

Are you authentic enough in relationship that matters?



Two people staying with each other, both are genuine, both seem to have deep grained blocks against openness and mutual workable equations, what can they do? But inauthenticity?

Two people staying together wearing multiple masks, actor, judge, critic, beckoner, fighter, egoistic, ...yet when they talk there is always an attempt to sound genuine, evasive their true feelings with each other, yet going on with trivial and routine matters carefully, what can they do but inauthenticity?

Two people skilled in scanning the faces and genuine feelings of others but tailoring their responses to being out of touch with their own feelings, searching for outside response often, what can they do but inauthenticity?

Two people staying with each other, being introvert, non expressive, non confident, but seem to be outgoing and friendly, what can they do but inauthenticity?

An inescapable loneliness, presenting well crafted persona, and seeking for superficial and safe company outside, what do they choose but inauthenticity?

In a relationship, one chooses to say yes, please the other so as not to make relations worse, displeasing one own self in order to feel safe in the interdynamic equation, what is it but not inauthenticity?

We all have "other sides" but for some of us some of us it remains concealed.. the constantly camouflaging of real feelings leaves an accumulation of unprocessed emotions impairing one's inner sensing mechanisms. Authenticity implies congruence between belief, feelings and action walking your talk and talking your walk, willingness to express. It requires courage for clarity and expressing the truth.. It requires one's own awareness to look within, strengths and vulnerabilities, to recover oneself to express precise emotions that requires intellectual power so as to express precise thought n feelings...

Are you ready for transparent self -disclosure towards authentic being?

With Love and Light,

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