



Being Yourself

Trusting the Truth Within

By Fiona Grace

“He who would lead a Christ like life is he who is perfectly and absolutely himself” Oscar Wilde

Here is a little story about 'Being Yourself'. I was house-sitting and single and minding my own business. I wasn't entirely happy with where I was in my life. I took two weeks off work. I let myself totally relax, in my own way and in my own time. I didn't have any rules. I watched TV and read trashy magazines. I ate what I liked, took lots of walks, did some writing and art, and within these two weeks I found a rhythm that was completely mine, and I knew it. It was a special and uplifting time.

About three quarters of the way through this period, I had a spiritual

experience. No rules, no rigid training program, no specific meditation exercises, just complete relaxation into "Who I am". It was a flash of light. It was the truth. There was no trace of doubt or question. I felt it in every fibre of my being. It transcended my mind and thoughts. It was light, true, clear and full of love. In that moment that transcended time, I was my true self.

I felt I had aligned myself, not only to the truth of who I was, but this truth fitted in completely to others around me and the whole world at this specific period of time. Interestingly, this truth was aligned to all the dreams I'd ever

had for what I wanted for my life. My dreams, thoughts and intuition were always pointing me in this direction!

And this got me thinking. This must be the same for everybody. Everyone must have their specific truth that aligns exactly to their lives at this time, it matches their dreams, hopes and wishes. But it seems that most people don't even know this type of certainty of truth exists - that their dreams are in fact, real.

So here it is: There is only one you in the whole of this world. If

don't allow you to 'Be Yourself', for your expression to be fully unfolded and shown to the world then it will be lost forever, never to appear in the quite the same form again. You only have this one chance to be uniquely, unashamedly yourself.

Do we have a choice? Sure, we can live partially expressed, be partially ourselves. You can live only a little of yourself. You can die like this. It is your choice. I do not care which you choose. What I am telling you is that there is a choice to fully express yourself in this lifetime. We are full of potential expression. What you must do is Be Yourself. Follow your dreams, your intuitions, your hopes and honour your fears and aversions.

What is it like to be fully expressing your own unique being in this world? You are healthy, happy and full of life. This is the natural state of someone in harmony with who they are. They are the people who are vibrant, vital and fully alive. You love to be around them, they inspire you but you also feel they are very real people. (You cannot be fully yourself and be pretending.) Sometimes they can make you feel uncomfortable as they expose the parts of yourself that are not whole. If you are resenting someone else, or thinking negative thoughts about them, you are not being truly yourself. They are there to teach you how to be more yourself.

Being who you really are is an abundance of all emotions and all feelings. Sometimes there is pain and sadness and boredom along with abundant joy, happiness and laughter. I know for me there is a real clarity if I let grief be expressed as it is felt. It is clear and pure, painful but true. Some of the suffering that occurs in this life is by suppressing who we really are, not daring to let those feelings out.

You know your worst critic is really yourself (probably other people don't care as much as you think they do – Don't let other peoples imagined expectations stop you). The heart will show you the way, your own experiences will show you the way. Your own feelings, thoughts and emotions will show you the way.

There is a path in life that is just for you. When you are on this path, you are 'in the groove'. There is a wholeness about you that is noticeable. The energy for your life is directed, monitored and charted by an internal radar. If you are living truthfully and uniquely then it just fits. It feels right in your body. You are at ease.

When we are on our paths, just being ourselves, there are different stages. I like the grape analogy. "Grapes do not try and ripen". There is a season for everything, Perhaps you are in the winter season where all the leaves have fallen and you are just being with your bareness, your stillness. Perhaps you are in the early spring when you are sucking up all the new nutrients and there is a lot of activity inside or maybe you are withstanding a big wind where all you can do is be with it, buckling down and waiting it out. All these are parts of life are completely natural, and if you are where you are with ease, then there is no suffering. You are where you are.

Being Yourself means trusting your own sensory body.

The main reason we are not ourselves and expressing our true potentials is that we are not trusting our own feelings, our own sense of the world and our own inner compass. One of the main problems is that there are so many experts telling us "how" our lives should be. We are told what will make us happy, what will make us sad, what will make us sexually attracted to someone, what will make us fat, what will make us thin, what will make us peaceful, what will make us well, even what will make us whole, but there is one point that has been forgotten. All of this knowledge is inside of us and our bodies, our thoughts and our intuitions are all pointing out all of these answers for ourselves. The answers to all these questions will be different for everyone.

We must learn to tune into our internal voice and learn to shut out

some of the more powerful external voices that are not our own. Listen to yourself. Honour your feelings, your thoughts and your intuitions. Where are you? Where are you going? What is your truth? The answers are yours and they will be different from other peoples. Spend time getting to know them. Practice following leads and experimenting. You will learn to trust yourself and your own wisdom.

Being Yourself means trusting your own sensory body. The feelings, thoughts and intuitions of your body are sources of information, guidance and clarification. Generally, a decision that helps you to be more fully yourself will feel like a relaxation, like an out breath. The thoughts in your head will clarify and a general lightness and openness will be felt.

If the opposite occurs, then the body will tense and hold, your thoughts will become more complex, your life will feel like it is closing in rather than opening up. Your body, thoughts and feelings, are all trying to help you to become more yourself.

There are so many paths in this world and combination of paths, helping you guide yourself back to your truth. Let yourself experiment, follow your intuition, listen for the answers and move until you can start to feel the truth permeating your being.

There is no doubt when you feel the truth of your own self. If you are asking, "Is this truth?" then you are not there yet. You will know when you are getting closer, as the suffering (not being yourself, fighting against yourself, wanting to be somebody else) diminishes and you really just start to 'Be Yourself'.

You only have this one lifetime to be who you really are. Relaxation, listening to your dreams, thoughts, feelings and intuitions are all helping point you in the right direction. It actually takes more effort to be who you are not than to be who you are. Look for yourself, "Seek and you will Find", and begin to recognise yourself through your own being. Then, start to walk your path, being yourself confidently, creatively and with heart. ■