

MODULE 6

Authenticity
VIDEO SUMMARY



Video 3: Authenticity

- ▶ Authenticity is the motive and energy behind uniqueness...effortless
- ▶ Taught to wear masks
- ▶ Motive driven by the Soul...all truths without shame
- ▶ Empowered because your authenticity is your motive to serve
- ▶ Authenticity is the pure sense of freedom that you have when you're being yourself
- ▶ Sometimes things can get twisted e.g. authentic self/motive is to heal but the Ego grabs it and then the motive is to be needed
- ▶ Difference - One is driven by authentic need to just be of service, bringing life force energy through you. Other wants to be needed, popular, seen a certain way; the Ego gets involved so that you lose sight of why you're doing it, lose boundaries, are affected by other people's stuff etc.
- ▶ In this program we learn how to see and be aware
- ▶ Can't be all things to all people
- ▶ Ask 'How do I allow my energy to be depleted?'
- ▶ Manage energy, check motives and knowing that being authentic will make you feel free and feel good no matter what happens
- ▶ What is the next right action for all of us to really get in alignment with our soul?
 - ◇ Time To Go - we move from an old life and go towards a new one. Leave behind the baggage that doesn't serve us. If it comes up for us we don't make a fuss about it instead 'that's interesting'. Soul is adversely affected by our carrying around so much baggage and it can't explore more unless we let it

- ◇ What are we going to leave behind? Round and Round (P) - patterns. See the cycles you want to let go of once you figure out you have the key by the awareness. Fire the automatic pilot! The minute we recognize, we can get out of it quicker and have the tools. Remember other people's opinions and projections of you aren't about you, it's about them
- ◇ Never Ending Story - all about drama. For us to be in alignment with our Soul we have to let go of drama.
- ▶ Trust you have the key and the power to decide to change the way you think, feel, and believe at any given moment, even if we go into automatic pilot temporarily
- ▶ Stay out of the past and future and stay in 24hr compartment

Brief OVERVIEW

◇ THIS VIDEO REMINDS US TO LEAVE BEHIND WHAT DOESN'T WORK AND DISCUSSES THE DIFFERENCE BETWEEN AUTHENTICITY AND UNIQUENESS.

It draws to our attention the difficulties that we all get into when the Ego mind looks at what the authentic Soul expresses and wants to make it its own, thereby shifting from being of service to being needed. We are reminded to take accountability for our patterns, and through a 3-card group reading receive guidance from WOTO about how to get in alignment with our Soul. As we move forward into our true authenticity we need to let go of the past and not allow our victim story to limit us. In this video we are reminded that we are being empowered by being ourselves.