

You're Not Who You Think You Are

A Blueprint for Retrieving Your Authentic Self

by Albert Clayton Gauden

SEDONA, AZ (December 6, 2006) – In his new book, personal growth specialist and lecturer Albert Clayton Gauden shows you how to discover who you really are by moving the journey for selfhood to the world within.

At a time when so many are looking for spiritual renewal in a world plagued with worry, doubt and uncertainty, Gauden guides you to a place where you are able to take responsibility for yourself and face the false idols that block entry to the authentic self; to understand that the answers to your problems are where the questions are—within you. Lasting changes come from a searching and fearless moral inventory. Gauden breaks open the unsolved spiritual mysteries and lets you experience the freedom of self awareness. Learn to love you so you can love someone else.

You're Not Who You Think You Are is written in two parts. Book I – Discovering Albert, is how Gauden discovered his authentic self through a divine lesson plan. A recovering alcoholic for more than 26 years, Gauden's newfound sanity through sobriety led him to found and direct the Sedona Intensive, a clear and conscious process to discover the power within. Book II – Discover Yourself, takes you through the Sedona Intensive with poignant and joyful stories of clients who faced their demons and found deep, soulful healing—illuminating the path to a self-empowered life of joy, peace and happiness.

Albert Clayton Gauden is an internationally acclaimed author, speaker, and behavioral strategist who uses intuition and astrology in his practice. He is the Founder and Director of The Sedona Intensive.

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The brilliance of
You're Not Who You Think You Are
is the lesson plan for discovering who you really are.

Lesson 1: The Ego Is Not the Enemy

The ego is not an evil entity to be destroyed or avoided but a valuable aspect of us that needs to be reeducated. Unconscious and without boundaries, the ego is the part of our self that mediates between the world and our natural human appetites for food, love, self-esteem, sexual gratification, intellectual stimulation, and companionship. The ego is how we interact with the world to satisfy our own desires. Sometimes the ego serves us well. It helps us make our way in the world in a fair and conscientious way. But for most of our adult lives the ego gets way out of control—and gets us into trouble, big trouble. Problems for many of us arise because the ego, while on a worthy mission, has no sense of proportion.

Lesson 2: God or No God?

The Church told me that God was somewhere out there, wherever heaven was. God is within, just as the ego is a part of me. God is the creator of all, including the ego. God is permissive and will allow me to be as errant and mischievous as I want to be. However, I will pay the price by being isolated and separated from God.

Lesson 3: The Light Will Never Fail

Darkness is God's gift to us. Light can only be revealed from darkness. It is God's permissiveness that lets us turn away from his love and live in the kingdom of desire and darkness. As a parent needs for his child to learn from disobedience, God permits us to come out of darkness and into the light, enveloped in His grace.

Lesson 4: The Family Is the Karmic Mirror

There are no victims in the family clan. Whatever is your lot—from having unloving parents, to being born into poverty, having an illness, or being accused of something unfairly—you get what you deserve. There are no accidents. Everything and everybody you meet in this life is unwittingly helping you deal with what you have done to others in this life and past lives. Everything you have ever done will come back to haunt you and divine law requires that you amend your behavior. What better way to know what those deeds and actions are than having them mirrored to you by family, friends, enemies and strangers. When you have faced your past, your life will be happier, brighter and worth living.

Lesson 5: You're Not Who You Think You Are

From the moment you landed on planet Earth, nobody had a clue about who you were. You were mislabeled at birth. Dress boys in blue, girls in pink? I don't think so. We are all powerful light beings

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who have lost the middle ground, the psychological androgyny of consciousness, by reincarnating as a man and then a woman, gender changing lifetime after lifetime after lifetime. But in truth we are neither male nor female—we are both. In order to become conscious of who we really are, each of us must face the frightening parts of our shadow and claim those qualities as our own—converting the self to a balance of the man we are and our feminine side, or anima, or the woman we are and her male self, or animus.

Lesson 6: Forgiveness

This is the thunderbolt lesson. I cannot fake how I feel toward those who have harmed me. I cannot ignore the good I have done, or the good in others. To be free of the bondage of self and others I must heal resentments. I sensed that I must look at my enemies and express my anger and rage on paper as a way to be free of these feelings. This allows me to process emotions that can damage me without having to confront my opponents. If I don't forgive others, they will keep showing up in new people who come into my life. If I don't forgive myself life will not be worth living.

Lesson 7: Brother's Keeper

This is the lesson that whenever anyone anywhere needs my help I want to be able to reach out and give assistance. This is the Golden Rule and this is what Christ and Buddha and Krishna taught how to treat others. You don't need to travel the world to find your brothers and sisters; they are right in front of you. Receive to share.

Lesson 8: Love Is All There Is

Love is a song that lifts the human spirit. Love is the hand of hope. It is the first bud of spring. Love is a rainbow after the rain. And it is a painting by a dreamer. Love is all these things. You cannot wish for a bouquet of flowers and have them appear. A flower begins with a seed; add sunshine and rain and in time there is the bloom. One voice with the perfect harmonics can change the world. You can make a difference if you speak from the clear and uncontaminated place of God.

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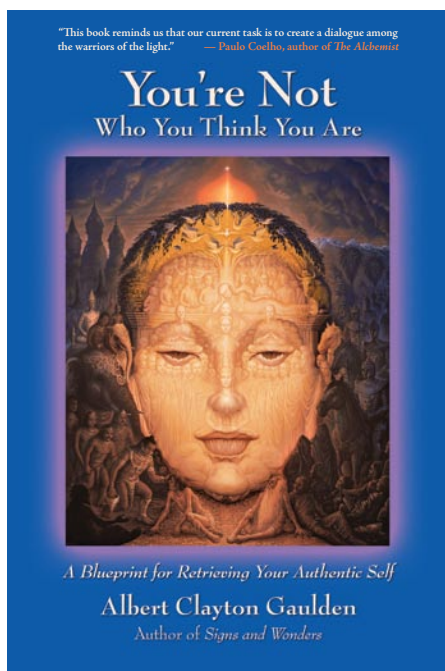
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“Albert lets us know that we can talk about a new spiritual renaissance to any degree we want, but it cannot happen until enough of us grasp that the spiritual experience has a mental health component. He says that we have to step back and really look at those parts of our character that hold us back, because only then can we become who we really are—and truly move into a new consciousness and mission that changes the world.”

—James Redfield, author of *The Celestine Prophecy*

“This book explains how our current task is to create a dialogue among the warriors of the light.”

—Paulo Coelho, author of *The Alchemist*

Gaulden recounts his personal path to enlightenment through mysteries, intrigue and coded information. He takes us on a roller coaster ride, sharing how he made contact with his own soul whisperer and what his High Self revealed. Through his Collection of Life Lessons you will find answers to questions you didn't know to ask.

“Why do certain people seem to have all the answers when more of us struggle for solutions?”

Gaulden says that we never learn anything, rather we remember. Some of us remember more easily because we have made a lot of progress from one life to another—we have been able to take responsibility for our actions and when we have wronged another, we make amends. But in this life, we must remove the blueprint of all the toxic damage imprinted upon us from our childhood. The more we are able to act from a God connection instead of the hypnotic spell of our ego; the more we will use the still small voice to guide us. When we are faced with momentous decisions or simple tasks, the answers come to us more effortlessly.

“Is the ego the part of us that we need destroyed?”

The ego may turn out to be man's best friend. The ego needs to be loved but retrained. Gaulden writes that we must embrace the ego so that it can die to self and be reborn as a precious child of God.

Are men really from Mars and women from Venus?

Gaulden believes that men and women are from the same planet, that it is the unintegrated shadow that makes us appear to be polar opposites. He suggests that each of us needs to face and heal our

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shadow, and fuse the heretofore unwanted and ignored qualities—the anima for men and the animus for women—in order to be a whole person.

Is a belief in God a prerequisite to discovering who you really are?

Gaulden found God through alcoholism, hitting a bottom and surrendering to a Power greater than himself. He stopped fighting everything and everybody. God will reveal Himself to you when you are ready and when you are able to turn to the Atman or God within oneself. Dr. Carl Jung said it best, “Until we discover a relationship with a supreme being, whatever we want to call Him, we will never be healthy or happy.” Gaulden believes that it is not God who is the problem but rather it is our family of origin that needs to be investigated first. The distortion of reality that was instilled in the family contains the root of our difficulties. Life looks different, God is easier to believe in when one cleans away all the stinking thinking and emotional damage that happened when we were young.

What does the end of the Mayan calendar mean?

The Mayan Calendar, which ends in 2012, is a demarcation of another consciousness shift similar to the Harmonic Convergence in August, 1987. More of us will find guidance from within ourselves. The collective unconscious which once ruled our lives will surrender to the collective consciousness in a mass Awakening. This will bring us closer to the once occult realities and answers to the questions: “Who am I?” “What is my purpose on earth?” “Where do I go when I die?”

How does family affect who you are and how you can change?

As DNA reveals what color eyes we will have, our blood type and the likelihood of inheriting family diseases, the family tree also holds up a mirror to us to show us our defects of character as well as our good qualities. The family dysfunctions let us know what we need to clean up, to let go of, and what qualities are positive in our lives.

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Part II, Discover Yourself, is a section on the Sedona Intensive with the poignant and joyful stories of clients who have faced their own demons and how they did it.

You're Not Who You Think You Are arrives at the perfect time when so many are looking for spiritual renewal in a world that is plagued with worry, doubt, and uncertainty. Gaulden has written a book that moves the journey for selfhood to the world within, where we are able to legislate ourselves and to face all the false idols that block the entry to the authentic self.

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Photo by Bob Coates

ABOUT THE AUTHOR

Albert Clayton Gaulden worked in such diverse fields as advertising, academia, public relations, philanthropy and sales and marketing before founding the Sedona Intensive twenty-five years ago. Born in Monticello, Florida and raised in Birmingham, Alabama, Gaulden received a BA from Birmingham-Southern College and attended graduate school at the University of Alabama. He is the author of *Clearing for the Millennium* and *Signs and Wonders—Understanding the Language of God*.

Additionally, Gaulden is a motivational speaker and lectures world-wide on such popular themes as “Mr. Right is Usually Mr. Wrong—Falling in Love with Make-Believe,” “Take Your Power Back,” “The Power of a Great Idea,” and “Why Relationships Don’t Work but How They Can.”

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