

How to Rediscover the Real You



## *The Art of Inner Peace*

with Frieda McGoldrick

**Your majesty and power will manifest  
when YOU decide to fly!**



### **Will the real you please stand up?**

So who is the real you? Are you presenting yourself in the world the way YOU want to be or, are you presenting yourself the way others want you to be!

Are you living your life in a direction of YOUR choosing, or do you sometimes feel that your life's direction has somehow been chosen for you?

One thing is certain - no matter where you go there you are! People who live life being themselves are easy to spot. They realise that instead of true satisfaction and fulfilment arising from 'having the right partner or the right car or other external factors, that ultimately true satisfaction and fulfilment comes from within. And so they live their lives from the inside out. They have an air of confidence and ease.

They display a deep sense of integrity and know

how to express themselves freely.

These people choose a direction for themselves and know how to get there. And in getting there they have the ability to make great decisions so that every step of the way there is a sense of being satisfied and their life has purpose and meaning. These people are in fact living from their natural state of being. ***And of course all of this is available to you!***

So 'how' can you rediscover the real YOU? Frieda McGoldrick who is a Licensed Trainer and Facilitator of the MythoSelf® Process says that people who know how to be themselves have an extremely high level of self awareness. They have an 'internal' check that lets them know they are living the life they truly want from their natural state of being. The MythoSelf® Experience designed by Dr Joseph Riggio PhD

teaches you to access this level of bodymind awareness. *And how to maintain it for the rest of your life.*

Through a series of 7 practical, yet profound exercises Frieda says you will learn to experience yourself as never before - in fact you will learn to rediscover the real you. You will learn in your bodymind how to make this way of 'being' the foundation – the starting point for the rest of your life!

So no matter where you go, or who you are with 'YOU' show up 'being yourself, and YOU choose the direction of your life. So instead of being pulled and dragged by the desires and whims of others you get a rock-solid sense of yourself.

SO what does this mean?

This means you gain:

- A renewed sense of purpose and direction in your life
- A strong sense of yourself
- The ability to make sound decisions with ease and clarity
- The confidence to trust your intuition absolutely
- The ability to attract what you most want into your life
- Time for the things you enjoy
- A life that is profoundly real and joyful.

And from a place of 'being' you get to choose what it is you want to be doing and it becomes a recursive loop.

***Joseph Joubert once said*** ‘it is easy to understand God as long as you don't try to explain him.’ The MythoSelf®. Experience is like that. It is wonderful to experience but difficult to explain. It gives a new significance to the integrity of the body as the vehicle for our lives.”

**‘See what I mean, don’t think about it, just do it!’**

Michael McCarthy

Frieda McGoldrick lives in a beautiful location in Ireland. Having studied abroad in UK, US and Sweden and been engaged as an international speaker she is hosting the MythoSelf®Experience in Dublin, Ireland.

Next course in Ireland