

Welcome to the Art of Purpose podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager.

I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation, and support as you practice The Art of Purpose.

Hey. Hello, and thank you for joining me in today's purposeful pause. I have to say it is quite chilly and breezy here in Anchorage, Alaska today.

It's definitely been a practice in accepting what is and being patient. We get nudges to practice this from everywhere, don't we? Well, we'll see here if the sun decides to warm us up a bit this summer.

I wanted to share with you all today. I've been contemplating authenticity and what that means. Authenticity. What does that really mean?

We hear it a lot these days, and it's something that I'm really looking at myself and doing work— well—playing with this. And I say working quite a bit. However, playing has such a much more uplifting energy to it, don't you think?

I believe authenticity is getting to know ourselves at a much deeper level sometimes than is always comfortable and remembering that there are huge caveats.

One being we're learning to trust ourselves. This is and can be a lifelong journey. And this is another reason that, you know, for us to be practicing patience. And, in the forefront of this process, of being authentic is being truthful with ourselves.

Now, let that sink a little bit. What does being truthful with ourselves mean?

Sometimes I think it is helpful in this discussion to talk about what authenticity is not. Because as I mentioned, that word does get thrown around a lot. And I think that many times we mistake it for speaking and acting without intention or with that filter that is very often very necessary.

And that is not authenticity as I see it.

Authenticity is being willing to look, be curious, and question ourselves from our hearts, from presence. Seeing what is our ego and what is our deeper truth. Giving ourselves space and stillness to really allow our inner voice to be heard. And, to really hear what it sounds like, we need to be willing to look at our desires, our failures, our wounds, our successes, all of it.

Learning to listen to our higher self, who ultimately really has our best interests at heart. And all of that requires being truthful.

Some good questions and areas to look at around this are: Where do I have strong reactions and emotions?

What am I afraid of?

What am I resisting?

Where do I feel like a victim?

For example, one area would be to identify where we are covering up heartfelt desires with fear, resistance, and old programming.

So like when I first thought of doing this podcast thought no, first felt I had a desire.

I was, "Hey, you know, I would really like to share my story and possibly help others, perhaps nudge someone else into accepting themselves more to be kinder, more self-compassionate, and as I'm practicing. So, hey, well, I could do this podcast."

"But wait, wait, wait. No one would really want to listen to me. I don't really have anything of value to share. Who am I to talk about these topics?" I am really actually quite scared out of my shoes here, just to speak cleanly.

"Why would I want to share my faults and my dark side?" You know? "And what if it's not perfect?"

So there is my little litany that you get to hear things that how my mind where it wanted to go.

But being able to really stop, you know, and I get caught up in that all that that mind chatter. Being able to really stop and pause purposefully step outside of myself and see this situation as if I were speaking to a friend and also getting assistance with my coach around this,

I was able to identify where I was being self-deceiving.

"No one would want to listen to me." Well, what IF someone might really benefit from what I have to say?

"I don't really have anything of value to share." Well, what IF something I have to say really impacts someone positively?

“Who am I to share about these topics?” Well, who am I NOT to share these things?

What if the opposite of our fears is true? What if we are all afraid of being vulnerable? Which in actuality brings us closer together.

Here is where I would like to suggest sharing with a trusted, supportive friend or a coach, as this can really be essential and reframing and seeing ourselves clearer. Being curious and introspective is so rewarding. And not lying, it's challenging and painful at times. However, trusting and knowing the rewards do outweigh everything else.

When we allow the process of being seen by others, it's a gift to us as well as a number of unknown people. We do not know the people we touch every day in whatever it is that we're doing.

The more we hide or are stingy with ourselves, we deprive others of what we bring to the table. And most importantly, we push away the chance for a deeper relationship with ourselves, which is ultimately what this is all about.

We are in this game called “Life” together. So as we close out today's purposeful pause, I'm going to encourage you to take a moment and think about an authentic, heartfelt desire you have that, maybe through some self-deception, you're holding yourself back from.

Consider even writing down the fears, stories, excuses, the habitual thought patterns, etc. about why you can't or shouldn't pursue this desire. What if the opposite might be true? Once we can identify those areas and suss out where we've let fear and resistance hold us back, we can see how to move forward anymore.

Truthful Authenticity. It takes just a little willingness to look at ourselves without judgment, which is so important. Looking with a loving intention and learn to grow and get past our stuck areas.

Hope you'll find, as I have, that, learning to trust myself more and feeling more solid within myself, that the veil of the need or desire of external validation from other people starts to fall away with practice. Little steps and a lot of trust and faith required here, of course.

So through this, I can feel the beginning of more freedom and openness. And that is truth singing in my heart. And that is authenticity. I have to say it really is worth getting to know ourselves for.

As Jon Kabat-Zinn says, “No matter where you go, there you are.”

Thank you for being on this journey with me.

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Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose Podcast.