

Your Authentic Self

"The authentic self is the soul made visible. An authentic life is the most personal form of worship. Everyday life has become my prayer."

By Sarah ban Breathnach

"The authentic self is the you that can be found at your absolute core. It is the part of you not defined by your job, function or role. It is the composite of all your skills, talents and wisdom. It is all of the things that are uniquely yours and need expression, rather than what you believe you are supposed to be and do." Phil McGraw

Living in your authentic self is bringing the soul energy forward, and holding the highest vision of who you are. It means going beyond the roles we play, what we do and our past conditioning, and really moving into our truth. Even if our life seems ordinary, there is nothing ordinary about the essence of who we are.

We are multi dimensional beings learning on many levels in this lifetime. With each situation our soul gains experience as we continue to open to our own Divinity. Living in our authentic self is providing the vehicle for our soul's expression. It is knowing that all of who we are is sacred. When we are being authentic, we have a self awareness of who we are beyond what we do. We are connected with our feelings and beliefs and are able to express them without fear. We believe we have the right to make our own decisions, based on our own inner guidance. We accept all parts of ourselves and where we're at, and also know that we've only touched the surface of our potential. We experience a certain vibrant energy as we allow this life force to flow through us.

Here are some questions to help you assess your Authentic Self status. Keep in mind there is no right or wrong answer. We tend to step in and out of our true self. It is our nature to continue to evolve and to open up to this energy. In other words, we can't not get there. These questions can serve to help you identify areas you may want to strengthen.

How comfortable are you making decisions for yourself? Do you listen to your own inner guidance or do you wait to be told by someone else or wait for their approval. Do you block yourself in following through until you get a guarantee of success?

How aware are you of your feelings and intentions in a situation? How comfortable do you feel expressing them?

Do you feel safe in being who you are with your friends and family, in new situations? Or, do you think you need to hold back and leave parts of you unexpressed?

What is your deepest heart's desire? And, are you willing to pay the price to go after it?

Do you love who you are and what you bring to the world?

When you've made a mistake, are you able to learn from it and move on? Or do you dwell on it, feel guilty, or try to put the blame on someone else? And, are you able to let go of the mistakes of others?

While we're in this physical body, we all have patterns that are blocking our authentic self from coming forward all the time. Here are a few:

- 1. Lack of awareness: Lack of awareness can come from going on autopilot, of not being fully present in the moment, of living in the past or the future and not aware of the present. This can also mean a lack of awareness of what we're feeling, thinking or wanting in a situation. And either not hearing or trusting the inner guidance that's available.*
- 2. Past conditioning: Past conditioning includes beliefs such as: everyone must approve of what I do; it's not okay for me to be different or to stand out; I'm not allowed to go after or get what I want; conflict is dangerous, so I always have to keep the peace; other people's needs always come before mine.*
- 3. Heart shut down/energy blocked: Many times we shut down our hearts in order to protect ourselves or hold a grudge against ourselves or others. Whenever we surround ourselves in our own negative energy or block the powerful life force of loving from flowing through us, we are blocking our authentic self from coming forward.*

We can lose ourselves in others, become a chameleon to keep the peace, or become manipulative or aggressive in order to get our way. None of those are being authentic. Our authentic self has no need to hide and no need to defend or justify. We just are in each moment, bringing our best selves forward forgiving ourselves when we miss the mark, knowing it's all part of learning who we are.

*Alignment with Spirit is an ongoing challenge.
But remember, your intention sets your direction,
and as long as you are moving in the direction
of your intention, you are doing all you need to.
There is no need to make excuses,
no need for apologies,
just do what you can do.*

*- John-Roger
(From: Spiritual Warrior, The Art of Spiritual Living)*

We can set our intention to live in our authentic self and open to our soul energy. To make our decisions each moment based on what we know is right for us. To bring our loving forward and keep our hearts open. To allow ourselves to be spontaneous and outrageous and joyous, even if we look foolish to others. To live in the joy of each moment...no doubt, no questions...only flight. And, feel at peace, knowing we're enough.

