

The Journey to Your Authentic Self

By Julian Zanelli

Am I authentic?

That's a great question for anyone to ask themselves. We would all like to think that we are authentic. That we say what we mean, and we do what we say, that we are honest and forthright. Each one of us lives with our triumphs and our shortcomings in this area.

However this modern life (and don't we love to blame it) does not exactly encourage this kind of living does it? We are encouraged, albeit incidentally, to take short cuts, to just get on with things, and not think too heavily about how authentic we are.

Could this be part of the problem? What if we all slowed down enough to get in touch with our inner lives, our truth, and tried to act from that place? What if we all cultivated a sense of inner direction and tried to follow that for a while? I daresay that many people reading this would have to quit their jobs in order to do this, and some may even need to seriously reconsider their relationships. Well I'm not saying that we all need to take drastic action, but I am putting it plainly - many of us would need to do some reconsidering.

Would we be brave enough to admit our discontents? Would we be able to tolerate life as it is? Even more importantly would we have the fortitude to follow our dreams, for surely that is one of the highest aspirations of authenticity.

The Journey

Of course everyone's journey is different. It depends on where you are starting from. For the most part, people's journeys are about admitting those things that still affect them. Sitting down and squarely facing your own demons, no longer allowing them to chase you, snapping at your heels. Those thoughts that you're not good enough, you don't deserve something, you're weak, ugly, or that you don't matter etc. When we buy into these internal dramas, we are no longer able to stay in touch with our most dignified and noble hopes. So I always encourage and assist people to rise up to the challenge of what life has dealt them. So that they can honestly let it go – not bypass it – but really let it go. I don't pretend that this is always quick and easy, often it isn't, but not doing it is just so costly. Wouldn't you agree?

From here, the question is really about your dream; what is your deepest desire for your life and those around you? This is where people's journey's becomes really interesting. When they start to ask



.....Am I living an authentic life?

That's an even better question. Whilst being authentic is the first step in creating an authentic life, and it usually leads to experiences of integrity, openness, honesty and freedom - living an authentic life means taking this new found experience and making it the ***central feature of a purposeful life***. Living with the courage to live your life according to the needs of your inner being, rather than the demands of society or one's early conditioning is the real authenticity!

