

Wellness from Within - October 2006

Personal Truths - By Jennifer Powers

Living authentically is not just a term reserved for gurus or life coaches. It is a philosophy that most people could benefit from leaning more about. When a person is living their most authentic life they are being true to themselves in everything they do. They are comfortable in their skins and they rarely second guess their thoughts or actions. They don't have partially fulfilled or frustrated desires because they are living more through their heart than their head.

These fortunate folks still have their share of issues and crossroads in life, but they are able to process and move beyond them with a lot less struggle because they are guided by a set of personal truths or agreements. The closer they follow what they feel is right to say or do, the more authentic their life will feel. If instead, they continue to do that which they "should do", based on guilt or societal pressure, they are stepping outside their agreements and that's when inner struggle incurs.

What are your personal truths? What feels incongruent in your lifestyle as you are currently operating it? Chances are, if something is feeling out of balance, you probably need to check in with which personal truth it's banging heads with. For example, if you feel like you are a responsible individual because you have a well paying job with lots of benefits, but you come home feeling drained and unsatisfied, your personal truth might be screaming "Satisfaction and fulfillment trump high salary and job security!"

Identify your incongruence and take small steps to getting things in alignment. Living authentically can bring you less stress, fewer struggles and a feeling of self-worth that is truly priceless. Tap into that place and find peace with all that is true about you!

What can you do today that will help you honor your personal truths and live more authentically?

Quotable Quote: All truths are easy to understand once they are discovered; the point is to discover them. Galileo Galilei (1564 -1642)