

WHAT IF...

We lived life from our authentic selves?

What if we lived life from our authentic selves? What would that look like? We would move out of a world of illusions and into a world of authentic reality. The first step is to learn to know ourselves. We allow that knowing when we are willing to see ourselves clearly. What does that mean? Perhaps we are perfect spiritual beings having a human experience. Could it be that we already have everything inside of us that we need?

Let's see ourselves clearly. We are beings creating different life experiences for our soul's growth. What if there were no right or wrong, nor good or bad? What if there were merely opposites in a world of duality? Suppose we knew that we were sparks of God and "all that is" already exists within? All powers and abilities are then available to us. We would no longer ask for approval from others, as we would innately have the approval and self-worth we were seeking.

Having a false understanding of ourselves creates the need for others' approval. As long as we have this need, it is difficult to be our full authentic selves. When we seek others' approval, we sacrifice our freedom to be authentic. Energy that could be used to express our uniqueness and divinity is instead used to create illusions and delusions.

How do we act from our authentic selves? First, we should desire to be authentic. Next, we need to identify the obstacles that keep us from being authentic. These may include various people, old habits, or old belief systems. As we become more aware of these obstacles, we change anything that keeps us from reaching our goal. As humans we are interdependent. We can seek others who support us as we live from our authentic selves. We can fill any voids with new, supportive friends, new habits and new belief systems. As we live in the present, it is easier to live as authentic beings.

Now we are free to focus our creative energies toward truly meaningful endeavors. We can live our lives through our creative passions. Sincerely appreciating each other, we will see the uniqueness, the divinity, and the love within each authentic person. Authenticity will allow us to experience that Oneness we have with each other and with all other life forms. When we are authentic, we let our lights shine. We are wondrous beings of love.

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