

## **Quality #6: Self-Esteem**

### **Being Real, Genuine, Authentic**

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Being Real, Genuine, Authentic ( 16 ) minutes**
- **Download PDF of Practicum**
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# Intentional Creation

OG MANDINO FOR THE 21<sup>ST</sup> CENTURY

**Real, Genuine, Authentic**

*When someone acknowledges an accomplishment can we simply and confidently reply, “thank you,” or do we waffle trying to explain away the event or the value of our participation? When with others, are we more inclined to compare our very worst against someone’s very best and feel less than?*

*When our beliefs and values are inconvenient and threaten connection or acceptance do we conveniently abandon them and give the false impression that we agree with others? If so, what price have we paid for doing so?*

*Are we outspoken in an attempt to have others appreciate our beliefs or special knowledge? What do we do when someone challenges a belief, opinion or idea? Do we give in, give up, get hurt or do we fight back?*

*How full is your plate? Have trouble saying “No.” Ever feel like you need to sacrifice your time, energy and even your well-being to serve others? What do you do when there is no time left for you to sharpen your saw?*

*Carrying any guilt from a past mistake? If so, how long do you want to keep carrying it?*

*How is all of this noise impacting your ability or even willingness to connect with others, use your mind constructively, complete tasks, be disciplined and structured and find joy in the journey?*

The objective is to be YOU, whole and complete - real, genuine and authentic without the need to impress, pretend, feel ashamed and fear. Let’s explore these three words real, genuine and authentic.

Real is the root word for relationship. When we are real, we are transparent and congruent. What we see is what we get and what we see is someone who loves and serves people. When real, we want to step into people’s worlds and take down their walls of resistance. We not only notice others, we feel with them. We use our empathy,

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our life experiences, as a tool to better understand what others are experiencing. We are a safe place and that attracts others.

I shared some of this during Quality #1: Connecting with people, but it is worth repeating in the context of self-esteem. When Og wrote the Ten Scrolls in 1968, neuroscience was embryonic. It would be decades before neuroscientists discovered mirror neurons. These little neurons reside primarily in our amygdala, the fight and flight center of the brain. These neurons act as a highly developed radar system.

As we scan the environment and interact with people, our mirror neurons collect information, including mounds of data often missed by our optic center. When activated, mirror neurons respond at twice the speed of a normal neuron sending signals to the body long before conscious thought occurs. Yes, people may feel what these neurons have discovered long before they consciously know why they are feeling a certain way.

Mirror neurons are basically BS detectors, highly sensitive antennae picking up our every subtle hidden thought. For example, our face has 200 muscles that makes possible millions and millions of different facial expressions (try  $2^{200-1}$ ). If we are thinking judgmental thoughts while consciously trying to act like we care, it is nearly impossible to hide the judgment from a person's mirror neurons. Our negative thoughts will leak out on our face and a person's mirror neurons will pick up the subtlety of duplicity.

So, too, will these mirror neurons pick up any attempts to impress or pretend or any feelings of fear or shame. Bottom line: Our internal dialogue about ourselves is written all over our countenance. Ever wondered why people keep asking the questions we fear most. Their mirror neurons are picking up our concerns, releasing chemicals that communicate uncomfortable feelings and the feared questions are the natural consequence.

Being "real" activates the Law of Attraction. It puts people at ease. It is attractive. We are a safe and desired place. It is that simple.

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I vividly remember the first time I studied Og's scrolls. I got to Scroll II and read the paragraph about saying silently and to myself, "I love you." I remember scoffing. "I'm a guy's guy. I am not about to go around shaking hands and saying to people, 'I love you,' whether in silence and to myself, or not." The idea seemed ridiculous.

About twenty days into the 30-day process with Scroll II, I finally surrendered and decided to put it to the test. What a revelation! I immediately discovered what I had been doing for a lifetime. What do you think it was? Yes, I'd been judging everyone I met. Everyone! Ouch! When we judge, a person's mirror neurons pick it up. They just do. The person may feel uncomfortable. Something is not right. This does not facilitate connection.

*For the next put this principle to the test and see what you discover!!*

When we focus on finding the good or what is important to another person and silently express our agape love, we are on the road to connection and attraction. We are becoming congruent with the laws that govern abundance. We can even put a person at ease – it's neuroscience but it will seem like magic.

We can add to this, when we show up to serve others, to bring abundance to their lives, and we look them in the eye while saying silently and to ourselves, "I love you," something very powerful can happen. It can be disarming. It certainly is unusual. Og writes, "*I will make love (speaking of agape love – a heightened level of awareness) my greatest weapon and none on who I call can defend against its force...my love will melt all hearts liken to the sun whose rays soften the coldest clay.*"

*Check the characteristic "Integrious" found on the right side of your assessment. Integrious means to be whole and complete.*

*What did you discover? Can you see your worth, your infinite value as a human being?*

Now check the characteristic "Empathetic" found on the left side of the assessment.

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*Can we see the infinite value in others?*

Far too often we are more capable of seeing this value in others than seeing it in ourselves. However when we do not see it ourselves we are often too pre-occupied to see it in others. We rob everyone around us of this powerful natural gift to see others so clearly.

The second word is genuine. It is often confused with authentic, such as “the genuine article.” In our use, we are referring to the etymological definition. At the root of genuine are the words genie and genius. When we are truly genuine, we are fully embracing our natural genius to serve others, mentally create and complete tasks. We are letting the genie out of the bottle. The Power that governs abundance has endowed us with this genius. When we fully use it we are honoring both the gift and the giver of the gift.

*Do we fully use our genius or do we bury it due to shame or fear?*

This is not about flaunting our ability and being a braggart – that would be an over compensation for a lack of self-esteem. Owning our genius is more about respecting, honoring and being grateful for our gifts.

When we procrastinate we bury our genius. When we finally jump in and take on a task, we awaken our genius. Most are surprised. “Wow! That wasn’t so hard!” or “Wow! Why did I wait so long?” This surprise is a clear sign that we have not yet owned our genius. When we own our genius we act in spite of fear and are rewarded with equanimity – peace of mind.

Creating your dreams in tangible reality requires doing the hard thing. It may also require more ability than we currently have. It would be futile to ask the Power that governs abundance for more ability if we are not fully using that which we have already been given.

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Instead of owning and fully maximizing our natural genius – being genuine, we may instead be tempted, as Og writes, to ask that Power to give us, “gold, love, good health, petty victories, fame, success, or happiness.” Og suggests that we ask to acquire ability.

Success does not just happen. Happiness does not just happen. Both are intentionally created. Intentional Creation requires a healthy self-esteem and self-esteem requires that we become genuine. And the most exciting part is this. As we own our genius, focus on receiving guidance and acquiring new ability, we will be endowed with even more genius.

Check the characteristic “Confident” found on the right side of your assessment. Any sabotaging thoughts questioning or challenging your natural genius? Again, if I said half the things to you that these thought processes are saying, could we still be friends? On the other hand is your worth based more on your doing or having things? It is time to dig deep in your soul and release your natural genius.

In Scroll IV, Og writes, *“Although I am of the animal kingdom, animal rewards alone will not satisfy me. Within me burns a flame which has been passed from generation to generation uncounted and its heat is a constant irritation to my spirit to become better than I am, and I will. I will fan this flame of dissatisfaction and proclaim my uniqueness to the world.”*

Can you feel that flame?

Can you feel the irritation?

Can you feel your sabotaging thoughts suppressing the flame – the real you?

How long have you allowed this to be so?

Who told you there wasn’t a flame?

Who told you that you were not worthy of the flame?

For how long have you awakened in the morning and allowed sabotaging thoughts to nearly extinguish that flame?

How much energy do you waste hiding from or attempting to ignore the flame?

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In spite of what has been said or what has happened, you know it is there. Embrace it and free your soul!

The third word is authentic. At the root are the words anthos and hectic – real self. It means to embrace your intrinsic goodness free from resistance and rebellion. It means to act on your own moral authority doing the next right thing for the right reason. It means being self-directed doing what we do because we want to, get to and choose to.

Being authentic does not involve creating our own rules, but instead surrendering to and obeying the laws that govern abundance because we have made the conscious and voluntary decision to do so. No one is coercing us. No one needs to motivate us. We willingly submit. We engage in life, embrace principles, connect with people, create value in all that we do and contribute to the world.

*Check the measurements “Valiant,” “Peaceful,” and “Deliberate” found on the right side of your assessment.*

*Do you own and honor your beliefs?*

*Are you allowing others to have different ideas and opinions without feeling personally attacked?*

*Are you choosing to do the right thing for the right reason?*

*In short, are you self-directed or directed by others?*

*What would be different if you woke up this morning and decided to do the next right thing for the right reason – because you wanted to?*

In Scroll IX, Og writes, “I will command and I will obey my own command!” That is empowering!

In Scroll IV: I am nature’s greatest miracle, Og writes, *“I am not on this earth by chance. I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth will I apply all my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy.”*