



Simply Abundant VIP Podcast Group Transcript

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Title The Difficulty of Authenticity

Hey there. Hi there. Hello there. You are here at the Simply Abundant Intuitive Hour. Whoop. Okay [laughter]. It's been a long day. All right. And I am here with another fun-filled podcast. Yes, I am. And today I am talking about the difficulty of authenticity. That's a big one because most of us like to think that we're pretty authentic. Maybe people tell us we're authentic all the time because we're a straight-shooter in telling other people what's up with them, right? We'll just say it as it is. Tell it like it is except we don't-- I mean, we do in some instances where it involves nothing on an emotionally intimate level.

And I'm not even talking about an emotionally intimate relationship. I'm talking about emotional intimacy with one's self, right? And as long as it's not threatening to the idea, to the construct that we have of who we see ourselves to be, we're okay. But when something messes with that then we get kind of uptight. We might freak out. Might have a panic attack just like when the rug gets pulled out from under you and you're not expecting it, right? What happens? You usually freak out because you're trying to get everything back together. And I always tell people when I'm working with them that it's okay to be uncomfortable. It's okay to feel fucked up because the last thing you want to do is take everything that feels like it's all over the place inside of you and put it back where it was because then you're just going to keep doing the same things.

When it's all out, let it be out and that goes with how you become authentic. Because letting all that stuff out that you have locked away, you have compartmentalized, that you don't deal with yourself. And like I said, maybe there's a catalyst that's come along and shocked you? The universe likes to provide a big baseball bat sometimes and do that. Sometimes the form of it comes in another person showing up in your life and all of a sudden you don't know what the hell to do with yourself. Maybe it's an attached situation or maybe it's a healthy one and you're like, "I don't know how to be healthy. How am I going to do that?"

Regardless of what it is, it'll if you allow it, it will take you to a more authentic place with yourself. But most of us, like I said, we don't do that. So I was walking one day and came up with this concept. Which, I come up with a lot of my concepts when I'm walking. Somebody asked me that at one-- well, actually, several people have asked me that. "How do you come up with these things, Trace?" Well, I come up with them because let's say I have a bunch of sessions with people and I keep hearing a recurring theme. So then I'll be out walking and I'll think, "Hmm, wow. Yeah, that is a recurring theme." And then I'll apply it in my own life. Where has that shown up for me? In the past or the present, where is that? And then I know that I have something to share, and that's pretty much how this happens.

People do suggest topics to me, and when I get to them, I get to them. In other words, I keep track of what's asked for, and when I can do it, I do. Meanwhile, I try to go with where I have enough fuel to talk for more than a minute or two. And a lot of times it's the topics that I choose, and this one especially.

So, anyways, back to my walking right? So I'm walking around, and I'm paying attention to assumptions I've had about life, especially life in the past. You can really see all your assumptions you've had throughout your life if you take a little time to reflect. Not a bad thing because you can see where you've changed, or looking back how you

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could have done things differently. In other words, when you have assumptions, you're not being authentic either, at all. You have a story. Guess what? Your story is probably false. Your story may seem true to you, but it's biased, it's prejudiced because it's inside of you. And then you go about trying to recreate it outside of you, and we're not always happy with the results of that. But that's also on purpose.

But my point is, I was going along with my assumptions, thinking about some of them, and that somewhere in the day - I don't even know what time I was doing this at because I'm trying to remember what day it was that I walked [laughter]. But anyways, because it was a while ago that I actually put this down in notes. And I realize that the day, whatever day it happens to be, starts to look the same and probably has for decades in terms of my ability to see beyond my own limitations. You know how people feel like they live in Groundhog's Day, right? That's what I'm getting at. Or it's amazing, oh my gosh okay, Monday's coming around. You hate it or you love it, right?

Some people think, "Oh, new opportunities will come." And then they don't because somewhere, like I'm saying, at some point in their day they go, "Wow, this looks just like yesterday." Or maybe you have some kind of crisis or something, right? Throws a little excitement into it. And again, most of us in crisis, we're just trying to keep things the same. So why is it surprising that you're in Groundhog's Day? Why is it surprising that things are always the same if you're always trying to keep it the same? Right?

And that does not mean-- and it doesn't give you an authentic existence. Because whenever you're trying to keep things the same it's very inauthentic. It says, "I feel unsafe if things are different." Okay? Being authentic means you're going to be rolling with the changes. Even if you're not crazy about the changes, you're at least present to the changes. The minute you stop trying-- excuse me, you start trying to control life or resist life, you're completely out of authenticity. So when it comes to what I was saying about my own days, and how for decades many things were stuck in a limited space. And it wasn't that I hadn't changed myself inside because I had. And this was a huge frustration a few years ago when I was going, jeez, I've done all this work. And I do this work for a living, and nothing is really changing. What is going on? I feel different, but the external didn't look different. And it actually took quite a while for the external to catch up because I probably in hindsight hadn't gotten deep enough with it yet, hadn't let go of enough things to give space to the new because there were things I was still holding on to which, again, speaks to not living an authentic existence because the things I was holding on to had me acting in inauthentic ways.

I wasn't being true to myself in certain situations. I was acting like I'd always acted because I was afraid of abandonment of some sort. Abandonment isn't always being left in a romantic relationship. It's in anything where you might suffer a loss which is why we stay in a limited place and why most of us will hide our authenticity depending on the situation. So when I was looking at this, and I hope I'm providing pretty much a different perspective on authenticity today, but what I had noticed with the not changing in decades-- it's that the drive and control for safety was a big reason. You know, this not wanting loss, but it was about this feeling unsafe if I didn't keep things the same, and so it kept things limited.

To live an authentic existence, you have to get into unlimited possibilities, which sounds super exciting when we say it, but living it is a different story because we have to let go of the pain that we have inside of us to live an authentic existence, and most of us are not willing to do that. "Nope, I'll just stuff that right back down," and what are the expectations you have of that? How are things ever going to get better? How are things going to be a truly amazing, fulfilling time? And it's not because of the things outside of you. It's all in your perspective. It's all in your own actions. It's how you show up, and when you start showing up authentically all over the place, life goes with you, it really does.

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But when you're in this other place and trying to control things all the time, you're not being authentic, and you're not going to get what you want. You can get something that looks like what you think you want, but when you're in an authentic place, you start to want different things because you feel differently, truly.

So if you're on the road, and you're going, "All right. I need to get to a bigger playing field here. Where do I turn off to get there? Where do I turn off to get to the life and relationships that I say I want? Where do I need to turn off because I am, obviously, not being authentic? I'm not being true to myself in some way." And you can always tell when you're not being true to yourself. There are so many ways to tell, but one of the ways to tell when you're not being true to yourself is you feel drained. You feel empty. You don't have any energy. That's because everything's outside of you.

You have put all of your energy outside of you to try and manipulate everything around you to see you in a certain way or to give you what you think you want. But you're never going to get what you want that way because you have to fill yourself back up first with your own energy, first of all to even receive it from other people because if they give you energy, and you're empty because it's all outside of you, you're not going to be satisfied with that. You might even get pissed off about it because nobody's energy is all the way like that. Maybe for a moment, a compliment, or a conversation, or sex, or what have you, but that's going to go away, and that-- if you look at all the ways you try to get certain things with specific people, you find that you do a lot of things that are out of not being authentic, okay?

So most of us, though, don't realize a lot of this is going on because it's on autopilot, okay? And for me, I had to get clear where the trigger started. I did a podcast on this about talking about all the triggers that are there, and a lot of times we ignore the triggers, but when you start catching them you can catch a lot of your unconscious ways of going against yourself. Of keeping control outside of yourself alive, and none of that of course speaking to living an authentic existence. So we don't realize how difficult we make it to make our own changes because we have all our hooks into these places unconsciously. How we want things to stay the same.

So to be on that road, it's to make a turn onto the road less travelled, the one you haven't actually travelled at all for yourself. It is always to take the unknown road. Did you know that? And the unknown road doesn't mean, "Hey. I'm going to quit my job today and have nothing to do. Get me a parachute, and hopefully, I'll land somewhere." I'm not saying it even has to be that. It has to be, "Where can I show up that I haven't showed up as me? Where have I let me down? Where do I hide? Where do I not say the truth?" On and on. All opportunities to be authentic that we don't take.

We're afraid of hurting somebody, which is just a fucking joke by the way. Literally. "Oh. I might hurt their feelings." You're not going to, and if you do, that's about them. See, just because you feel or think - I have air quotes going again - that you're going to have a certain impact on someone, you don't know because you're not in their body. So when you're trying to plan it all out to either be looked at in a specific manner or to control and be liked and supposedly loved and taken as a person who has, I don't know, respect and what have you, you tend to be controlling which is the opposite of authenticity.

Part of doing this work is owning it, owning your stuff, and getting clear on what, let's say, an assumption is and what is real. What are my assumptions about life? We have them all over the place. We have them in little Chinese stories that we tell ourselves when we say an excuse for something, when we have to argue with ourselves. "Yeah, that's a wonderful place to go. Why am I not owning how I actually feel?" I have clients-- they get into ping pong in their head, right? What it is, is that one side wants to do something authentic. The other side wants to do something inauthentic. The part that wants to do something authentic is usually your heart, your intuition. The part

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that doesn't want to do something is the head, is the ego, is the "I cannot be seen this way I need to be seen the way that I have put myself, projected myself, out there, and therefore, that's my form of authenticity." And that's not really authentic.

But, anyway, we get into that ping pong. Just ask yourself, "Is that authentic? Is that authentically who I am? Does that represent authentically who I am?" And you can feel it. I'm telling you, you can feel this stuff. So, anyway, I just wanted to give a little clarity to that.

So it's really the owning thing. It doesn't matter how it looks to other people, and we can get really hung up on that. In fact, most of the time in sessions, I tend to find that there is so much about other people wrapped up in our reasons for what we do, that we don't even realize that that's the case. I mean, that's the crazy part because so much of it's unconscious. So much of it, we don't realize that we're acting a certain way to please somebody or to piss somebody off, and they're in our head directing traffic. And to be authentic, you need to exorcise all of these people out of there [laughter]. You need to get rid of the band in your head, and the way you do that is you do it by focus. "Okay. Thank you, chorus, in my head for your opinion. I'm going to go over here and be creative and focus on creating. I'm going to do what I want to do." And the more you do that, the less the voice comes up.

Now, if the voice is attached, of course, to something in your body. You feel some tightness somewhere in your torso, your throat, somewhere. Okay? Sometimes people have it in the back or the front, it doesn't matter. And you find what's holding me here? What's putting me here? Why am I willing to treat myself badly? Because when you treat-- when you're being inauthentic, you are treating yourself badly. You are because you're saying to yourself you're not worth it. You don't have value, you only have value if other people approve. And so the chorus of voices in your head are usually the voices that are disapproving. And they're in your head, right? And we think that's what that person will say. That's what that person's going to think of us. That's what's going to happen to me if I do this, or this, or this instead of saying I'm going to own it. I'm going to go ahead and I'm going to do what I need to do for me.

And if anybody asks me, I'm going to say, "Look, I got to do this for myself" because if I don't do this for myself I'm letting me down, and then I'm the only one in charge of my happiness. So I'm basically saying I don't want to be happy unless I follow through and do this for me. And I'm not doing it to hurt other people. I'm not doing it to fuck anybody over. I'm not doing it for any other reason than to take care of my own well-being. But it's the well-being you want to work on rather than the false bullshit of all the things you've constructed that aren't true in your head.

Like I said, going back to the beginning, the limitations. Going back to everything being impossible or some things being impossible. That is key because you have no control over what you think you do. We don't control shit outside of us. What's outside of us is going to do what it does. Let go of it. Just let it go. Not that easy, right [laughter]?

But being inauthentic doesn't bring anything. It brings all sorts of numbing behaviors. It brings all sorts of distractions because we're trying to distract ourselves from our own feelings, the sadness of feeling bad because we're not treating ourselves well. We're not being authentic. I'm telling you. The more authentic you are, the happier you are, and this is what I've learned from myself, and the happier I am, the more I have to give, the more open I am.

Not that all of my problems have gone away and what have you, but I handle things differently, and I don't take things so personally, and I feel good most of the time, okay? And in feeling good most of the time, that right there - I don't know about the rest of you - but that was big for me, and that involves risk. So being authentic means you're

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going to be taking some risks. You have to. And I say you have to, because it's a byproduct. If I'm going to be authentic, and I'm going to say my truth, sometimes saying my truth feels risky, so I have to do it, If I'm saying I'm going to be authentic, right? I can't go, "Oh no, not going to do that. Oh, I've got to, otherwise I'm missing out on my own life." See, when you're inauthentic, you don't get to have authentic experiences, so that means you're not even open to an experience as it comes. You have it convoluted. Your whole position is convoluted and you can't even enjoy what you say you want to enjoy. You're not even able to go there. It's pretty much impossible because your whole focus is on trying to keep things the same. On trying to keep people seeing you the same way. On trying to keep all sorts of things-- I don't know. I'm imagining balls up in the air, juggling them, and I think, "Oh, my God." We just do this to ourselves and it's so fricking painful. Because at the end of your life, whatever you haven't done, okay? Whatever you haven't, and I mean haven't by allowing yourself, you're going to be the one who feels bad. You know what I mean? You're going to be the one who doesn't feel good and then what are you going to do?

So most of us, we don't get into that part. We just have enough trouble, by the way, with what the position is that we've taken and the situation we're trying to control to not even go, "Well, am I being authentic?" If you're being authentic you will get rid of a lot of your issues inside. Your insides will be so much more at peace. Every time you speak your truth, and again, it doesn't have to be painful, it doesn't have to be at anybody's expense because speaking your truth, and I need to reiterate this because some people get confused about speaking the truth.

It's not telling other people that they're jerks. It's nothing to do with it. That's your opinion, that's not a truth. Your opinion about other people and their actions is not a truth, okay? Your opinion about how they treat you is an opinion because they could treat you one way, and that would be totally fine to somebody else. It's an opinion. Your truth is about you and your feelings. That's your authentic you. So it's difficult.

I'm talking about this isn't easy. Just because I'm saying this and saying that, and it sounds easy, I know, when I'm saying it, but to actually implement it in a risky situation, difficult for most people to do, too scary. "Oh my God, I can't do that. Holy shit, they might take advantage of me. They might think I'm an idiot, I might lose my job. I might lose my relationship. I might be alone. I might be an outcast. I may be made fun of. I might be told off." Those are the things that we're afraid of, and those things keep us from being authentic.

Then I'll tell you, when you're authentic, there's such a difference in how you communicate because I don't communicate to harm others. I communicate from a place of self-responsibility. So even if there's something going on between me and another person, I don't go, "You're just an asshole." And say, "You know, how I work or how I exist, this is about me." And when certain things go on around me, it can trigger me into certain moods and then I have to deal with why am I getting triggered and what's going on inside of me because I'm the only one who can take care of what's inside of me, and I know that.

But I'm sharing this with you because you're in this relationship with me in some form and I want you to know where I'm coming from, not so you change, but so you have an awareness because I'm not going to tell you to change, I'm not going to tell you you're wrong, I'm not going to tell you you're bad, I'm going to tell you that there's an impact, it triggers something and I have to deal with that. Now, I will tell you that, in time, as I go through that, and let's say that they're being a jerk, right? Well, first of all, I wouldn't even have this conversation because I'd be like, "Hey, you know what, I'm all about treating myself kindly, so I'm going to remove myself from this situation." That would be the extent of it, okay?

And I don't find that I'm in that situation, but I will, I'll just remove myself, that's all I do. I don't have to tell anybody anything, but my point is like they're doing something and maybe it irritates me and I'm like, "Why am I getting irritated? What's going on with me? And why am I getting triggered?" But if it's something that they do over and

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over and over, then they're probably not going to stop it, and then I got to decide, "Okay, it's triggering me. I've worked through this to the degree that I can, and now I'm kind of not wanting to do this anymore. I don't want to put energy into this anymore in this situation, so I'm going to go ahead and go."

But I can say that nicely to somebody in the first conversation that I was starting with. I can finish it up with, "Look, these are the things so when you want things for yourself, it's not you change. You - I'm pointing a finger - you change. It's me. I want what I want, and therefore if it becomes very apparent that that's not what's happening in how we come together, then I need to go, what do I need for myself? And a lot of times we don't know what we need for ourselves because we don't give it to ourselves because we're always looking outside of us, and that's where we become very inauthentic in how we try to get our needs met.

We develop these expectations, and that's where we live, in expectations, all the time. We expect other people to be mind-readers. We expect other people to treat us in certain ways. We expect that we are to be looked at in a certain way, seen as a certain person. That's not authentic. None of that's authentic, by the way. That is called abandoning yourself completely. You're not taking care of you, and nobody else can take care of you if you're not taking care of you, so it's just a circle, like you're just running in a circle. It's kind of crazy.

So we do that though to a huge degree and it's too bad. So it doesn't have to stay that way because when you get to the end of your life and you've lived an authentic existence, you'll know you really lived. It's why I talk about, you have to have experiences and not just think about shit. You can't just think about being an authentic person, you also have to take action for yourself. It doesn't always mean action that impacts other people but it means action that impacts you emotionally. So you go, "Oh look at that. I just gave myself something. I just did something for myself. I said the truth."

I had somebody recently who was going back and forth about a decision she wanted to make, and that was her pattern was to go back and forth about decisions that would make her crazy like she'd starting to get anxiety because her decisions had to do with other people. She doesn't want to disappoint people, she doesn't want to let them down, she didn't want them to think badly of her. And not that any of that, from my objective perspective, was going to happen, but that was her process, that was her pattern. It had nothing to do with what she authentically wanted from that perspective but see, her battle was, as I said, the inauthentic versus the authentic.

So that was her inauthentic, right? The authentic her didn't want this situation, knew the situation was not going to work for her. She'd outgrown it. And so, in the end, it's what are you going to choose? Are you going to choose the authentic or are you going to choose inauthentic? And if you choose the authentic and you bow out, let's say, of a situation, you don't have to be a jerk about it and you can be kind and you can be succinct and you don't have to give a defense. Oh my God, please don't give a defense. But you don't have to get into all the reasons why. You can be short and sweet with it and kind and compassionate. And she was.

She actually did not stay in this place which in the past she would've stayed in this place for weeks. She would've put it off. She wouldn't have made a decision. She would just have gone back and forth, back and forth, back and forth. And she decided not to do that to herself. And when we had a coaching session and I'm like, "Look, this is the picture." And she was at a point in her own growth where she had the courage to go, "You know what, I do have value. And even though I put other people ahead of me in that how they have perceived me is where I've derived my value," which, again, spoke to the inauthentic because she had to show up as a certain person for this situation to begin with and it really isn't her. I mean, parts of it are her but not really in her heart where she was feeling this. And so yeah, she took care of it. In 24 hours, it was done. And I said, "How do you feel?" And she's like, "I feel relieved. I feel happy" because it went well. Because she wasn't a jerk, the other people weren't a jerk. It was

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everybody was okay. In fact, really nice to each other. And she felt like, "Oh, my God. I can do this. I can do it for me. I can make choices for me and I don't have to look at this and go, 'Oh, my God, I'm letting everybody down. Oh, my God, they're going to hate me. Oh, my God, they're not going to ever invite me again.'" And that's just not true, not if it's real. If it's bullshit, yeah, you might not get invited again. Then you got to ask yourself why you want to be in a bullshit thing? But most of us don't. Most of us want the authentic, we just don't act authentic.

It's so true. And when you can't own it-- she owned it, right? She owned where she's at. She owned what she wanted and it turned out. Even if it doesn't turn out it's still the ownership of who you are and what you're doing, your actions, your words that matter to you. So when you don't own it though, you don't realize how much more stress and fury you're operating in. You probably don't even realize there was like streams of it underneath everything. If you stop and pause, close your eyes, I bet you can feel stress coursing through your body. I know I have before where I feel this tiny intensity pulsating throughout me. Yeah. That's not fun, but a lot of us do it.

We'll put up with that rather than disappoint another person. So we'll put up with feeling like shit so we don't disappoint somebody. We'll be inauthentic. "Oh, sure. I'd love to do that." And inside you're like, "No, I don't. I hate doing that. I don't want to do that" [laughter]. Nothing authentic there, right? But you're going to suffer for somebody else. And most people, if you said, "You know what? If I say yes to you, I'm really going against myself, and I don't want to go against myself because I'm going to feel bad. And I don't want to feel bad. I'd rather do something else with you or I'd rather just not do this because it doesn't feel good, and most people can respect that.

And if they can't, that tells you a lot about your relationship with them too. So you want to be able to do that because, hey, authentic life means authentic relationships, means things are more authentic. Your interactions are more authentic. So even if you find that there's people that don't appreciate your authenticity, those are people that probably aren't going to stick around. They're going to probably weed themselves out, and then you don't have to worry because you're going to be you. Okay?

So if you find you're getting stuck, and you're tied up maybe in a relationship that you can't get out of, look at how inauthentic you feel and consciously, when you're on that road that you've not traveled, like I mentioned before, it can feel like being split in two, and you may want to look at where you're hiding out, especially when it is the relationship that you're attached that you can't let go of. And it doesn't have to be a love relationship because there's plenty of relationships we get into that we can't let go of.

I can't leave my boss. If I leave my boss, then they're not going to find another me because you get some form of validation from it. Even though my boss is an asshole, I'm the only one that understands he or she so there is a feeling of being split in two, the authentic versus the inauthentic. And you just keep hiding. Well, I'm just going to shove the real me in a closet. That person doesn't need to come out. It's not going to bring me anything. It's just going to create havoc. Like I said, with the crisis, right? With the baseball bat the universe will bring.

It really is about trying to stuff it all back in and hide. And you feel bad. See, this is the thing, we feel bad. And that's the only thing you have control over. Why do you give that up? Why do you make that about everything outside of you? Why wouldn't you make that the most comfortable, calm, happy, full place? That's what I try to do every day. When I go through my fears because I feel through them. I'll do it in between sessions. I'll do it whenever. I will sit there and feel my way through my crap. I will release stuff left and right. And I always-- I can't think of anywhere that I'm not authentic anymore. And it's not because I do it on purpose where I have to go, "Okay, Tracy. Be authentic." It comes naturally now. I can't even help myself I always have to say the damn truth because if I don't say the truth, then I am miserable.

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And again, I would have to say this is all from the past. Okay? It's not even from now. And it couldn't be because, again, I'm not in that place. So that's what I'm saying. You really start to be authentic even when you're not trying to be authentic after a while. You tell people if they say what do you like, what do you not like, you tell them, right? Not in a jerky way, just this is what I prefer. Or maybe I don't have a preference anymore. You know what? I want to live dangerously. Bring something on I haven't tried just so I can step out of my comfort zone. You can do stuff like that. You don't have to stay stuck. None of us do. But, man, we'll do it. We'll do it over and over again.

So you want to do this. You want to because the other thing you develop is a sense of trust because otherwise, you've got a sense of distrust of who you are and what you're doing. And when you don't trust your own actions what happens is, if you take an action and somebody says something to you that you don't like, you're going to feel shame. And then the shame's going to hold you back. And then you've got a whole story built on why you have to be inauthentic. Why you can't be you because it's too dangerous. Even though you weren't being you and now you had something happen. That's the crazy stuff.

I can remember, and this just flashed in my head, like when I worked in corporate. Oh my God. I have said this before. I had anxiety every day. I was miserable. I was bored. It was so boring. I can't think of anything less creative than the jobs that I had for the most part. There were a few jobs, and it's not to say I hated all of my jobs because it wasn't like that. It was how I felt deep down inside because I was good at sales, or I was good at management, I was good at marketing. And so I could live in those places but those weren't authentically who I am. It didn't really represent me. It's just something I knew how to do.

So that's the interest-- to me, that's the interesting part. And for most people, we just don't think about it in this way. We don't think about how much of ourselves we give up. We don't think about anything like that. What we do, is we have a fear of what we might be giving up all the time. So instead of living and thriving, we're surviving. I love saying that. You've heard me say that a million times, right? You need to begin a place of accepting that you're growing and moving beyond where you've been, and that can be scary. Because when you're accepting that, "Hey, I'm growing," well, that means that more and more I've got to be authentic. I've got to say the truth. And I've got to stop running from myself, and I've got to stop running from other people. And I've got to bring me back here and have me live rather than this inauthentic facade I created because that inauthentic facade is somebody I constructed when I didn't feel safe in the world.

And as an adult, I can feel safe. I just have to give myself that safety. And that's really the truth, but we're afraid to. So you want to because you want to have choice. We always have choice anyway, but most of us don't think we do, but we always do. Just like we have a choice to blame people or not. We have a choice to look at life from an objective or a subjective perception. We have a choice on our actions a lot of the times. We have a choice on how we want to feel. We have a choice about pretty much everything. I can't think of anything we don't.

I guess the only thing would be if you're literally in jail. You're literally incapacitated and, therefore, you've lost some choices in life. Right? Maybe you made other choices at another point that put you here, depending on what it is. But when you have chosen out of pain, I can tell you that's not authentic. Not so you go, "Oh my God, I'm not authentic," but just so you can understand the contrast, because there's a contrast.

If I'm inauthentic and I'm choosing out of fear, I will be paying for that probably for a while because, first, I'll have to decide that I made a choice out of fear, and that can take a long time to get there because some of us don't want to admit that to ourselves. And then all the fallout that comes from it, we're going to be like, "Oh my God, I chose this way. Oh, shit. I shouldn't have done that." You got to go through the beating yourself up, which is unnecessary,

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but when you're inauthentic, you're going to beat the crap out of yourself. You're just not going to be able to let go of things. You're going to keep holding onto it. You're going to wait for somebody to give you freaking permission.

Hey, guess what? You can get out of this prison now. You can be you, go ahead. Go on. That's what you're waiting for. Why? Because here's the thing. Even if you get lost, you're going to find your own way eventually. So why do you need somebody to give you permission? You don't. You fuck up. You can fuck up. You fuck up being inauthentic or authentic. But when you're authentic and you fuck up, it's so different. I don't beat myself up. I don't shame myself. I take responsibility and I go, "Wow. I'm sorry. I did not mean for that to happen and this happened, so I'm taking responsibility for it." And then if the person wants blood, which, there are people that do, there's no pleasing that. There's nothing you can. Nothing.

I had somebody tell me recently that somebody that we know in common was talking about a situation and saying how they were waiting for an apology and they had already received an apology. And we were both like, "God, what is that you need then?" Right? What is it you need if somebody's apologized for something that they don't even know that they did, but they did something that upset you in the first place, right? Or even if they know what they did. But we were just talking about how fascinating that is because most people who are waiting for something more than an apology don't even know what they're really waiting for. They're waiting to feel better, and they're waiting for it from somebody else. It's an inauthentic place to be because usually if somebody is apologizing, unless you really just come out of left field to fuck somebody over, okay, you don't-- it's not that you don't need to apologize. But usually both people or how many ever people are involved, an apology would be good from everybody because we all have a hand in it. We all do.

But when you're inauthentic and everybody else around you is inauthentic, it's not going to happen. We're going to keep to these little dynamics that don't really work. And that's the sad part is we do this over and over and over again. "Well, I'll just remain inauthentic." Well, why do you want to do that? What do you get from that? You don't get anything from that. Sounds pretty shitty to me, and I think it is. So everybody is different with this, and I really don't want to classify this as I'm right, you're wrong. It's not about that. This is more about living happily, living in fulfillment. And the only way I know how to do that is to be authentic. Otherwise, you're going to numb out, and you're going to go right into being inauthentic. You're going to be hiding, and that is painful. And especially, like I said, if you're waiting for permission. It's going to be painful. You're hiding and waiting. Oh my God.

And then you want people to have ESP. Fuck that. That ain't going to happen. Most of the time, we don't even know what it is we want because we can't even specify it. If you're waiting for somebody to take your pain away, you don't even know how they can do that, but you want it. And you need to look at, well, what am I waiting for, someone to take this away and make it better? Why don't I do that for me? But first, why don't I find out what this pain is and how I can take care of it in myself? It doesn't involve other people.

Now, if you're going to speak your truth, it can, just so that you hear yourself speaking your truth somewhere. So one of the things that people don't like and is-- I don't know if it's up there with shame. Shame's pretty shitty. Most of us don't want that. But it's the feeling of being out of control. Oh, yeah. When you're out of control, oh, most of us want to get back in. That's what I said with the - not compassion - compartments. Most of us want to get right back into those compartments and put everything back together and make our little world and keep a tight control. And we do that and something inside of us, hopefully, at some point, decides I don't want this small world anymore and I'm okay losing control. And you can literally feel like your shit is everywhere. You can be in a state of panic, but don't pick up the pieces and put them back together as they were. Be you. Feel into it. Do it slowly. It will get put back together in a different way. It'll get put together, I should say, in a different way. And that's okay. It'll get put together in a more authentic way so you can be yourself.

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So you have to really get clear moment to moment. At any point in time where you have an opportunity to speak or do, you have to say, "Is this authentic, what I'm about to do? Am I being authentic or am I inauthentic?" And then it'll get better. It'll get easier, but you want to look at the obstacles you have in your way to being authentic, because they're there. Otherwise, you would already be authentic 24/7.

Look at where you suppress your pain. You shove it down. You want to because it's what you've always done. But when you want more for yourself and human beings always want more, it's to get out of your own way with false you and be real you. It's to be where you are and accept everything as it is. And you can say it out loud. I accept my room as it is. I accept my husband or my wife as they are. I accept my kids as they are. But you really have to feel it when you do this, and so it's not a fast exercise but it's something that you can do and keep doing over and over.

And the more you do it and feel it, the better you feel. And then, as you are accepting things-- because you need to be including yourself in there, by the way, not just everybody around you, but you accept yourself. Oh my God. It's amazing what can happen because then you feel peaceful with everything as it is, including you, which means you get to be you. That's really what you get to do. I accept things all the time. I surrender to what is constantly. If I find myself in resistance, fuck that. That is just so much work. It makes me want to take a nap. I think I've said that before, "Oh god, that energy leaking. I just want to go to sleep." That's what it feels like, but some of us will keep choosing pain.

So being authentic is the choice of not choosing pain all the time. It may be a little painful to get out of the inauthenticity, but getting into the authenticity, it isn't painful. Even if painful events happen you handle it differently. It's really crazy how much different things are when you move into authenticity. Just how you see life, how life is. I have moments where I'm totally excited about, "Whoa, I wonder what today will bring." Just my own creativity. What am I going to get inspired by, right? What kind of inspiration am I going to feel inside? Am I going to pull my paints out? Am I going to just write? Am I going to see friends? Am I going to go out with a guy? What am I going to do? How am I going to be? Blah, blah, blah, blah, blah.

So, anyways. Yeah. You have so many opportunities to be authentic, and all you have to do is look for the pain. Where's the pain? You're not being authentic there. Okay? And I'm not talking about pain of grief because somebody has died. Although you can find yourself through that kind of pain, but that's different. I'm talking about pain where situations aren't working right, or old pain where situations didn't work out how you wanted them to because life isn't like that. I don't know why we have an expectation with the billions of people in the world that we walk out our front door and everything's supposed to be as we want it to be. What about everybody else, right?

That's the crazy ludicrous kind of thinking we have. Well, I want it to be this way, and it needs to be this way or I'm not going to be happy. Well, that's crazy because you're going to learn to be happy no matter what the hell is going on outside of you. And when things go your way, great. Things go my way almost all the time, why? Because I don't have a lot of rules about how life needs to show up, I really don't. I have a few like, "Hey, I want everybody to be healthy in my life, no tragedies, things like that. I can't control it, I don't want it," who the hell would? But at the same time, everything else is kind of up for grabs, and it's so much better that way because that is where the element of surprise is and that is being authentic.

Because to be authentic is you don't know, and inauthentic means I'm trying to control things and keep them the same. Just remember that. Look for that. That will give you another clue as to where you're inauthentic. But the pain is a huge indicator, so use it. Everybody has their stuff, everybody has their fears, everybody has their accomplishments, everybody has their own opinions. It is not helpful to you in any way, shape, or form to become more authentic by looking at yourself through other people's eyes. I've heard that before, and I just think that's

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such bullshit because you're looking through someone else's eyes through their crap, through their experiences, their filters.

That doesn't help you, you're not going to change, not that way. Change comes from within. The impetus has to be within. I don't want to live this way anymore, I want to live authentically. Well, great. Cool. Do it. So once again, be authentic, live life loud, or you can be kind of quiet too [laughter] but enjoy. All righty. Everybody have a good one. Bye-bye.

ACTION ITEM

Authenticity hides behind pain and shame. We're afraid of letting our freak flag fly, so we suppress it. What if we're rejected for being who we are? Is there any greater pain? Yes there is: hiding who you are. There is no joy or fulfillment in that.

This week, think of a decision you need to make (or look back on one you've made) where the options have been battling back and forth in your head. Say, for example, you're deciding whether or not to take an overseas vacation this year. Staying local would be a lot cheaper, easier and less risky, but you've always wanted to see Paris. You've dreamed of sipping coffee in a café overlooking the Seine, but tell yourself that money would be a lot "better off" in your savings account, or spent on a new sofa. What would your family/friends say if you blew that money on a trip to Paris? What makes you so fancy? It's a classic example of your heart vs. your head. The authentic vs. the inauthentic. You know in your heart what you want, but you're afraid to own it. You're afraid of being seen as frivolous or irresponsible or [insert fearful adjective]. Owning your decisions is part of owning who you are, and making no apologies. This scenario may seem obvious, and I realize some decisions are a lot more nuanced, but that's ok. The same process for identifying the authentic vs. the inauthentic still applies.

Think of a decision where you have at least two options. Start with option one, and play it out in your mind. Visualize yourself taking a local camping trip and buying a sofa. Be detailed about it, and tap into how you feel. Really sit with this. Is this lesser option what you feel you deserve? Do you feel cheated or limited? Maybe you feel virtuous because you're being responsible.

Do the same thing with the other option. You're sitting in a café in Paris. Do you feel free? Joyful? Guilty? Ask yourself why you feel these things... is it because that's how you truly feel, or is it based on other people? Are you afraid of how you'll be perceived? You may have to do this a few times to really dig into the underlying feelings. As you probably know, the inauthentic choice is the one based on the external. It's the one where you're afraid of letting someone down, or not living up to a label you've given yourself. This is not a thinking exercise, it's a feeling one. Play out each scenario and the feelings associated with it, then see if you start to gain clarity.



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