

# Connecting to Your Authentic Self

By  
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Authenticity is the complete puzzle of who we are—being seen for who we are--not what we do, what we own, or our past and present stations in life. Authenticity directly leads to being happy, living life on your own terms, and finding fulfillment, peace, joy, and freedom in your life.

Authenticity is our birthright. It constantly sits behind our thoughts, feelings, beliefs, desires, goals, passions, values, and strengths. Authenticity is waiting to shine through to the world. Our task is to become aware of its presence, be courageous enough to come face-to-face with it, and to be loving enough to walk with it during our waking hours.

The path to personal authenticity is directly connected to our level of happiness. I cannot think of a better reason to live authentically than, in doing so, we increase significantly our ability to be truly happy. Living truthfully, honestly, openly and without fear frees us to choose to be happy in any moment we desire. When we can fully live our life as it was meant to be lived, we are happy, right then and there.

Authenticity and happiness are choices to make. The absence of happiness is an indication that one is not in tune with his or her authentic Self, and is a symptom of living in reaction to fear, or a lacking in the natural power of passion, the clarity of vision, and the realization of joy, peace, freedom, love, and abundance. When we get naked, with ourselves first, then with another, then others, finally the entire world, we experience living as it was meant to be—fearless, carefree, curiously child-like, adventurous, and exciting.

When we experience authenticity, happiness is the natural outcome. When we walk our truth, communicate with openness and honesty, and seek to be present as much as possible, we have no other outcome other than happiness to enjoy. Authentic happiness is a state of being, one that is our greatest gift to ourselves, to those we love, and to the world. When we are aligned with our authenticity, the power of happiness plays positively with everyone and everything that is within our sphere. Words cannot do justice the potential outcome from one living in authentic happiness.

The search for authenticity begins by taking the first step, which in my experience is to begin a process of deep self-reflection:

- Are you willing to ask yourself the big questions?
- Are you willing to put everything in your life up to full scrutiny?
- Are you ready to discover your own answers to these questions?

- Are you willing to release old thoughts and belief patterns as you find your own truth?
- Are you ready to make clear your passions, values, visions, and life purpose?

Deep reflection opens the door to personal awareness—an awareness that is not parroting what you have been conditioned to believe, or what first flows through your thoughts/words/deeds. It comes when we quietly and honestly look within, and listen to the deep, inner voice that we all have access to, but often keep blocked or buried. Authentic awareness speaks through the sound of feelings—when we *feel* it is right. That is awareness!

Connecting to authentic happiness is through knowing and living our basic essence. That essence is a combination of living life with passion, adherence to our values, creating and moving toward a compelling vision for our life, fully exercising our natural talents and gifts, and living with a strong sense of meaning, fulfillment and purpose. It all starts with increasing our awareness—stop sleepwalking, stop reacting to events unconsciously, stop living habitually—and start living more in the moment, be more alert to your thoughts and emotions, be aware of your choices, wake up to your our conscious thinking. As we take charge of our lives, and live more authentically and in the present moment, we can choose our own definition of happiness in every moment. Life then is vibrant, energetic, peaceful and loving. Isn't that worthwhile?

So, if you want to live authentically, and to be genuinely happy, remember this easy formula below.

**AUTHENTIC HAPPINESS = Awareness + Passion + Values +  
Vision + Gifts + Purpose**