

# Fears, Beliefs, Thoughts – Barriers to Authenticity

By  
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Authenticity is a deeply desired state. Most want to live a life on their own terms, feeling free to think, choose and experience life without constraints. While most feel they are being “real, open, honest, or independent,” true authenticity is mostly hidden beneath the veil of our ego, past conditioning, beliefs, fears and stories. Truth be told, these have been running our lives on auto-pilot since early childhood, and secretly drive most all our thoughts, feelings and actions during waking hours today.

Believe it or not, the barrier to authenticity is our own state of mind. To see this for yourself, just close your eyes in a quiet space, and observe/listen to the thoughts in your head. See how many are focused on past or future events, and center on worry, doubt, anger, frustration, regret, jealousy, insecurity. See how many thoughts are judging you, others, your situation in life, and your worthiness. How many of your thoughts trigger you and hijack you into some reactive emotional tirade that says and does things that you deeply regret afterwards. It’s hard to be authentic while the best part of you is overwhelmed by the ego-based side of you most all the time.

Authenticity is what we all want to express, but it would be irresponsible to go about life thinking the negative can be ignored, thinking it will subside if we do not give it attention. On the contrary, knowing the power of our fears, thoughts, and emotions that have turned into our beliefs is a key step to our own personal liberation. It is not just thinking positive thoughts that will get you what you want. You have to understand how the entire physical/ mental/ emotional/spiritual system known as **YOU** really works, and in the knowing, even of the darker shadow side of you, you will find your authentic power.

Since we live in a world of contrasts, we are forced to look at everything as two sides of the same coin. To know love, we have to experience fear. To know happiness, we also learn sadness. The same is true for peace and conflict, abundance and lack, freedom and constraints, winning and losing, and giving and taking. As adults, we know these states all too well and we are self-defined by how much of the aspects we experience in either the positive or negative.

Authenticity begins by increasing our awareness. In order to realize and live the truth that is wholly our own, we must see with authentic eyes what is really going on that drives our thoughts, actions and lives. The good news is that the best way to deflate the hold our past programming, beliefs and fears have on us is simply to just see—observe--put your attention on the “it” that’s preventing you from thinking happy, loving, joyous, peaceful, free and prosperous thoughts. It is that simple, and at the same time very difficult to do, or remember to do. Most of the time we are

off on some negative thinking/feeling mindset, and don't even remember that our authentic side is just on the other side of all these unconscious, automatic thought responses.

Wake up! See the truth in how and what you think, where your emotions hang out most of the time. If you are spending most of your time in some form of judgment, criticism, condemnation, anger, fear, jealousy, helplessness, worry, pessimism, guilt, disappointment, anxiety, doubt or regret, see it in the moment, as it is. Do not judge or criticize yourself for it, just see it, and see that it came from inside you. As you see it and own it, without judgment, the power of the negative energy dissipates, and the return to authenticity is on.

When your awareness recognizes love, peace, freedom, contentment, joy, excitement, enthusiasm, passion, gratitude, acceptance or happiness, know that your authenticity is pouring through. As you own your awareness, you can always bring these positive emotions into it. When you allow these into your awareness, they immediately help reveal yourself to the world. So just pay attention to what you are thinking, feeling, doing. By increasing your awareness, your life will be filled with more happiness, peace, love and abundance

Authenticity is a choice—what do you choose for you?

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