

# Where Does Authenticity Come From?

By  
**Kevin A. Rafferty**

- Do you ever slow down enough and pay attention to what's going on in your head?
- When you have a decision to make, who / what part of you makes the decision?
- When alone, do you experience thoughts that are very different from your current reality?
- When alone with just your thoughts, do you witness an endless stream of thought-after-thought, or do you have moments where there seems to be **You** thinking?...and if you do, who is the **You** at that moment, versus the you that is in the endless sea of randomness of thought?

In conversations with clients, we often look at the thinking process itself. This process, while so important to our functioning as effective human beings, mostly goes on automatically, habitually, robotically. The Buddhists call the mind that rattles a constant stream of endless thoughts our "monkey-mind." When you think of it that way, we all instantly get the metaphor - our thoughts jumping around inside the cage of our mind like monkeys do in a cage at the zoo. For most people just about all of the time this is the mind we tap into to run our days, our life. This is why, after we grow up, we are so grooved into our ways of thinking, our beliefs as truth, that we just rely on monkey-mind and let it run in auto-pilot.

But in those precious few moments, when we allow the monkeys to rest, and we step into the cavern of our mind, who does the thinking there? When we slow things down a bit, and allow our inner voice to check in, who is that voice, and are how often are we listening to it?

You know that voice, or gut-feel... it's the one that brings up a thought based in your own truth. We can access this aspect of ourselves, but do we? We can listen to that inner whisper, nudge, stating our truth quite simply and eloquently. And if, do we most of the time, upon having such a profound truth before us, immediately follow it up with one of the most damaging words in the whole dictionary - BUT! For example, when you are really pondering a problem, and the truthful answer comes into your mind's eye, and you know it's what's right and what you should do, that insidious word BUT enters and you start to either rationalize, judge, tear apart, mock, lose faith in, or diminish your truth that just a millisecond ago seemed so right.

Try this next question on for size and see if the BUT comes in to play: "My passion in life is to \_\_\_\_." As you see the deep answer(s) come into your awareness, just sit with that truth. See how long you can hold on to just this one pure answer. Chances are as soon as you do, one or many BUTS will follow immediately behind, without you inviting them in. The BUTS will tell you "ah, you can't do that," or "there's no way you can make money at that," or maybe even "who do you think you are to imagine such things." Soon your truth is overwhelmed by the monkey-mind's conditioned responses, its fears, its limiting beliefs, and becomes lost in the cloudy sea of your mind. Truth tried to get out, but our ego conditioning kept us from manifesting it.

In order to get to your authentic self, you must know your own truth. We can't take for granted

what we believe we believe our truth is, we must look deep inside for the sense, the feeling, of our own truth. To parrot what others say doesn't mean it is truth. To authentically think for ourselves is the only path to truth. We have to slow down, make room, and ask the right questions. Then we have to quiet our mind enough to sense the truth. When we get the monkey-mind responses, we have to just let them go and get back to seeing our truth.

Today we have so many diversions to keep us so busy we cannot find time and energy to slow down, and quiet ourselves. TV, cell phones, emails, texting, social media sites, extra workloads are all 'crack' for the monkey-mind, who is ever more ravenous for vehicles to distract us from reaching and living our own truth. The challenge is to ask yourself: "Am I living the life I want, have always wanted, or am I living the default life that came to me without my authentic self's permission?" "Is my life meaningful to me, am I mostly happy, fulfilled, living with passion, or is most of my time filled with complaining, judging, gossiping, worrying, anger, upset, insecurity, frustration, disappointment, despair, or fear?" If you want to know where authenticity resides, just start getting to the truth of these two questions.

Authenticity comes from deep with each of us, never from without. As one digs for truth, and sees its loving power, and allows it to become a living part of life, then one can know what else is possible. Beware the monkey-mind – it will always run in the background unless we rise above it. Start paying attention to what goes on in your own mind. Just increase your own awareness about yourself, and you can begin the process of allowing your authentic self to emerge!

© 2010 Kevin A. Rafferty