

How Authentic are you

To be authentic is the nicest way to live because, you are yourself without putting on airs. People are drawn to people who are true to themselves. It takes conviction that you are worth, of value, good looking, and capable of carrying on a conversation. After all what do we talk about if not about the weather, and sundry items. It is through conversation that we reveal ourselves and through our actions. Actions speak louder and one's integrity comes through one's actions.

Deep within, you know who you truly are, and that is your true identity and authenticity.

"We have to dare to be ourselves, however frightening, or strange, that self may prove to be."

— May Sarton

Children are the best judges of your true self. They say what they truly mean. If they don't like you they really don't like you. They are authentic and can see through the fake person,

When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real.'

"Being authentic grows on you with time, you learn from your mistakes and as long as you do not repeat them you have learned your lesson.

Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand." The Velveteen Rabbit

Being judgemental down grades your authenticity.

Being judgemental down grades your authenticity, you become the judge, the jury, all in one. No one is perfect, "there is so much good in the worst, of us and so much bad in the best of us lets not talk about the rest of us" author unknown. Having an understanding heart is the key to ones authenticity "We are all different. Don't judge, understand instead." — Roy T. Bennett.

"Let the past just fade away, why get lost in yesteryear." From a song

Your past could become an inhibitor to your growth emotionally into the true being you are, and what God intended you to be. Why be saddled with what was, it is water under the bridge. The sun rises each day bringing forth a new day of hope. The challenge to be "born again" is to be born of the spirit. We hear of "born again Christians". They are born to a new life of grace, Grace in the spirit of God. How rich a new life is. Anyone can strive to achieve a new life and shed the old self. The Catholic church has confession or the sacrament of reconciliation, for a renewal in the spirit, frequently availing of the grace from this sacrament becomes a turning point in your life, to live it in its true authenticity. The whole purpose of the teaching of Christ Jesus was to make better persons; authentic persons.

"Make a pact with yourself today to not be defined by your past. Sometimes the greatest thing to come out of all your hard work isn't what you get for it, but what you become for it. Shake things up today! Be you, be free Steve Maraboli.

How to grow into the depth of being authentic.

Einstein's theory of life is to break every known rule. Had the world remained stagnant and not ventured because the belief was that if you sailed the ocean you would fall off it, we'd still be where we are "my mother often said "never venture never win" "fortune favours the brave" I believe God loves the risk taker. Proof: when Peter saw Jesus walking on water whilst Peter was fishing, Peter first thought it was a ghost but when he realised it was Jesus Peter said "can I walk too on the water" and Jesus said "come Peter" he stepped out gingerly for a while he was happily walking on water until doubt and fear overcame him and he began to sink and Jesus stretched out his hand. God wants us to take risks in life. Isn't it a risk to go to the moon, and now the rest of the starry firmament with the hope that scientists will find a place where we can live, because we are making this earth unliveable with global warming and hatred and wars. Will we find "a new heaven and a new earth"?

"You'll learn, as you get older, that rules are meant to be broken. Be bold enough to live life on your terms, and never, ever apologize for it. Go against the grain, refuse to conform, take the road less travelled instead of the well-beaten path. Laugh in the face of adversity, and leap before you look. Dance as though EVERYBODY is watching. March to the beat of your own drummer. And stubbornly refuse to fit in."

— Mandy Hale,

Nothing in this world is original it has been heard before or said before. Only have the skill to paint it as though it is a new idea. "Yes we can" was the catch phrase of Obama's campaign but this phrase was a common thread in all the presidential speeches of the past, simply put, is "positive thinking" enunciated by Dale Carnegie, Norman Vincent Peel, and Plato

"Be original but Steal from anywhere that resonates with inspiration, or fuels your imagination. Devour old films, new films, music, books, paintings, photographs, poems, dreams, random conversations, architecture, bridges, street signs, trees, clouds, bodies of water, light and shadows. Select only things to steal from that which speaks directly to your soul. If you do this, your work (and theft) will be authentic provided you apply your wisdom to repaint. Authenticity is invaluable; originality is non-existent. And don't bother concealing your thievery - celebrate it if you feel like it. In any case, always remember what Jean-Luc Godard said: "It's not where you take things from - it's where you take them to."— Jim Jarmusch:

Your Authenticity should be God centered.

God made you to his image and likeness. What an awesome creation you are, In order to understand who you really are, you've got to understand who, or what God is. The attributes of God are, being omniscient, omnipresent, omnipotent, all knowing, all powerful all good..Are we all of this, can we be all of these traits. Tilehard de Chardin a french theologian believed that "we are God's in cryalis having the immense potential to be God like, Godly,"he was excommunicated from the church and forbidden to teach in the seminary, the church recanted and today the church accepts his beliefs. Our very search for goodness is to seek God because goodness is one of the attributes of godliness. God wants humanity to enjoy all the goodness this earth has in store for us. All the valuable minerals are in this earth, petrol, gas, and even atomic power resides in this earth, every source of energy is existent on this earth. God has given us this value, and it is up to us to add value, and make the natural resources productive. If you are not rich it is our own fault, you have not used the opportunities this country has given you. You have chosen the path of least resistance and capitulated. Poor countries continue to be poor because they choose to replicate their former past not wanting to raise their heads from the economic morasse they are in. similarly with families you are not wealthy because you choose to remain in the mud. Today the Australian Government spends over 15 Billion annually on welfare, shoring up families who for generations have been welfare recipients, whilst migrants come to Australia and grow rich and get the plum jobs, and start up business's, growing into the authentic self one is expected to be.

"The privilege of a lifetime is to become who you truly are." — C.G. Jung

Being unique in your quest for authenticity

Strive to be an individual, unique, one and only "the person" that is what God wants you to be.

Let me tell you a story. A father and son were travelling to the market with their donkey. The farmer and son were on the donkey with all their ware, they were to sell at the market saddled on the donkey. Along came the first bunch of people who laughed at them "look at this father and son they are riding a donkey laden, they should walk besides the donkey, and ease his burden" so they got off the donkey. As they walked on, another group of travellers said "look at this father and son, they are making the donkey carry all this load, they should carry the load", so they freed the load and the donkey was walking freely whilst the father and son were carrying the load. The next bunch of travellers said "look at this foolish father, and son, they should let the donkey carry the load".

"Don't let the expectations and opinions of other people affect your decisions. It's

your life, not their's. Do what matters most to you; do what makes you feel alive and happy. Don't let the expectations and ideas of others limit who you are. If you let others tell you who you are, you are living their reality — not yours. There is more to life than pleasing people. There is much more to life than following others' prescribed path. There is so much more to life than what you experience right now. You need to decide who you are for yourself. Become a whole being. Adventure." — Roy T. Bennett

The recent past has seen the innermost personality of great leaders spread out like a blanket for the world to behold. Tears, emotions, at the changing of the guards in the White House, The goal from the pinnacle of power was to enrich humanity. Obama's sensitivity and even Michele's desire to make government "of the people, for the people, by the people" (Lincoln) a reality. The White House was no more an enclave of privilege but the warp and woof of the social fabric of American society was party to events of common interest. Their sensitivity endeared them to the nation and Obama was voted in twice as president.

"Highly sensitive people are too often perceived as weaklings or damaged goods. To feel intensely is not a symptom of weakness, it is the trademark of the truly alive and compassionate. It is not the empath who is broken, it is society that has become dysfunctional and emotionally disabled. There is no shame in expressing your authentic feelings. Those who are at times described as being a 'hot mess' or having 'too many issues' are the very fabric of what keeps the dream alive for a more caring, humane world. Never be ashamed to let your tears shine a light in this world."

— Anthon St. Maarten

To be authentic you have to make tough choices

To be authentic you have to make choices, these choices can reach out to the very core of our being". Your conscience dictates the authenticity of your action, it is only when you deaden your conscience that your authenticity is compromised. Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen."

— Brené Brown, The Gifts of Imperfection: You're Supposed to Be and Embrace Who You Are

You cant be perfect but you can be you- authentic

We can't be perfect beings, only God is perfect, we can however strive to be perfect. The other day I saw a very old lady perhaps in her eighties. She was dressed very clean, her sweater was ironed perfectly, her shoes neat and clean, her hair very tidy she was striving to be perfect, a friend, and relative, of ours Marcia said you don't have to look old

