

# SHE ROCKS

LEADERSHIP, BUSINESS & SOULFUL LIVING MAGAZINE

**Self-Abandonment  
to  
Authenticity**

**HUMAN DESIGN  
SOUL MISSION**

**Living As  
Your  
INFINITE  
SELF**

**Gratitude &  
Grace When  
Faced With A  
Diagnosis**

**Money  
& Soul**

*Kadidja Yansane*

**SOULPRENEUR  
SUCCESS  
SECRETS**

**FROM  
HUSTLE  
TO  
ALIGNMENT**

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ISSUE

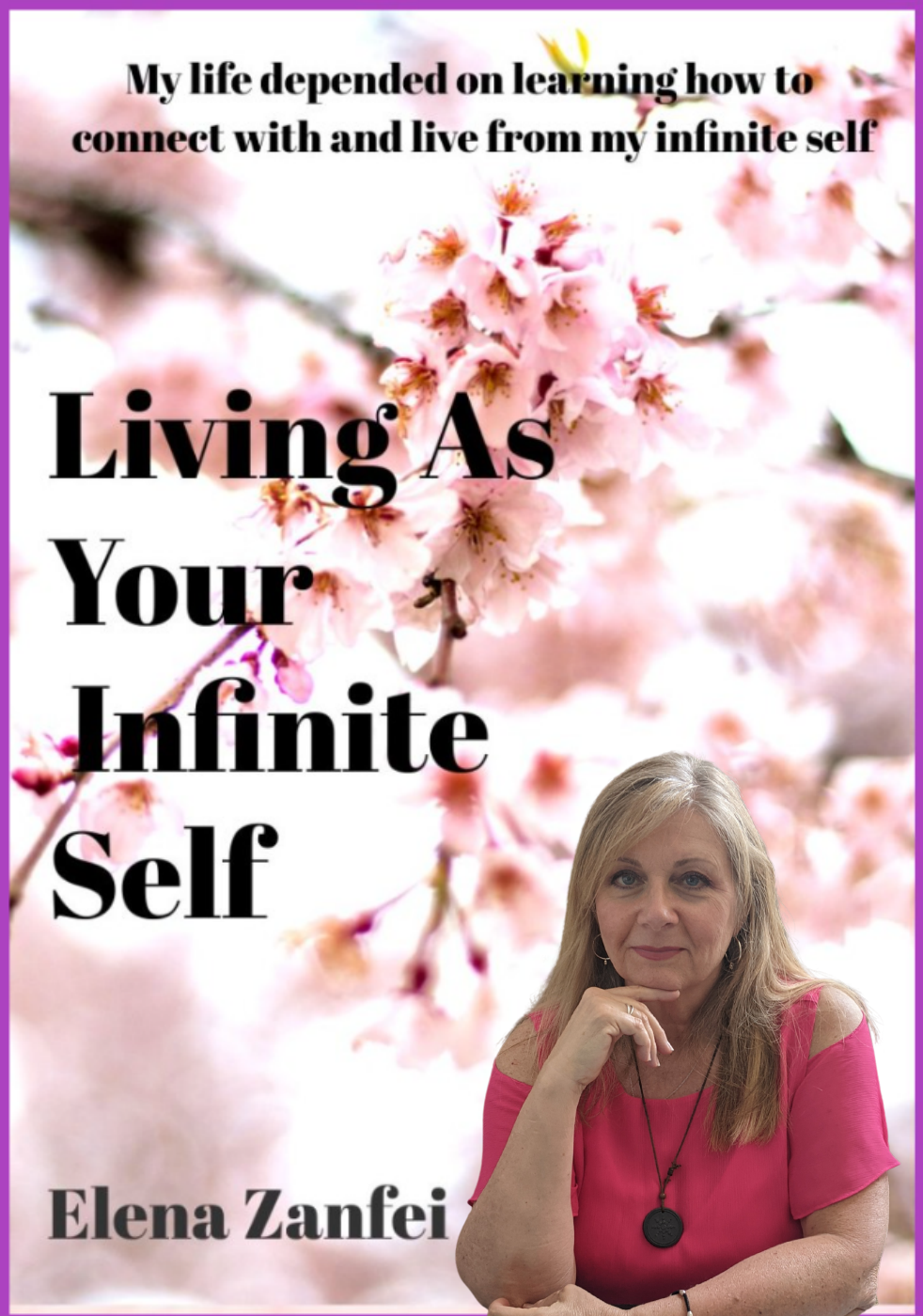
**SACRED SOUL BIZ**



**My life depended on learning how to  
connect with and live from my infinite self**

# Living As Your Infinite Self

**Elena Zanfei**



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# **Living As Your Infinite Self**

**Elena Zanfei**

Our Soul is our Infinite Self. It resides in the superconscious part of our being. In the superconscious, we are connected to our creator. We receive inspiration about our true nature and what is possible for us. Since our creator (God, Source, Universe, etc.) is the ultimate truth, our soul is aligned to that infinite potentiality.

Pain and suffering comes from aligning with our ego self and all healing comes from love, our soul and infinite self. The quest of our human life, then, is to heal our relationship with our Ego and embody the consciousness of our infinite self.

My childhood was filled with trauma and abuse. I felt lost, lonely, unwanted and unworthy. I fantasized that I was “normal”-- someone who was loved and joyfully connected to others. But the truth was, I felt broken and unworthy. I begged with God to just take me.

When I was 28, I had a dark night of the soul. I prayed to God for guidance, information, skills and tools to empower myself so I could transcend and transform my situation and myself. Once I started on this path, I glimpsed a possibility that I could be free and happy.

This was the beginning of 4 decades of healing, self-discovery and self-exploration. I explored every mode of self-development I could find. Along the way, I discovered I wasn't broken. In fact, there was another part of me that was infinite, whole and complete already.

My journey has been to reconnect with my infinite self -- the part of me that knows my truth, mission and divine heritage.

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The truth is, we need help to bridge the gap between our ego (broken self) and our soul (infinite self.) We need someone who has been on this journey to show us the way. I have met many guides along my path and now I've taken on this role for my clients. I call myself a Superconscious Living Coach.

I utilize inner child work, NLP, meditation, EFT and every other modality I used to heal myself. I help people heal the wounds that triggered their ego while applying the energy of love -- the soul's original nature.

As they learn to live primarily from the heart, their soul expands, and their ego diminishes. They no longer have to think about or try to understand life as they live peacefully in the moment from their authentic, infinite self.

## Signs You are Living From Your Ego

1. You obsess about needing to be perfect.
2. You create drama and gossip.
3. You create facades to make yourself appear better.
4. You need constant validation from others.
5. You never feel good enough and beat yourself up.
6. You get caught up in negative mental stories.
7. You lack integrity - don't keep your commitments or tell the truth.
8. You always end up feeling like a victim and blaming people.
9. You keep score and become angry when it is not equal.
10. You are unforgiving and incapable of letting things go.

## Signs You Are Living From Your Infinite Self

1. You enjoy radiant positivity and know anything is possible.
2. You know you are here to learn. You use experiences to grow.
3. You have compassion towards yourself and others.
4. You process your emotions but don't get stuck in them.
5. You have integrity. You honor words and commitments.
6. You know you are a spiritual being having a human experience.
7. You forgive easily. You don't have an interest in holding grudges.
8. You have an inner peace that transcends outer drama.
9. You feel a deep gratitude for the opportunity of your life.
10. You recognize that everything you need is inside you.



Listen to Elena talk about living from your Infinite Self [CLICK HERE](#)



## Elena Zanfei

Superconscious Living Coach

Helping women heal their past so they can fully claim their present

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