



Becoming True: What Our Bodies Teach Us About Authenticity

...You must learn one thing.
The world was made to be free in.
Give up all the other worlds
except the one to which you belong...

David Whyte

Physical...

Listening to the body...to move toward wholeness...

Our bodies are informers:

- Tell us which part is ready to rock and roll.
- Which aspect needs the most care?
- Hold memories of what was good, what was not...grief in the lungs, fear in the liver, distrust in the skin, worry in the stomach.
- Which aspect represents my **best self**?



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The Art of Authenticity

Ought Self

Real Self

Ideal Self

Karissa Thacker, Ph.D.

The Ideal Self

SPIRE Perspective (bracelet)

Strengths, Story, Music

Moving Toward Happiness

Practicing Resilience

Mindfulness

Authenticity

Gratitude

Spiritual Enlivenment

- Who are you at your ideal? Throw down some words...
- How can the body aid you in moving there? My body knows _____? (Field Hockey)

Congruence

“Authenticity reflects acting in accord with one's values, preferences and needs as opposed to acting merely to please others or to attain rewards or avoid punishments....” Kernis and Goldman

Incongruity, Inconsistency

“...involves knowledge and acceptance of one’s multifaceted and potentially contradictory self-aspects, as opposed to rigid acceptance of only those self-aspects deemed internally consistent with one’s overall self-concept.”

“...complex circumstances exist in which people must respond to simultaneously conflicting feelings and goals. Being authentic involves acknowledgement and the use of one’s core sense of self as an important source of information relevant to their resolution.” Kernis and Goldman

Authenticity 2.0

- Notice feedback and know your audience
- Be your selves
- Seek the truth inside and outside
- Choices between a right and a right
- Continuum
- Growth mindset

- We are not one self but many selves. [...] It is nearly impossible to think out how to reinvent ourselves, and therefore, it is equally hard to execute in a planned and orderly way.
- Identities change in practice, as we start doing new things (*crafting experiments*), interacting with different people (*shifting connections*), and reinterpreting our life stories through the lens of the emerging possibilities (*making sense*).
- A view of human beings as defined by our "internal states"- our talents, goals, and preferences - is deeply ingrained in the Western world. [...] Certainly, reflecting on past experiences, future dreams, and current values or strengths is an essential and valuable step. But **(AND)** reflection best comes later, when we have some momentum and when there is something new to reflect on.



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**“LOVING OURSELVES
THROUGH THE PROCESS OF
OWNING OUR STORY
IS THE BRAVEST THING
WE’LL EVER DO.”**

- BRENÉ BROWN



Navigating the conflict between is an act of courage...





Moving Toward the Ideal True Self..

When you are Most True...and Closer to your Ideal Self...

What are you doing with your body?

How are you being in your body?

What are you honoring about your body?

Mark Your Bodies...

What the Poetry Slam Teacher Taught Me

“Tattoos, piercings, and body markings have played roles in many cultures for millennia, serving as identification, protection, and decoration.” National Geographic

Getting More Real

The dance between the **Ought and Real and Ideal** offers us **Permission to be Human** (Tal Ben-Shahar, Being Happy)...

We also need **Permission to be Magnificent**...

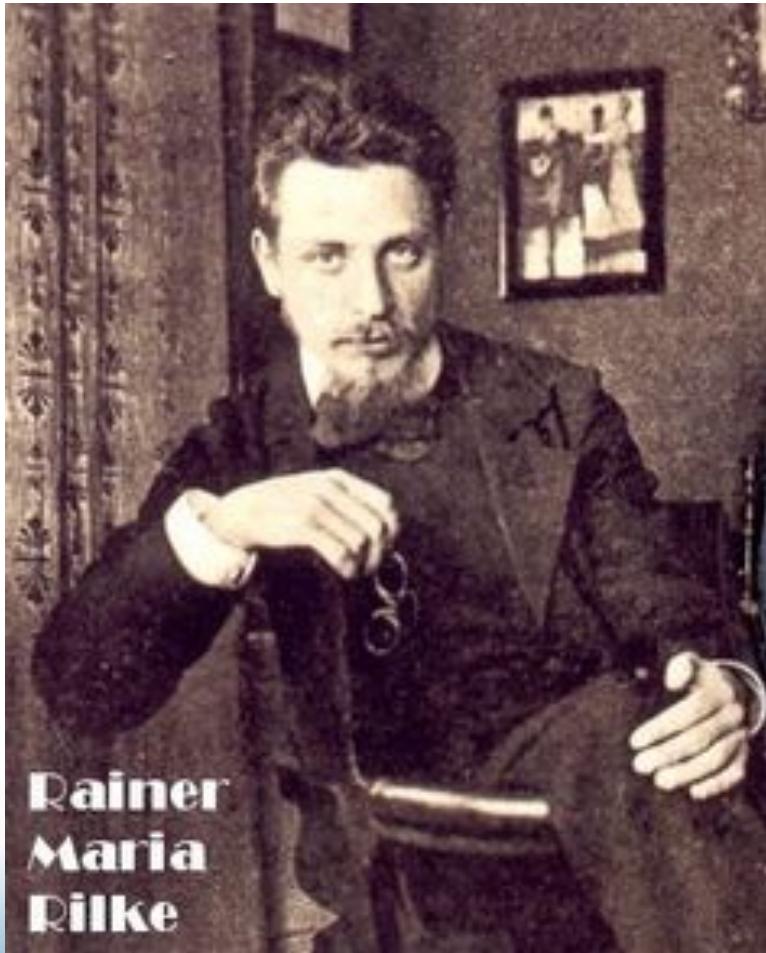
Sentence Completion:

- Where does Magnificence live in this body _____?
- How can I bring Magnificence alive through this body?

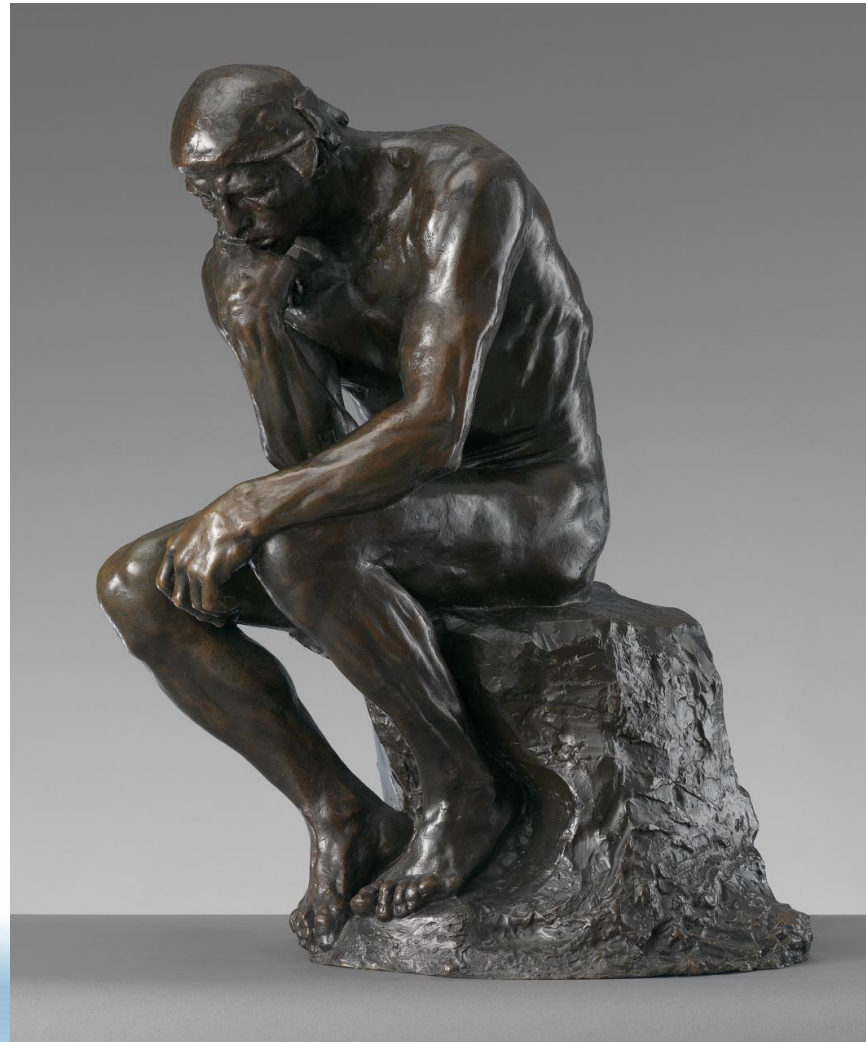
But we can't get there unscathed...or alone

[Parker Palmer: Living Divided No More](#)

Relational



The Thinker





“After all, works of art are always the result of one’s having been in danger, of having gone through an experience all the way to the end, to where no one can go any further.”

“The further one goes, the more private, the more personal, the more singular an experience becomes and the thing one is making is, finally, the necessary, irrepressible, and, as nearly as possible, definitive utterance of this singularity.”

Ranier Maria Rilke

Relational (The Self and World)

At its core, to be authentic means to be self-authoring, to shape each day as if we were the author of that day and the only story that needed to be written was our own...

AND...A second layer: the more deeply we allow ourselves to be organically and fully shaped by experience, becoming the person who has seen and known this sort of uplift or that kind of sorrow, **the more we are able to become the person we can and *must be***, given life's capricious sculpting.

Using the Body's Wisdom

Remember a moment when you were true, at your best, in a difficult time.

Bring to mind a movement or posture that represents you at your best.

Teach that gesture or sculpt your partner into a pose represents you at your best...



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Authenticity Requires Us to Live into Paradox





Beau Dermott:
Britain's Got Talent, 2016
12 Year-Old Singing Prodigy



What would the world miss if you were wasting
time trying to be someone else?

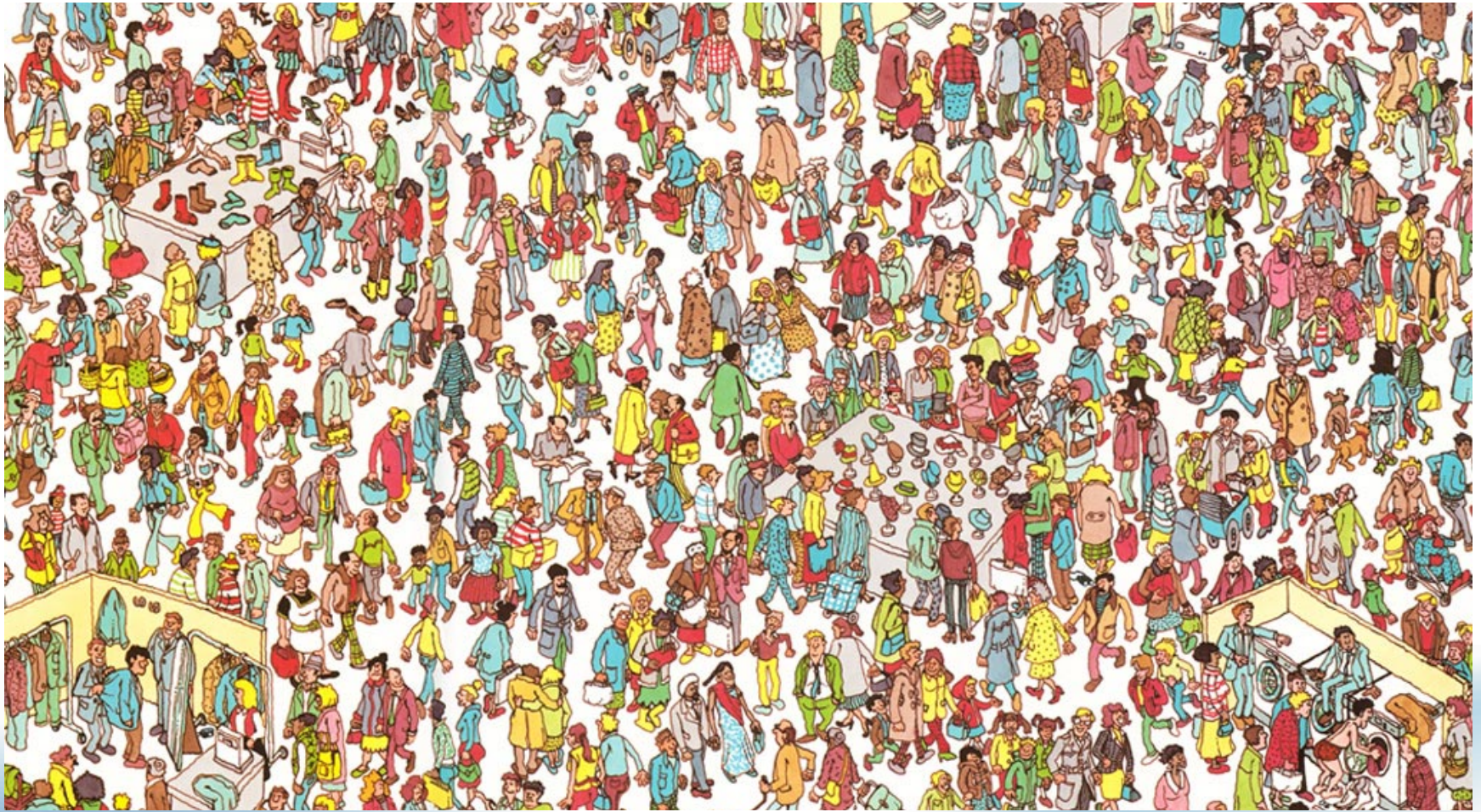
Sarah Kay, Slam Poet,
If I Should Have a Daughter,
TED Talk



Cannot get there though if we are cutting ourselves off large parts of our experience...



wholebeing institute **The Dry Cleaner Story**





Next Steps

- Who can aid you...safe space?
- What one next step toward your ideal?
- What state of your body are you most interested in?
- How might the world show you it's support – what might you look for?