



# Life, Soul Being Soul without Drama: Discovering the Authentic Self

*Carrie Louise*

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## **Life, Soul Being Soul without Drama: Discovering the Authentic Self** Carrie Louise

Releasing Drama and Moving into Authenticity We, as humans being human, are living in a world of self-created drama. Because we are alive, and because we have our own personal histories, it is a given that the beliefs spawned by our histories are playing out during our present day. As children, we learned about family, religious, neighborhood, societal, and peer beliefs and associated drama roles. We assimilated and tried out the roles we thought might help us feel important, be loved, and keep us safe. As adults, it would be wise for us to explore our day-to-day beliefs, thoughts, and the resulting scripts in which we perform on a regular basis. When intuitively choosing one page per day, "Life, Soul Being Soul without Drama" will help each reader identify many causes and effects of drama and offer possible solutions for ridding ourselves of drama patterns that no longer serve the adult life of a seeker of peace and happiness. We can then live our authentic "Life, Soul Being Soul".

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