of the mirror, talking to "the person in the mirror" because you can't do this work alone successfully.

I saw that having answers, talking much is not brilliant... Brilliant is not a result: it's a starting point, a way to look. A way to listen. A way to relate to things.

That what I already knew had nothing in common with brilliance, in fact brilliance comes from the willingness to look, to ask questions, to be there for the thing to show itself.

And I saw that doing good work, what I think is good, what I think needs to get done is not a contribution. Or helping... A contribution begins with what the job, "the other" wants and needs.

I saw that if I squarely put my attention, if I merge with what "the other" wants, I can be a contribution.

Instant result... and THEN month of practice

Next morning I got hired on the spot, even though I went to that interview after a night of not even getting to bed.

I practiced those two new beings for a few months before I tried my hand on "generosity"... "respect"... "authenticity"... Powerful, winner... all new invented selves.

Each time my vibration rose, and the prison got bigger.

One new element of my workshops, the inventing of a new self, is that I can now muscle test if the person, the participant has the capacity to be that new self. It's dangerous to assume that you can be anything... it is a lie.

You have the capacity to be some things, maybe even well, but you needs more capacities to be other things.

So beware... don't invent pie in the sky.

PS: In a call this morning I discovered what is the capacity that is missing to succeed in inventing yourself successfully and then be that new person.

I'll write an article about that...



"invent yourself and then reinvent yourself,
don't swim in the same slough.
invent yourself and then reinvent yourself and
stay out of the clutches of mediocrity.

invent yourself and then reinvent yourself,
change your tone and shape so often that they can never categorize you.

reinvigorate yourself and
accept what is
but only on the terms that you have invented
and reinvented.

be self-taught.

and reinvent your life because you must;
it is your life and
its history
and the present
belong only to
you."

PPS: here is an excellent quote

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? [Charles Bukowski, The Pleasures of the Damned](#)

FOOTNOTES

Some of the most important things are said here...



1. In fact I was a know-it-all, and a helping junkie... [

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