



# Your Redefining Moments: Becoming Who You Were Born to Be

*Dennis Merritt Jones*

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**Who does your soul ask you to be? In *Your ReDefining Moments*, Dennis Merritt Jones provides an exciting road map back to our center, where we will find our Authentic Self.**

It can seem like every person, every television show, and every ad has an idea of who we are supposed to be. But who does your soul ask you to be? In *Your ReDefining Moments*, spiritual teacher Dennis Merritt Jones offers a road map back to your center, where you will find your Authentic Self. It is from that center, Merritt Jones shows, that you can live the life you were born for, rather than the tug-of-war so many people get caught up in, trying to be all things to all people, trying to be anyone but who they truly are.

In *Your ReDefining Moments*, you will discover the Seven Intrinsic Qualities of the Authentic Self:

1. Wholeness
2. Reverence
3. Fearlessness
4. Integrity
5. Non-attachment
6. Non-judgment
7. Unconditional Love

Being who you are matters; the gift of your Authentic Self is the gift you have come to share with the world.

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