

BECOMING YOUR AUTHENTIC SELF: FIVE PHASES

You are unique; your truth is uniquely your own. The journey to discover and live it, however, leads down a common path—a path made up of growing conscious awareness, personal clarity, release of judgment, and discarding old lessons. The path is framed by your consciousness, how your life has influenced you. With practices offering *perspective and clarity on the life story of your thinking*, you open yourself, easily and naturally, to the authentic *you* underneath. You therefore don't *do* each step in the path, but *become* it—through ***felt experience*** of its truth. Knowing doesn't change you; felt experience of knowing does.

Here's a summary of the path; the pages that follow explore the details.

I. Perception. (It Is) Gain complete clarity and acceptance that “the way it is” today just ***is***. Release *all* judgment; it just ***is***. This is true of every part of your life, all that happens to you, even who you believe you are. It just ***is***. This doesn't mean you *like* the way it is, but that you *see* it all ***as*** it is. Truth is separate from your opinion about it.

II. Perspective. (It's Mine) Gain complete clarity and acceptance that “the way it is” is a ***natural consequence*** of your *thinking*. What you experience as reality isn't “truth,” but an “interpretation of truth,” the result of old lessons, beliefs and experiences. Interpretation is the *life story of your thinking*. You are the causal factor in your reality.

III. Possibility. (It Could Be) Create in your mind, then continually replay to yourself, a vivid, powerful vision of you living your unique truth. You can do this for a lifetime, a job, a project, a conversation, or being a specific competency you desire. Unlike goals, which *limit* possibility, visions are expansive; they *create* possibility.

IV. Action. (I Am) Nurture *conditions* for your vision to manifest. Take one action step into your truth each day. Let go of how it turns out; just focus on **being** it. With each step, listen for **feedback**, a natural information flow in every living system that guides the system's next steps. Your truth manifests through action and feedback, not through goals.

V. Regeneration. (I Become) Sustain your vision and truth for a lifetime by adopting personal practices in three areas of life: (1) extreme self-care, (2) trusting your inner truth to guide your life, (3) connecting deeply with yourself, nature, higher power, community of support. Practices allow you to become your true self, to trust yourself fully. You become what you practice.

Before leading you onto the path to your authentic self, I offer what may well be a repetitive message. At the same time, it's a message that can either make or break your journey. Experience has taught me that it's therefore worth repeating.

You know by now that the major obstacle to discovering your true self is a host of old lessons and beliefs, lodged in your unconscious mind, often so deeply you can't imagine they're false. And since you've not stopped to question them, you're unlikely to even know they're there. Two such beliefs are common sources of trouble, failure or resignation, despite the fact that we're often unaware of, or even deny, their impact.

As a society, it seems we've become rather obsessed with two ideas: (1) that "taking immediate action" is always beneficial, and (2) that "experiencing immediate results" is not only possible and desirable, but is also a measure of success. So ingrained as they are in our minds, we can't imagine a world where results occur over time frames longer than our patience allows us to tolerate. So we spring into action too soon, unaware that our action is guided by those same old thoughts we're working so hard to release. We thereby miss altogether the opportunity to bring the true power of our consciousness to bear on life's possibility. As noted earlier, life in this world is more like tending

LIVING AUTHENTICALLY

a garden; you nurture conditions for great potential, but the “results” happen in response to your nurturing, not your force.

To conduct the personal inquiry needed to discover, then live, your true self, you’ll need to hold these two tendencies in abeyance. In fact, you need to kill them altogether. Paving this path for the steps that follow is detailed in “The Basics” portions of the Living Authentically program. If you’ve internalized practices offered there, you’re ready to continue. If you haven’t, then you’ll unconsciously be using the same thinking that has **kept** you from your authentic self all these years in your effort to **find** that authentic self. It won’t work. He or she doesn’t live where that thinking takes you. It’s another example of trying to change from the outside in. Lasting change manifests from the inside out.

Let’s set out to explore the territory of your consciousness.

~~~

***Living a story about life isn’t the same as living life.***

~~~