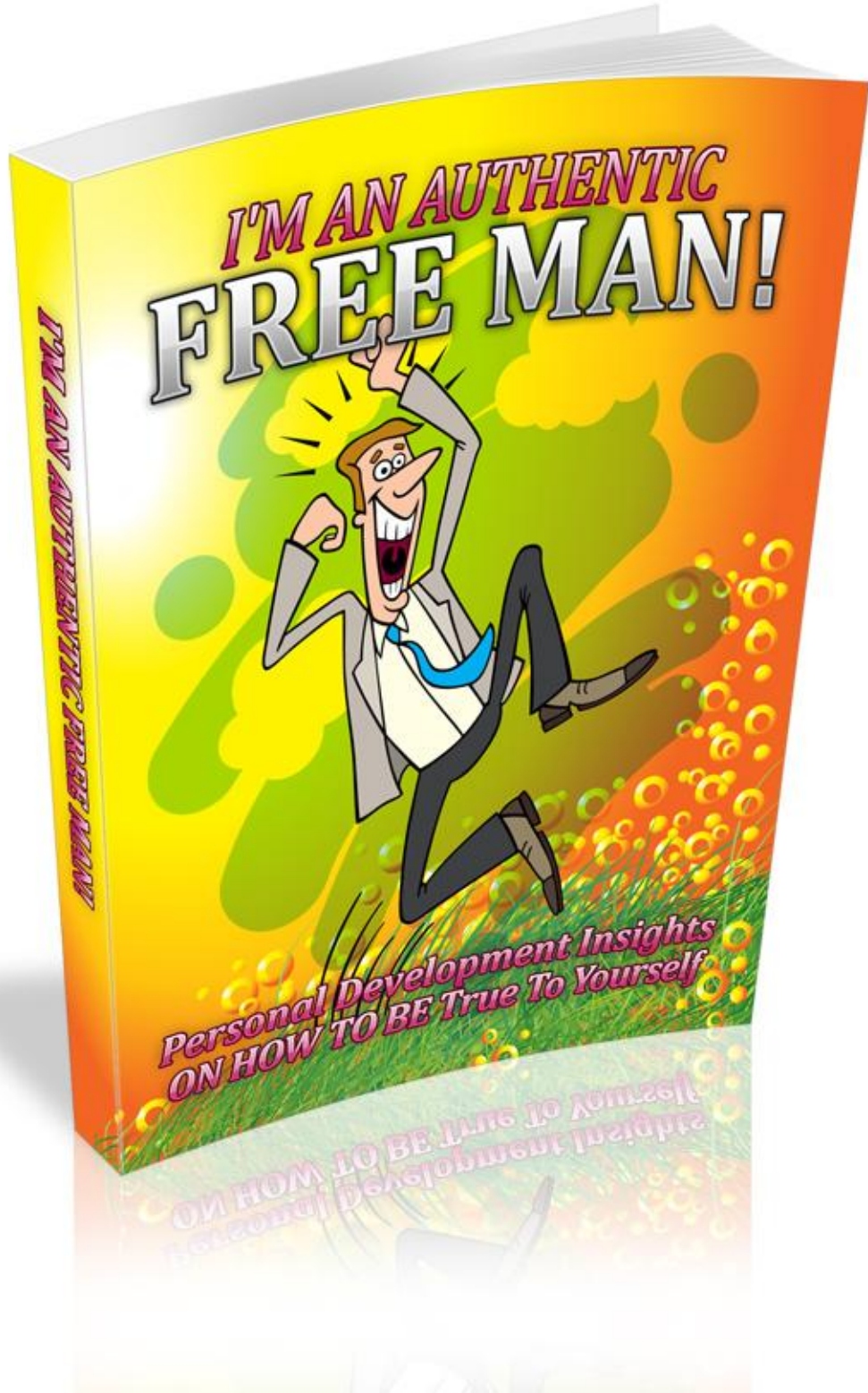




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Foreword

To be true to yourself entails acting in accordance with who you are and what you trust.

If you Understand and love yourself you'll find it easy to be true to yourself.

Even as you can't love anybody else till you love yourself, you can't be true to anybody else till you're true to yourself.

Be who you are. Have the bravery to accept yourself as you truly are, not as somebody else thinks you should be. Don't take action or pretend to be somebody else for the sake of acquiring acceptance.

I'm An Authentic Free Man!

Personal Development Insights On How To Be True To Yourself.

Chapter 1:

What Are Your Values

Synopsis

It will be hard to stay true to yourself if you aren't certain about what you truly care about in the first place.

Get Real

You'll discover yourself wavering at the slimmest challenge or threat merely because you don't understand what fires you up and what are the matters that are negotiable in your life. Then you wind up wondering why your life is so stinky. So it's helpful to take some time to chew over the core values that you live by and matters that you truly enjoy doing, and illuminate them in black and white.

Take a sheet of paper and pencil and put down a list of your positive qualities and what you admire about yourself. Write in flow of consciousness style. Try not to hesitate. Author whatever you think you shine at. For the bulk of our waking lives we get so tripped up in the negative aspects of ourselves. For this exercise only center on the positive.

Utilizing that same sheet of paper or another, put down periods during the day or week that you felt truly happy and focused. Try to remember what occurred during the day that made you feel truly great. Whether it was playing guitar or assisting an elderly person cross the street, record these results.

Ask your loved ones and friends what they think your most substantial qualities are and what they like the best about you. You don't have to worry about critique and they're most likely the closest individuals you have in your life, so it ought to be good to hear positivity about you and what you've to offer to the world.

Study your thoughts. Assume a habit of using meditation. When you meditate you'll be able to listen to what your urges and wants are.

After a while the distracting and annoying thoughts will disappear and you'll be able to listen to what your real calling is.

Go over what you've written down, the feedback you've received and what you've been thinking. Probabilities are that there will be similarities that are divided between them all. Attempt to group these feelings, thoughts, and skills, into a couple of groups. You ought to be able to see some life choices, or activities you can even do during the week or on the weekend.

Chapter 2:

Where Are You Vulnerable

Synopsis

Really have a look at weaknesses.

Dig Deep

What are the occasions when you're most likely to be untrue to yourself? When you're going out with somebody new? During crucial business occasions? Or when your mother-in-law is in town? Analyze your motivation cautiously for each state of affairs. Is it essential to pretend to be somebody when you're not, or force yourself to do something that breaches your values? What is the worst that may happen if you stay true to how you truly feel? Can you accomplish what you want without having to forfeit your beliefs?

We all prefer to be powerful. By powerful, I don't mean reigning over other people, but reigning over ourselves. How may we reach our dreams unless we first control ourselves? This is why comprehending and managing our failings is so crucial. The first lesson, then, is to remember that weakness implies the absence of power. The question we have to ask isn't "Do I prefer to overcome this failing?" but "Do I prefer to be powerful or weak?"

Weakness is nothing to be ashamed of; it's part of human nature. We're not dealing with a moral topic, but a practical one. That is, we prefer to know what works. What will help us accomplish our goals? It isn't weakness but intensity that will take us where we wish to go. So, we need to discover our weaknesses and defeat or manage them.

All the same, we likewise have to recognize that we'll never overcome ALL our failings, nor should we want to. For weaknesses are crucial. They help each of us to become an unequalled individual. You see, it is not only the strong points of others that make them likeable, but their weaknesses too. We relate to their defects and root for them

because we, too, are fallible. And as we open up and exhibit our weaknesses to friends, we develop closeness, fortifying our relationship. As a matter of fact, weaknesses add to our greatest relationship, our love life, too.

While we're painfully cognizant of some of our weakness, we fail to recognize others. Yet, the beginning step in overcoming any weakness is to become cognizant of it. So, how do we discover character flaws that are hiding in the background? A great way to beginning is by monitoring our negative emotions. Are we angry, vindictive, resentful, jealous, envious...? They all point to failings that we can work on.

Chapter 3:

Meditation

Synopsis

Without a calm mind, we're like a candle in the wind, fluttering and dancing to every distraction that comes our way. Meditation is an easy but effective technique to train the mind. It helps you to realize the countless ideas floating and drifting in your mind and trains you not to go along with them.

Calm

For a few, meditation might involve centering on something particular; however, for many individuals meditation is a way to do nothing. Meditation is a way to unwind the brain and muscles. Meditation may be done at any time of the day or night. The toughest part about meditation is discovering the time to do it on a steady basis.

Discover a quiet place. Be comfy in your body and mind. Meditation may be very spiritual and help you expose yourself because you don't allow yourself to consider day-to-day troubles. Many sit cross-legged but it isn't essential. Make certain to sit upright so you are able to center on your breathing.

Shut your eyes. Closing your eyes may help by not allowing you to center on your surroundings. Closing your eyes isn't essential but might be very helpful for newbies.

Don't worry about technique or time. Meditation is hard to describe because it's different for each individual. I personally want to meditate for 10-15 minutes.

Discover references to help your meditation. There are video and audio self hypnosis and meditation programs that help beginners and such are available at <http://inspirationdna.com/>

Be optimistic and patient. A lot of individuals might say that meditation is only an easterly idea. This isn't true; Western civilization has been very accepting of meditation in recent years. Meditation isn't a religious belief. Meditation does have meaning to a

lot of different religions, however. The best way to amply understand is to read about it. Don't expect quick results. I feel that meditation may be described as a condensed nap when identifying it in physical terms. The best adjective to distinguish how I feel after a session is unstrained.

Chapter 4:

Respect Your Feelings

Synopsis

Damaging' emotions tend to make us uncomfortable, therefore the instant they surface, and we promptly reject, disown or alter them. Our feelings carry crucial messages about us and are priceless aids to discovering more about ourselves. The way we feel also tells us whether something is in conflict with our value and belief systems. If we can't regard our feelings, how may we ever be true to ourselves?

Be True

The opening move plainly is to acknowledge your feeling. Do not deny, conquer or pretend that it is not there. Be fully mindful of your feeling. Call it by its name. If anger is brewing inside, accept that you are angry. If guiltiness is what you are undergoing, then tell yourself you're feeling guilty.

Now that you have unfolded the door to recognize the messenger, the next orderly thing to do is to welcome the messenger. When you welcome a guest, you don't welcome only the part that you admire. It's unimaginable. You take on the entire individual as a whole. And that means you accept your feelings categorically.

Possess your feelings. Do not diminish or beat yourself for feeling a particular way. In whatever forms they take, your emotions are part of you. Stop any sort of self-judgment and self-bashing. If you're enticed to judge your feeling, state something truthful about it instead, like "I'm upset and it feels like a chunk of energy enclosed my chest."

After welcoming the messenger, you let the messenger do his task. You don't bang the door in its face without waiting for it to complete what it has been sent to do. That implies you need to remain with your emotion.

However, this isn't the same as asking you to observe the messenger as if it's doing something that has altogether nothing to do with you. That will be equal to detaching from your feeling. To detach yourself means you hold a distance between you and your emotion. Detachment is likewise a sort of opposition to what is. Rather, remain

with it and go through it fully. Be interested and curious about it. Don't keep any space between you and your feelings.

All the same at the same time, don't get carried away by what the messenger is doing and join in its work. Be cognizant of your feeling without being weighed down by it, experience it without getting tangled within its stories, and remain with it without attempting to control it. Feel the you who is going through the rage, the excitement, the sorrow, the shame, or whatever that you're going through without attempting to resist it or to dwell in it.

Chapter 5:

Be In The Now

Synopsis

Your truthful self happens now, not an instant ago or an instant later. So to remain true to yourself, you need to live in the now, not in the past or the future tense.

The Now

Many live in the past tense. We dream about what may have been. We all live in the past tense occasionally. Particularly when we get with old acquaintances. But, when your thoughts are largely in the past that may really make a damaging impact on your life. When you keep conjuring up the past and re-experiencing the past repeatedly, it makes a damaging impact on relationships.

Most individuals that live in the past evoke mostly damaging past occurrences. Then you've individuals who constantly consider the future. That as well has a negative affect in relationships. Missing family time because of long hours working only to come home to an empty home where youngsters have grown up and moved out. Your wife/husband begrudges you because of you putting income first over your relationship with your loved ones. Working long hours for years only to die or get sick, you would not enjoy the income anyway. Remember to live for now as tomorrow might never come.

Remember worrying about the time to come or regretting the past isn't going to alter what has or is going to happen. Don't let yourself worry. Worrying consumes all your energy and keeps you stressed out.

Stand back from damaging conversations with yourself. Be cognizant of your thoughts. Stop projecting what is going to happen as it never happens the way you believe it will anyway. Don't consider tomorrow nothing ever happens the way you might think it will.

Have fun, this will fortify your ability to live in the now. Be slaphappy! Don't let your mind be "justified" about getting baffled. Realize that

stress, and fret is optional. Everything always works out and how you savor the ride is up to you.

Most individuals don't truly care about what you where or what you've done and how good you where and all your accomplishments. They care about who you are and what you are now as what you did in the past isn't true in the future. Be yourself be who you are now discuss today.

Except the fact that you'll have great and bad moments even terrible moments have a purpose. Escaping the moment is tantalizing when it feels objectionable. Regardless if the moment you're having right now is pleasant or objectionable it's still yours. Deciding not to live it, is casting aside a part of your universe your life. Have faith you'll then have the strength to live all of them, not only the pleasurable ones.

During a 'damaging' moment, tell yourself this too will slip away, deny the moment of its might. When the moment is departed let it go. Don't deny your feeling but don't keep reliving them either.

Living in the present moment, you're free from your past and free from your concerns of the future. To be really present; it involves you having absolute trust in yourself; trust that nothing that happened in the past will mess with your future. Likewise, trust yourself with the future after all you came through this far in life. Trust that time will take care of all cares, fears and everyday life.

Chapter 6:

Admit Errors

Synopsis

Everybody makes errors, even apparently successful individuals like presidents and CEOs. But the minute we attempt to hide our faults, they begin to take a (bigger) life of their own. In the process of covering up, we likewise tend to produce goofier mistakes. So it's much easier and neater to just admit what we did wrong, see them as chances, not failures, to discover freshly facts and ideas, and employ what we've just learned as soon as we may.

Admit It

Acknowledge that you made an error as soon as you discover it. Depending upon how long it took you to recognize your mistake, delaying it longer will only make you feel sorrier, or might drive you toward making the incorrect decision to try and cover it up.

Assume Responsibility don't play the "fault game". Most individuals are smart enough to recognize that this is just a poor effort to cover yourself and often puts you in a damaging light by "passing the buck" onto somebody else. Maybe you assigned a task to another individual and it was never finished. But is it truly the entire fault of the individual you delegated the task to or was it partly your fault for not following through? Keep this in mind before putting the blame on somebody else.

Apologize. Maybe you lost a project and it was never finished because you discovered it under a pile on your desk days later. Perhaps you broke your Mother's favored vase, or even blanked out a friend or relatives birthday. Simply an apology can occasionally be viewed as insincere or a "fast fix", but by apologizing AND asking to be forgiven gives the individual you've wronged a chance to forgive you, not just you allowing for forgiveness from yourself.

Provide some type of amends. Offer to at once to finish the late task and not charge extra time should you need to stay past normal work hours, pay for the vase or take your acquaintance/relative out for lunch or dinner. By offering up these types of solutions, it might soften the blow to the individual we've disappointed.

Do finer next time. It's crucial to not repeat your error. Understand what occurred and try to rectify the state of affairs to where it doesn't happen again. People's trust in us may dwindle fast and in some cases, may hurt relationships and trust in the future (passed over for job promotion, parents not allowing youngsters to stay home alone, and so on).

Learn from your errors. In the case of a job or customer task, write a "To-Do" list with the deadline date before leaving the meeting. As for forgetting a birthday or smashing a vase, put the birthday on an electronic calendar for following year or realize what you were doing (that mom likely told you not to) that damaged the vase and don't repeat..

Chapter 7:

Surrender

Synopsis

Surrendering to reality means opening up ourselves to life as it is, not out of habits or fixed thinking. The reason why many of us cook up another story from truth is because we can't handle the truth. So we try to rig reality by painting a different picture. That's glossing over. We hate it when big organizations do it, but yet we're doing it, albeit on a littler scale, inadvertently.

However surrendering to reality isn't the same as calling for you to be a helpless, sacrificial lamp. It basically means, be open-minded so that you don't wind up shutting yourself out of the countless possibilities out there and attempting to mold reality into those cubbyholes in your head.

A Big Part Is Forgiveness

The beginning and most crucial step is letting yourself forgive. When we center more on the results of not forgiving ourselves, we shift the focus to ourselves and how we may move beyond the past hurt and blame. The situation becomes less about the individual who wronged you and more about how you're able to heal and acquire a sense of peace.

Forgiving somebody else first involves realizing that forgiving somebody doesn't give them absolution for a former wrong. Forgiveness is frequently confused with absolution, since the terms are utilized almost interchangeably in most faiths. What if the individual who wronged you isn't living? What if the individual is somebody who caused you utmost embarrassment during school twenty or thirty years ago? These individuals are not available to you to talk about the situation, nor do they have to be. Releasing emotional pain doesn't mean that nothing occurred; it means that you no longer prefer to be manipulated by it.

Realize that forgiveness isn't denial. Whatever induced the pain was a true incident. Denying that it occurred and calling it forgiveness means that it's too terrible to work through the emotions. There's no timeline on forgiveness. A few steps take longer to fall into place, and it's acceptable to work through some of it and set it away for a time period. Part of forgiveness is comprehending that whether or not somebody takes responsibility for it (and might even demonstrate self-reproach), doesn't control whether or not you mean to continue investing emotional pain and distress each time you revisit what occurred.

Comprehend that not everybody who forgives makes up with the individual who induced the pain. There are relationships that are toxic and even physically unsafe. While it's possible to forgive the past and move beyond it, it might likewise mean that the individual who was involved no longer may play an active role in your life. If an individual or situation isn't safe, it might be best not to reconcile the relationship and then work at forgiveness at a time when you're emotionally fit and physically secure.

Arrive at a conscious decision to forgive somebody. Even if they never apologize for what occurred, settle within yourself that it's o.k. to proceed without this apology. Apologies shouldn't be about permission to us to forgive somebody. Apologies should be provided as an effort of honest remorse and acknowledgement that taking personal responsibility for the situation is crucial. Even without that apology, reconcile your mind to forgive, forget, and finally let go.

Wrapping Up

Simply put, being true to yourself is about personifying who you are. Instead of getting tripped up with fanciful fears in your mind or expectations of other people, being true means lying in the simplicity of being yourself. When you're true, you experience yourself in full without internal censoring. Where as there's a crack when we're split from ourselves, the separation from our genuineness disappears when we're being real. Our individualism then comes forth naturally as we get at ease in our own skin.

Don't mistake being true as a wizardly pill that will dissolve all your fears, troubles and debts. It does not promise that you'll always be on cloud nine, and neither is it a permit to be selfish and disrespectful of other people.

Then, why hassle with it? You likely think: Isn't it chilling to face the true me? Won't other people discover all my failings and vulnerabilities when I show them the true me?

Remember:

- Attempting to be somebody else isn't only physically and mentally depleting, it likewise reinforces the belief that you're not good enough — by all odds not a good way to construct a healthy self-esteem or self-confidence.
- Not being true puts you in a perilous and insecure position where you'll live forever in dread of being discovered.
- Other people, like you, may sniff a fake from miles away.

- Hypocrisy, lies, and deceit only make you more disconnected as you begin to identify with your make-believe self.
- Real bliss, happiness and peace are only imaginable when we're true.