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are you being honest with yourself?

THE HONESTY PATHWAY TO A LIFE OF HARMONY AND INTEGRITY.

by Amanda Collins

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Honesty with yourself is a very powerful topic, one which can trigger strong reactions. That's a good thing, because it means that the subject is moving energy. If you feel uncomfortable while reading this article, then perhaps you are not being completely honest with yourself.

I was driving with my children and the story 'The Emperor's New Clothes' started playing. It's about an emperor who loves fashion. People in the town promise to make him the most amazing gown he has ever seen, woven of gold, silver, and diamonds. They invite him to see their progress, stitching with invisible thread. The people were actually taking his money in gold, silver, and diamonds. Eventually, the emperor goes before the public wearing the gown. A little boy speaks out the truth, "That man's naked!" However, the emperor is in so much denial that he goes on wearing the invisible gown anyway. He is being dishonest with himself.

"When you are truthful, you feel peaceful because there is no disharmony."

Think about this story. In a situation as simple as telling yourself that you will only have one cookie out of a pack of ten, when you know that's not the truth, look deeper and ask yourself why you're having a whole pack of cookies, or a whole bottle of wine, rather than a glass? You may be trying to numb a feeling that you are not being honest about in the first place.

Other areas of dishonesty may be about a relationship, an unsatisfying career, or a bad habit. How many people do you still have in your life but wish you didn't? How often do you hear yourself saying words you question?

If you pretend that such patterns work for you when they don't, imagine the amount of energy you are numbing!

Often when we feel jealous, and don't want to admit it, we pretend we are happy for the other person instead of being authentic, even if it's just within ourselves. Instead, simply allow that energy to move through you and experience the truth of what you are really feeling.

I invite you to sit with these thoughts. When you are truthful, you feel peaceful because there is no disharmony. Life feels as if it's flowing more freely. When difficulties do come up, you respond with confidence because you know what your core beliefs are.

Reflect on who you share your truth with. Do you share your truth with the right people?

You have the choice to live as honestly with yourself as you can. Take inventory of your life and relationships. Note where there is disharmony. Go deep into those areas. Which relationships leave you exhausted? Who do you feel that you can't be yourself around?

Your answers to these questions will tell you where you are not being completely authentic with yourself. You may have to have some honest conversations with people. They may be uncomfortable but know and trust that this discomfort is for your highest good.

When you're able to shift away from such people and situations, you'll feel a deep sense of freedom. When you aren't using energy by trying to be something that you are not, it will give you freedom to be yourself. It doesn't take any energy to be your greatest, most natural, true self. It's simply you expressing you.

InternationalFengShuiSchool.com
AmandaCollins.com

