

# TogetheriCan

13

March

## AUTHENTIC SELF – MOVING FROM SHOULD TO WOULD

Our past – our thoughts and deeds – in reality represent **who we have become.**

**But Not who we actually are.**

Two selves exist in each individual - the Bible calls one-self *flesh* and the other *Spirit*.  
I like to think as one self as being **EGO or the false self**, which one could relate to the flesh.  
The other would be the **Authentic Self, the real you**, which one could relate to soul or Spirit.

The **authentic self is an asset** to others, designed by God. It is pure and holy.

**The EGO or false self is critical**; it belittles itself and is always finding fault, which **creates guilt and remorse**. It is a way of life that is based on competition, on the beliefs of others, what you have been taught (their rights and their wrongs), which in turn dictates your life choices.

Ego Self lives in a state where **life is most always a burden**, seldom an asset. The EGO turns itself into an asset only when it believes that it can profit or get something out of the situation.

It is almost impossible to find the authentic self in **the past**. This is **where blame resides** and is the main motivator. The ego loves blame!

It is impossible to find the authentic self in the future. **The future** has not happened; it is **a total illusion** full of fear and unfulfilled expectations. Anything you think you may become in the future has not yet come to pass; therefore, it is also an illusion.

**The authentic Self can only be found in this present moment.** This instant!

When we honestly recognize that we are human, that we are flawed, that we are mistake-prone individuals, it is at that time that we have taken the first step towards becoming authentic.

It is a well-known fact that **what we resist will persist**. What we accept can be changed.

**Force, fighting, resistance only makes the journey more difficult and much longer.** These attributes are normally attached to someone who has a closed mind.

**Surrender opens the door for change.**

Surrender begins with an honest awareness of who we are, warts and all.

**What must we surrender? Our ego!** We must let go of that committee in our head that is constantly telling us how bad we are.

Or

It tells us we are so much better (narcissistic) than others.

Surrender takes opening the window to the mind and accepting new definitions and beliefs.

The Authentic Self surrenders and accepts that all of humanity is equal but with different gifts. The Authentic Self becomes stronger as humility grows.

The individual gifts we have make us unique but not special. Gifts are given that we may assist others.

Hopefully, we can help them acquire their Authentic Self.

**A worthwhile goal for everyone may be becoming more conscious, more aware of the Authentic You and differentiating out the false self or EGO**

Is it in your best interest to be ego driven, desiring fleshly things (prestige, power and wealth)?

OR

Is it in your best interest to be God or Spirit driven?

If it is in the best interest of God's kingdom, then we might say it is Spirit driven and you are coming closer to acquiring your Authentic Self.

*The Authentic Self – what you were designed to be.*

*The false self - what you have been taught to be. You / the EGO makes the determination as to what's best for you.*

Allow the authentic self to be a witness of your thoughts and emotions. The authentic self will *either accept your thoughts* as they exist in the present moment or it will make changes to *modify them* in your best interests.

While **observing**, if you **become conscious of any unrest, tension, resentments**, if you are nervous or uneasy – chances are the past or the future is asserting itself.

Bring any distractions into the present moment – identify (if you can) the cause. (It's probably an unconscious thought). Shed light on the turmoil in your life.

Step one is **acceptance**. Do you want to accept the cause and let it go? (This is not shoving it into the recesses of the mind or pushing it to the back of the bus, ignoring it or being in denial).

**Using discernment (wisdom)**, is this something that you have control over or is it out of your hands? Discernment will always get better with practice.

**(Remember only you can change you).**

You can never be responsible for another person's thoughts or feelings. **What someone else thinks about you or what you are doing is none of your business.**

The alternative

Step two— if you are having difficulty with step one and it cannot be accomplished using discernment (wisdom), decide that you are totally responsible for the thoughts or the emotion. You and only you are the creator of it and only you can change it by taking a certain action.

Step two involves taking that action.

#### **The action to take: The Serenity Prayer**

The serenity prayer says it's perfectly:

*God grant me the serenity to accept* the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.

Prayer is a way of asking for help. Belief in Prayer is a way of providing Hope.

## **Together (With God) i Can**

#### **A Quote from the AA Big Book:**

“We know and recognize the past and we do not desire to shut the door on it.”  
Learning from past mistakes is a good thing. Repeating those mistakes is very seldom beneficial.

*Michael McCright*

Free Health Coaching – provided by the "Together i Can Group"

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