

## THE PROMISE OF LIVING AUTHENTICALLY

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***“It ain’t what you don’t know that gets you into trouble.  
It’s what you know for sure that just ain’t so.” – Mark Twain***

If you’re like most, what you want is to live with freedom, authenticity, meaning, peace and joy.

If you’re like most, what you got is a life of struggle instead.

If you’re like most, what you do when life is tough is fight back, work harder, blame others, try to “fix” it.

If you’re like most, what you assume is that all of this is normal, just “the way life is.”

If you’re like most, what you miss is that you **learned** life is a struggle, so old lessons are just coming true.

If you’re like most, what you deny is that **you** are the cause of your struggle; your old thoughts created it.

You learned instead exactly what you’re experiencing today: life is tough; you need to compete; some people are difficult; money is crucial; life *should* be fair; *you* should be in control. These lessons (a bunch of thoughts, really; *thoughts of others* at that!) created your truth back then, even who you think you are. They tell you the answers are “out there,” with life, others, world. They’re vigorously echoed by family, friends, managers, and the media. None ask what matters to **you**. You hear them as voices in your head; they want to take you down a dead-end street. Problem: it’s someone else’s street. Problem: you listen.

No wonder life is a struggle. You’re [unconsciously] living old stories of others from 10, 20, maybe 50 years ago! Worse, by focusing your energy “out there,” you remain unaware that your thoughts have hijacked your life. An analogy: life as conveyor belt. The stuff of life travels down the conveyor, 24/7. You handle it, best you can. At times (maybe often), you feel stress, anxiety, dread – you just can’t keep up. What you **don’t** see (you’re too busy shoveling), what you **can’t** see (your “thinking” tells you it’s not so) is that **you** created the conveyor belt; you chose how much is on it; you chose how fast it goes. So, you created your struggle; you choose to keep it running – fueled by *thoughts* you don’t even know you’re having. You did this because you *learned* to. If you **like** struggle and stress, maybe this is all OK, and you needn’t consider new ideas. But maybe you don’t. Stop the fight; it’s not the belt’s fault. Just *step back*, discover what fuels the conveyor, then **shut off the freaking switch**.

**You** are a being of pure potential. There’s a voice inside you, uniquely your own, inviting you to live your true essence. It’s waiting to express itself through how you live your life. Think back to life as a child. You’d *imagine whole worlds* into being (the limitless potential of what could be) ... *until you learned you couldn’t*. The peace, freedom and joy you desire have always been inside you. They’ve just become lost along the way.

Despite old lessons, *making* things change doesn’t work. **You create a new tomorrow by getting to know the thinking that created today!** Because your thinking shows up as ‘voices in your head,’ you can learn to listen **for** them [consciously] instead of **to** them [unconsciously]. Awareness alone evokes change. That takes practice.

***“Let us spend one day as deliberately as Nature, and not be thrown off track  
by every nutshell and mosquito’s wing that falls on the rails.” – Thoreau***

Like most, you may find it difficult to walk this path on your own. Old lessons tell you not to. And you listen. This is where a **life coach** can help. I serve as a reflective partner in your journey – to help you **stop for long enough ... to BE with yourself for long enough ... to gain felt experience of what is true ... in this moment**. Together, we’ll discover your authentic truth, then chart a course into the now-unknown territory of your potential. I’ll keep a torch lit on the path ... so you can find your way home – to the **you** who has always been inside.

***“The veil that clouds your eyes will be lifted by the hands that wove it. – Kahlil Gibran***

Brad@RoadNotTaken.com ☎ 508-454-1100 ☎ [www.RoadNotTaken.com](http://www.RoadNotTaken.com)