

Authentic Reality

“To find yourself, think for yourself.” - Socrates



It has been mankind's mission through ages to study human behaviour, understand it and find out what being authentic means - and what gets in the way.

"Authenticity" is all about being real and true to whom you really are. If you have been reading *A Path to Wisdom* and doing all the exercises in the book you are already discovering parts of yourselves that are

authentic, genuine, and not an imitation of you.

Do You Show the Real You?

That inner voice has both gentleness and clarity. So to get to authenticity, you really keep going down to the bone, to the honesty, and the inevitability of something. The closer you stay to emotional authenticity and people, character authenticity, the less you can go wrong. That's how I feel now, no matter what I am doing I am being my authentic self.

The journey isn't easy, you will face the many facades of yourself, all you have to do is remain true to who you are.

There is a certain kind of respect for authenticity today that there wasn't back in the days when they did 'Cleopatra,' where everything looked like a giant motel. People want to have it be authentic in the look, and authentic in the way people think, feel, behave, and act. Everything will line up perfectly when knowing and living the truth becomes more important than looking good. Just be what you are and speak from your guts and heart.

Authenticity is one of those fascinating subjects that spiritual seekers love to sink their teeth into. The egoist mind feels threatened by it, because the true energy of authenticity means the demise of ego led behaviour.



If we logic it solely through the intellect, then we can rapidly lose the meaning behind it. Authenticity is a simple way of being that rises spontaneously, without control, from the core...

What does 'being authentic' mean?

'Authentic' is a descriptive and powerful word, deserving the space to breathe. So here I feel to shine a little light on the subject by sharing

a perspective on what being authentic really means, perhaps even dispelling a few myths in the process.

'Authentic' means from the source or origin. Being authentic in a spiritual sense means 'as expressed directly from the source', through the soul. It is the raw, naked, unhindered expression of beingness of the soul. Authenticity is a quality of being. That's why we say 'being authentic' not 'doing authentic'.

One of the easiest ways to observe authenticity is to notice creatures in nature: a hedgehog, a squirrel or a butterfly. They have no agenda other than to be 'who they truly are'. They have an advantage over many humans, without the hindrance of an ego, showing us a great example of what it means to be authentic.

Another great example would be a small child. There is often a time in a child's life, before they are washed through with conditioning, fears and expectations, where they are free to simply be. They are real, liberated and authentic - for a while at least. People within indigenous cultures often exude authenticity - especially if they never lost their connection with the soul and the source.

We see authenticity in people from all walks of life - people who are just really comfortable in their own skin. They feel real and natural. They say it 'how it is', yet with compassion and awareness. These are the people we trust in life - because they are real.

You can't 'try' to be authentic. You can't train yourself or follow a technique to learn. You can however, self-realise and allow your layers of baggage to



fall away. In so doing, authenticity will arise more and more as a divine expression of your being.

Authenticity is all about the moment. It's about now. It's about presence. It's not only seeing beyond the veil, but being beyond the veil and bringing that through to the experience of being human.

Authenticity is what is left over when the mind steps out of the way and let's the soul shine through. Authenticity is when you are being you, from the core. Authenticity is pure beingness.

It may be that you can't be fully authentic because a distortion is coming through. You might feel an authentic impulse, which becomes distorted by a filter. In which case, you have the option to be real at least. Being as real as we can possibly be is a powerful precursor to authenticity. This means we are able to see how we are not being authentic and peel away those layers - leading to authenticity.

It's acceptance of all our inner darkness - each of us have it - and not being afraid of what others may think of us. It's not placating others, at the expense of being true to ourselves. It's not showing others our likable traits in order that they accept us, because of fear of being rejected.

It's having the courage to be true to ourselves. It's not a doctrine of spiritual correctness!

Authenticity doesn't mean that we always have to bare all either. Honesty doesn't necessitate splurging everything out in a mighty torrent of emotion. It might mean that we have to be silent, to say nothing or that we are meant to contain our emotions; work with them ourselves, because it is not the right time to share.

This is different to withholding because we are afraid of the consequences - but rather honouring what is divinely given in the moment. It may equally at times be totally in the flow to bare all, yet consciously, despite the perceived consequences.

Being authentic means that we observe what is appropriate for each given moment. Our actions are not dictated to by conditioning, fears or expectations. Every moment is unique and cannot be predicted, nor can the outcome of our actions.

Sometimes being authentic requires being the bearer of undesirable news. True compassion is finding the courage to do this because you know that it is the 'right' thing to do.

It can be really tough being a messenger in the face of opposition, yet, that honesty may hold the key for a greater spiritual unfolding for others. It might be the most loving thing that you can do. (A little tip - letting go of the need for thanks, appreciation, the need for approval or to be liked helps a lot... The Importance of Feedback Loops for Energy Workers)

Authenticity will determine exactly what is meant to be shared. It will determine exactly how the energy is given. Being authentic requires the courage to deliver.

Here are some questions for you to answer to help you in your being authentic journey:

- ✓ What gets in the way of being authentic?
- ✓ Are you experiencing fear of what other's think of you?
- ✓ Are you being swept along by other people's energies?
- ✓ Are you being trapped by others expectations - 'being labelled'?
- ✓ What is your spiritual identity?

Once you become aware of what's in your way of being authentic, the next important step to make is to look at the fears that keep you away from being authentic. It's difficult to be authentic if you are living in fear of what other people think of you. Until I truly accepted my own self for the man I am, I did find it difficult to be myself in the presence of others. It may be a natural expression of your soul to be considerate and kind to others, but if you adjust your behaviours to keep the peace or please others so that they'll accept you, then you aren't being authentic.

Being authentic might mean that the relationship no longer serves either of you and you go separate ways - an essential step forward to make space for new, more suitable friends who meet us where we are at. It may equally

mean that the relationship evolves and you both evolve to a new level of connection together. Who's to say! When we live in fear, we don't get to evolve, we just run around in circles, recreating the same suffering for ourselves. We don't get to be the authentic us.

When you live in fear of honouring your true expression, you create a dead feedback loop for your soul. Your energy is drained, because, energy that is not authentic can only ever be replenished by the mind or emotions (which are a limited resource) - whereas energy from the source is ever-present.

Some people are highly sensitive and lose themselves when around others. It may be authentic to harmonise and align with others, but their own vibration gets drowned out. They can no longer hear the voice of their own soul. They are swept along by the strong current of other peoples energy, unable to find their own flow.

It might feel like you have no choice, or that it's just your configuration, that it's just the way it is - but there is a choice.

It's a matter of awareness and learning to honour your boundaries. Boundaries are important for highly sensitive souls. This takes practice. It involves continually bringing consciousness to your own soul and energy field when around others and then learning to tell the difference between you and them. It's knowing what's yours and what's someone else's.

In personal relationships with family or at work, people often find that they've been categorised and labelled. People are typically hemmed in and related to by the people around them, by certain behaviours, traits, gifts and faults, with very little room for change. Every engagement with you will confirm their expectations as they subconsciously re-affirm them.

I've often seen the spiritual identity acting 'authentic'. This happens when an ego/false self or shadow of the soul, knows exactly how authenticity 'should' look like and emulates it.

This is one of the biggest pitfalls in the modern spiritual movement. The problem is that a spiritual identity emulating authenticity may carry a vibration that is closely aligned with the real thing - because a fragment of the soul is embedded. It always has a fabricated undertone though and from presence can be spotted a mile off.

Of course, it's common that when people realise they are 'people pleasing', 'trapped by expectations' or 'washed through with other peoples energy', the spiritual identity can then swing in completely the opposite direction, in a valiant effort to rebalance and make up for lost time.

So I have seen people pleasers become incredibly selfish. I have witnessed people who have been brain washed or hurt in some way, reject just about anything with authority. People liberated from being trapped by others expectations also run the risk of becoming thwarted by a false sense of self empowerment.

Beware of over compensating with stubbornness! It's understandable, but not authentic.

It can be useful to swing the other way for a short while, to feel the polarity of the distortion. It can help to shake off the distorted behaviours. Although why replace one distortion with another?

The wonderful thing is that authenticity is our natural state of being. It is boundless. It's the return to who we truly are. Our soul will, one way or another, always urge us back to our true and authentic origins. If we can allow anything that is not us, simply to fall away, we can be who we are divinely given to be.

Once we realise, we need not wait a moment longer. Here is what you can do towards being your authentic self:

- ✓ Find the courage to say NO to the things and people that are not serving you. If you want to rediscover ourselves and live our lives with authenticity.
- ✓ Know your values and remain congruent in all spheres of life
- ✓ Speak, act and be your truth, only the truth of who you are, if realized, will set you free.
- ✓ Wear one face, take the time to discover what face you want to wear, once you know be consistent
- ✓ Be honest, transparent, and vulnerable with yourself and others.

Now go out there and be authentic.

Remember: There are innumerable hacks and tricks to help you be authentic. These are some tips that I find helpful, but everyone is different, if this was helpful, please share this article on FB, twitter, Linkedin and with your friends and family.

You can read more by buying a copy of the book [A Path to Wisdom](#), or choose to book yourself in for a two hour Clarity Coaching Consultation with Tony in which together you will look at the root cause of why you are not being your Authentic You. He will help you clarify what's on your way and what can you do to remain true to who you are. Please e-mail info@tonyselimi.com.

At the end you will receive personalised feedback and experience first-hand what Tony's Clarity Coaching Integrated approach can do for you and the next steps.

Start sharing your thoughts with an authentic community on my FB pages, on twitter, Linkedin or Instagram.

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Do you have any tips to be more authentic? Feel free to share in the FP page areas!

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Tony J Selimi

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