



# Module 6

*Living Authentically*



## Introduction...

- Living authentically is about expressing the truth of who you are as freely as you can, in a responsible and kind way in your day to day life
- It is about being all that who you are, nothing more, but also nothing less
- Living authentically does not mean being selfish, it means being true to yourself, but also considerate of others



## Recap of CT

- We've used meditation to separate from our conditioned patterns
- Beliefs, spiral dynamics and the enneagram to understand these patterns
- Worked with emotions to learn to free ourselves from our emotional reactivity
- We've looked at compassion and forgiveness, and working the inner critic to create the freedom to be ourselves

This module is about how can we live all of this in our day to day life...



## Staying true...

- Hopefully going through this programme is helping with becoming closer to yourself and your truth
- Often a big challenge is how we maintain this true when in contact with others
- Patients of OHC often find that coming back into the world, reintegrating back into society, is an unexpectedly challenging stage of recovery from ME/CFS



# Spiral Dynamics!

- At Green we want to stay close to ourselves, our feelings, and have them seen and understood by others
- If we still have a lot of charge around Orange, when we feel this is not happening we get easily triggered
- There is a stage beyond this, in a deeper and more compassionate place of authenticity, where this being seen and understood becomes less important – we are not depending upon those around us to reinforce our sense of truth as it is stable enough inside of us



# Authentic at work

- Being real about what our work is – is it a means to an end and are we being true to ourselves about this and in how we relate with those we work with?
- If our career is about more than this, we need to be responsible in how we approach it
- This is one area where people are often severely lacking in realism!



# Authentic relationship

- Male and female energy – the work of David Deida
- The dance of change
- What does it mean for two whole people to come together?
- What are the patterns you are in?



# Authentic health

- Being true to yourself about where you are, and staying realistically positive for the future
- Health, like all other areas, requires ongoing work and investment of focus
- What does an authentically healthy life look like?



# Putting it all together!

Integral Life Practice (ILP), should involve some kind of...

1. Daily meditation practice
2. Regular self-reflective practice
3. Ongoing investment in health and physical body
4. Pursuing of things you are passionate about
5. Acting with kindness and compassionate to yourself and those around you



# Have fun!

- The more serious we are about our problems, the more serious they become
- Doing serious inner work is at times very challenging, but we can still maintain a sense of humour and play in this place
- To really sustain an ongoing ILP, we need to be enjoying the process and give ourselves time to see the benefits