

Authenticity frees up creative energy, boosts productivity

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Are you ever confused by your actions and wonder, “Will the real me please stand up?” Or do you feel, “Will my best friend come to his/her senses?” when you see a side of him/her that seems foreign to the “real” person you know? Or do you watch your children go through adolescence and wonder if their delightful childhood natures will ever surface again? What is our true authentic identity anyway?

More importantly, how do we lose our authenticity? Suppression of our truer selves is an insidious process that happens when we start acting “grown up.” We trade in our childhood innocence and add layer after layer of veneer that sometimes even masks ourselves from ourselves.

We go through the training or conditioning process, which gives us keener intellects, social graces, and proper business and golf etiquettes. We become socialized; learn what thoughts and actions go with what appropriate roles. We act like a Mom or Dad, a worker, a golfer or a friend. We conform to societal expectations. We become stable. Now this is not all bad.

However, on the negative side, we become so socialized that the need for others’ approval colors most of our decisions and daily activities. We then lose our essential authentic selves. We learn to be serious, fearful of being too open, and cautious of making mistakes or creating waves. We use our minds to hold tenaciously onto the security of what we have rather than creating new paths. If we become too frozen in our roles, we lose our flexibility and have humdingers of mid-life crises.

If we open ourselves, we can limit stress that creates illness. We can make decisions that honor our best selves. We knew how to do this when we were children. Wouldn’t you like to have some of the following authentic traits again?

- Vibrancy in spirit and speech
- Sense of humor at work and home
- Lightness in walking pace
- Curiousness about new ideas
- Willingness to take risks
- Verbalizing rather than silencing ideas
- Listening to others with an appreciation for different perspectives
- Congruence among our intellect, intuitions and actions
- Enthusiastic follow-through with ideas and actions
- Self-appreciation and other appreciation
- Feeling unique, special again
- No defensiveness

- No need to always be right
- Freed up energy from trying to control situations and people

Identify fun activities that renew your energy better than taking a nap. I thrive on meditation and swimming. For you, perhaps it's playing with your children, taking a stroll in a park, or riding a bicycle. Perhaps your authenticity will surface after seeing a comedy that makes you laugh and laugh. Find activities that will lead you back to your uniqueness. When we are authentic, we honor ourselves. The end result is increased creative energy and productivity.