

# Dare to be Real

How To Shed The  
Beliefs Holding You Back  
From The Real You

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## OK let's get real! You ready for that?

Now even if the title has grabbed your attention, you may well have the doubting question, sitting in the back of your mind, as to, "Why do I even want to read this? I'm good with who I am."

Let me ask you, do you wake to the 2:00 am mind-churning chatter about *what isn't right* in your life? Like your career, your specific job, relationships, money, health, or the big life-sucks place that encompasses all-that-life-*isn't* for you?

Relationships, for example, are huge in our lives and can be the source of deep angst. We tend to think in terms of intimate ones when we speak of relationships yet the reality is we are in relationship with everyone in our lives, be it to co-workers, friends, family, and, for some, our significant other. Relationships are also a prime area, probably the biggest really, in which we sell ourselves out, just to make the relationship work. Think about yourself with your family. Are you the same person with your parents as you are with your close friends? Probably not. We seem to have different selves who show up, dependent on the relationship. Regardless, if you are stuffing down your real you, it is likely you hold a belief that if you were who you want to be, that would create a discord within that specific relationship. Or so the mind says! Yet, the truth is, when you get real you will be amazed at the openness that comes from the person you're engaged with! If you have, let's say, a significant other in your life and you crave deep intimacy, physical and emotional, this is one of the great gifts from becoming your real you!

Just looking at life in general, many of us have had the realization that life just doesn't look the way we had thought it would, years back when we were making dreams. Given our society and the times we were raised, we have, for example, all sorts of beliefs around what we need in life rather than what would fulfill us. Influences such as parents and teachers have played a big role in our career choices. It's the ole' "Dad's an engineer and *he thinks I'll make a great engineer*" instead of wondering where your passion lies. Very often, when asked about their career choice, a person will say they are in a particular career because they have in mind the life style that they want - and it requires money. So what's your driving force in your career? Are you doing what you would really like to do with your life? Are you feeling fulfilled at the end of your day of work, or was it just "something I have to do" place?

The great payoff of getting real is an over-all sense of contentment with life, just as it is. You can relax because you are just being true you. You free yourself up to live life according to your desires, not someone else's. The constant struggle of trying to be someone created by the images of others, of always feeling driven to meet a standard, is a truly exhausting place to hang out. The stress of this impacts all aspects of your life,

from your over-all sense of well-being to indeed your physical, mental and spiritual health.

Dissatisfaction with life is a pretty prevalent issue. But where does dissatisfaction come from in the first place? In order for you to be dissatisfied, there first has to be an expectation of how life *should* look. An expectation can look like, "If only I had\_\_\_\_\_(fill in the blank with more money, a partner, some good friends, a job I liked, etc.) Common words that are clues to coming from an expectation include *should*, *have-to*, *need*, and *didn't*. In a nutshell, it's a story that gets created about lack, about how life just isn't good enough the way it is, how someone or something isn't the way you want it or them to be. An expectation has to have beliefs attached to it otherwise there wouldn't be an expectation, would there?

So that's where we'll start this exploration of daring to be your real you.

As a teaser, I want to ask you what is the most important question all of mankind has asked since recorded history, and probably before? From Plato, to the ancient Egyptians, to the sages of India, and now to you. Do you know what it is?? Are you curious?

Before we can get into a deeper philosophical place where this question can be chewed on, we first need to *Dare To Be Real*, a subject that seems to hold great appeal all on its own. Like this most important question asked throughout human history, it is far from being a simple subject; rather it is a multi-layered, and philosophically deep, one.

On an esoteric level, indeed, the one certainty we have in life is, "I Am"; I exist as this human form, in this physical body. I live. Agreed? One of the synonyms for "real" is the word "*authentic*", defined as "*being of undisputed origin*" and "*genuine*". So we can say that, by virtue of the fact that I exist, my existence is of an undisputed origin. This "real" you of your existence does not change.

Let's move away from the existential for the time being though, and begin the exploration of the surface you, the you that you think of as being real. Unlike the real you at the level of existence, this surface you is constantly changing. Would you agree that the person you are today - how you think about life, who you associate with, etc. - is not the same as who you were 15 years ago? Do you believe the same things now as you did then? So given this awareness that we are constantly changing, we know right away that this cannot be the "real" you even though we may have the illusion it is.

Now ask yourself a few questions: Who do you take yourself to be? What are the most cherished identities you hold? Do you want to be seen in a certain way, for example as a nice, kind, popular, well-liked-by-everyone kind of person? Do you value appearing

intellectual and well informed? Do you beat yourself up for not being “perfect” enough to appeal to popularized marketing standards of beauty - slim, lean, trim, unwrinkled. Are you starving to be seen? Do you have issues with aging? Are you happy? And just what is “happy” anyway? Dare to answer honestly, just for yourself, not for anyone else!

## The Beginning of “Me”:

To put our behaviour in context, let’s start way back. The person we take ourselves to be has been formed since fetal life and even before, through our ancestral chain, going back through the family lines for generations. Then, early in life, as an infant, we begin to learn from our surroundings what is “acceptable” behaviour and what is not. For example, a baby quickly learns to cry for attention. Sometimes that cry for attention is due to hunger and sometimes the infant is simply asking to be seen or held or talked to.

It has been shown through various modalities how the formation of conditioned responses and reactions start in fetal life. For example, I remember doing a BodyTalk session on someone for whom three months of fetal age came up as a priority. An event had occurred which it seemed was the beginning of a fear of survival, which manifested in the client as always doing as she was told rather than what she wanted to do. When I gave her this information her response was immediate. “My father pushed my mother down the stairs to cause a miscarriage because he was not happy about my mother’s pregnancy.” It’s easy to see how this fetal experience became the first seed, shall we say, of her pattern of being and doing according to others.

A similar example many can relate to is simply on finding out how the parents did not want the unborn child. Perhaps there were too many children already, or perhaps the parents felt a child would be a burden and disrupt their lives. A pattern of low self-esteem - I’m not good enough to love - may have been seeded from this deep knowing. Or a feeling of “I don’t feel as though I belong.” This is a very common feeling.

As a newborn, the family obviously plays a huge role in starting the build-up of beliefs about life. Our family of origin - its race, culture, geographic location, religion - are all powerful influences, not to mention the socio-economic status we’ve been born in to, which also plays a major role. Beliefs continue to be formed through education, the teachers we encounter, the textbooks we read and the experiences of being told what is to be believed and what is not. Add in the various aspects of society and top his cake of influences with the icing coming from the profound pieces of ancestral family history.

It is during the first seven years of our life when our experiences lay the foundation for the formation of these unconscious beliefs. These then become the filters through which we will respond, or react, to life. Think of these filters like colored glasses, coloring all our

experiences through our beliefs. Our beliefs continue to accumulate from the myriad of our life experiences and from what we are taught to believe by others including ideas, opinions, judgments, comparisons, the need to know and so on. In rather short order, many of these become our conditioned, albeit primarily unconscious, *behaviour patterns* which then rule how we live our lives, in every aspect. That is, until we begin to discover and dismantle the beliefs for the falseness that they are.

## Your Personality is Only An Image:

The word "*persona*", a synonym of "*personality*", is "the aspect of someone's character that is presented to or perceived by others." Further synonyms include a "*a role or character*", "*image*", "*public face*", "*mask*" and "*exterior*".

We all have our personalities, our unique characteristics that others identify as being us. We may be considered to be ambitious, happy, always nice, a pleaser, an amazing mind, a great employee, a negative person, a well-mannered person, a rescuer or any combination of the many, many characters in the collective psyche.

From conception and before, we are taught certain values, such as values of competition, control, being understood and acquisition. We are taught to give great value to stuff and money, to our own physical beauty and the art of hanging on to it, and to accomplishments in the exterior world, particularly of what we do to earn a living. We use words to describe someone, such as good, bad, kind, bitter, worthy, successful, smart, a nerd, worthless, ambitious, intelligent, attractive, young looking, clever and achiever to name but a few. Nice is seen as being a really nice characteristic!

We are continuously made aware of the expectations put on us by family, friends, organizations such as corporations and churches, and indeed by society as a whole. We feel judged by societies rules, by the rules of others and, indeed, the truth be known, we *are* judged.

Yet is this exterior persona, this personality, the real you? That's really the question, isn't it. The Buddhists have a saying, "*be in this world and not of it.*" Being of this world means we are all living here as human beings amongst other human beings and societal rules, along with the influences from an incredible range of values in our world based on culture, geographic locations, races and religions. So, yes, our persona is very helpful in making our way in the world - how you wish to be perceived by others as being a particular kind of person - yet isn't there more to you than how you present to the world? Is it necessary to comply, to be like everyone else? Or can we be not of this?

## The In's n' Out's of You:

What distinguishes your persona from the real you can be described as the exterior and the interior, the outside of yourself and in yourself, the *impermanent* and the permanent. It is when we become *identified* with the exterior and believe this to be our real me, that the pathology comes in. In other words, in this pathology, we live the illusion that I am what other people think of me!

In an earlier article on thinking I set the framework for how our minds spin the web of thinking, addicting us to the story in some form or another. As with all addictions, the hook is in the attachment, in this case to thinking. Whenever there is an *attachment to thinking*, making something important in life and therefore an indicator of who you are, there will be the belief that I am my thoughts. This is how we come up with good or bad, worthy or unworthy, beautiful or ugly, or whatever descriptions the mind wants to create at that time. Once we attach a description, we have switched from simply experiencing to describing what is happening while giving an opinion, and from there the mind spins us 'round n'round. This circular thinking creates stress through our believing that this is really me!

The circular thinking leads to the illusion of, and attachment to, an *identification* with a persona. As mentioned, it is this identification, this description, that gives rise to the pathology. So, for example, we take on responsibility for, let's say, our "bad" thoughts and turn them into "I am a bad person" or "how could I ever think such a terrible thing" when, in fact, the "bad" thought just popped in! We've now decided to keep this terrible secret deeply hidden lest anyone find out what an awful person I really am.

We can use the role of "mother" as a totally different example, in which a woman comes to believe that "mother" is all she is. Often, when her children leave home to start their own lives, taking away her identification of "mother" as it were, she experiences what we refer to as the "empty nest syndrome" whereby she feels she no longer has a life purpose. She feels lost. The same is true of, let's say, corporate executives who, on being forced to retire, have great difficulty relating to others without their corporate mask and the perceived power that goes with it. Often the loss of these strong identifications manifest in illness or death.

We each have, or have had, roles we play in life. We can say, for example, I am a lawyer, I am a mother, I am a teacher, I am a doctor and so on. Then we can add in some descriptive adjectives such as I am a brilliant lawyer, I am a good mother, I am an inspiring teacher, I am the best doctor and so on. How about these identifications of "I'm a good little girl" or "I'm mommy's big boy" - can you relate to feeling the need within you to behave as you were told you were supposed to?

Our presentations to the world include what we need when we are playing a particular role in life, a mask we put on and take off. The difference is in the unconscious belief that the real you has anything to do with the roles you play. Question: Do you hang up your mask of the sharp debating intellect or do you hang on to it for dear life so that you have it ready for the next intellectual battle you will have with another great intellect? Do you keep your doctor mask on when you leave the office so that you remain an authority figure, allowing you to continue to feel powerful? Or are you able to be the lover meeting his/her partner for dinner after leaving the office? Do you quickly become the little girl when in a particular situation or exchange with a person? Does your little boy run the show in your relationship with your partner? Bottom line is, do you hang up your masks, whatever they may be, when your role is over, or do you hang on to your identity lest you be revealed to be something else?

## **Self-Importance As A Self-Important Mask:**

A form of persona identity can also be seen when we make ourselves self-important, whereby we most sincerely feel we are deserving, justified, superior and right above all others. We believe our forceful attitude in making a point is showing how knowledgeable we are while proving why only our point is valid. This mask of self-absorption is generally a very strong identity; rarely, once this mask is put on, does it get taken off. Hence my giving this self-importance piece its' own space. Meeting this piece within ourselves can be tricky, and is one that requires a sincere willingness, along with assistance, for its unveiling.

When self-absorption takes over, the person feels completely justified in their actions or words and, if they are not being met with agreement immediately, it can take the form of being forceful, to the point of being aggressive if necessary, in order to have things their way, be it an action or communication. Impatience is quick!

Underlying the self-absorption is the shadow piece of secretively feeling very special, hence the deserving, and thereby feeling totally justified in wanting for me-me-me. We all have degrees of these dynamics yet it is in the attachment the person has to their self-importance that the pathology lies. The self-absorbent person believes they deserve everything, and most especially a level and abundance of material goods to show the world. Tagging along with this then is the importance of hanging with people of equal or greater material level and participating in the same kinds of activities of this group. When you're around a group like this, you will often hear a competitive edge to the conversation as the 'doing's' become the pawns of the game.

# Happiness Is An Inside Job:

Whenever we identify with something outside of ourselves, the exterior, we are skunked! The real you 'should' be a happy place, right? I mean if you're being who you want to be then happiness ought to be the reward. Yet the truth is, *happiness outside of yourself* - happiness that is dependent on what others think of you, of how others perceive you, of who you do or do not have in your life - will never, ever lead to internal peace, contentment with life and joy. The real you cannot be found outside of yourself, in what others think of you!

Happiness can only be in this moment, right now. Happiness is not in the future nor in the past. Happiness, pure and simple, is an inside job. Furthermore, by simply saying "I want to be happy" belies unhappiness. Who or what creates your unhappiness? Do you stuff your unhappiness away and pretend to be happy so as to make others feel comfortable? This applies to any feeling you may be experiencing - your sad piece, or your angry or your nasty person piece - whatever perceived unpleasant thought we have of ourselves that we want to keep hidden.

In the *effort of denial* to keep the not-so-good pieces of you from being acknowledged, by you, or worse, from being seen by others, lies the discontent with what is. The *resistance* of that which you do not want to claim because you judge it as being "bad" is one of the biggest road blocks to finding inner contentment.

Everything in our lives, other than our direct experience, is a story with beliefs. We believe, for example, that the sun will rise tomorrow yet, in truth, we don't know if that will actually happen or not. When there is an attachment to the story, however, addicted thinking usually comes into play, where the mind just keeps churning and churning. With an attachment, there is also an unconscious (and in some case conscious) desire to create a certain impression in the listener. Many people hang on to their stories - they simply will not let them go - so they get repeated over and over, sometimes with some minor changes, or not. Why? Because there is a lot to be gained from the drama and story, from the life wounds, especially the really juicy ones, thus the need to hang on to the story actually becomes an identity. The ugly divorce and the "harmed" partner is an example that I imagine you have listened to, skewed to the side of your friend, right? The identity will always be in favor of the speaker of the story so as to extract from the listener admiration, envy, sympathy, agreement and so on. Illness is another example which very often becomes an identity. A statement such as, "When I had my breast cancer surgery....." will immediately draw most people into their story.

How often were you told growing up that you were to behave in a certain way? My mother's favorite saying to me was, "What will people think?" whenever she was



attempting to control my behavior through creating guilt. Some of you may have been told, "now that wasn't nice to say" or "just be a good little girl/boy so mummy can be proud of you" or "keep your feelings to yourself" or "remember to smile dear, people don't want to see you looking unhappy" or "be polite so that people can see you come from a good family" or "be mummy's big man." I think you get the point that parents can be geniuses at dumping guilt/control on their children, from grades to behavior. (I want to be clear that I am not talking a blame parent game here - I am simply using these illustrations as a way to bring to light the beginnings of some patterning!)

Although we do have these deep patterns, as we self-explore huge shifts can occur so that these patterns no longer run our show. In truth, our beliefs are our *self-imposed limitations*. Furthermore, no one, and yes I said no one, can make you feel anything. You are responsible for what you are feeling.

## **The Real You Is Permanent:**

All emotional states are impermanent, whether it be happy, sad, angry, lonely, grieving - they simply rise and fall in you, to be experienced - yet they do not define you. What happens, however, is that instead of just feeling, let's say, our sadness, we want to attach a story, to explain *why* it is we feel sad in that moment. And, as it is with stories, there will be other characters that become a part of the feeling being described, perhaps being the perceived cause of, in this case, our sadness.

For the person living outside of themselves, where it matters what others think, being vulnerable and showing your real you, is not an option; it's just way too scary of a place. The unwillingness to be vulnerable means you do not want to be seen. Instead, you stuff down what is really going on for you and present yourself according to how you perceive others prefer to see you. Some of your internal, and generally unconscious, conversations might be: "I can't let anyone see just how scared I am" or "I can't let anyone know I don't know" or "I can't look dumb!" or "If I just keep up my appearances, and act as though I know what I'm doing, no one will know I feel like a failure" or... or.... or.... The substitution list is almost endless!

In giving power to this external reference in which the outside world matters, we see people going into incredible stress-causing debt just to create an appearance, so as to give, in this case, the illusion of material success. Staying in fashion, regardless of the cost, or having a certain model of car are other examples of needing to maintain a particular impression. I even remember hearing about a couple who bought a very impressive and enormously expensive house, yet they were so in debt they couldn't afford to furnish it! Their address and the exterior of their palatial home hid their secret.

Cosmetic plastic surgery has become big, big business. Where once it seemed confined to women, it is now almost as prevalent with men as women. The superficial reasoning for altering the exterior may sound plausible at first with "I'm doing this for myself - I just want to look good for me" yet if self-honesty is possible it is quickly evident that the deeper reasoning reveals it is all about how you look to others. Marketing to the fear of aging has become big business, creating the need for a face without wrinkles, perky breasts, six-pack abs, and lifted bum implants. Ludicrous and illusionary attempts to deter aging.

## **Dare To Be Your Genuine, Salt-of-the-Earth You:**

Now we'll switch gears and look at the person who is being real. In our attempt to define a person we experience as being real, we might use expressions such as "down to earth" or "he's the salt of the earth" as phrases of description. Yet what exactly are we saying about a person when we define them with phrases such as these? Why is this said in such a complimentary way? If you think about a person you would use this description for, how do you feel when you are around this person?

Let's examine how the "real" person might appear to others. I bet you might describe this "down to earth" or "salt of the earth" person as "*genuine*", is that not so? Someone genuine just feels, well, genuine - it's the "what you see is what you get" place. There are no pretenses, no trying to impress. There is a quiet simplicity and a gentle listening. The intellect doesn't need to be recognized or acknowledged in any way; there's no need to prove a point, to be "right" or to have the last word because you're so smart. The real person is not attached to any identity, they are simply being true within themselves, content within their own skin. There is no blaming someone or something outside of themselves for what they are experiencing. There is gracious aging that cannot be bought because it comes from the inside out!

When we shift from the external to the internal, one of my most favorites sayings of all time says it all: "What others think of me is none of my business." Just let that sink in - it's a hugely profound statement, one that alone can lead to an incredible internal shift for you!

So here's what happens when that which is outside ourselves (the external reference) shifts to our inner voice and knowing (the internal): The "what other people think of me is none of my business" place kicks in and you feel free to be your true self - the attachment to what other people think, how others perceive you, how they are judging you is simply no longer where you are hanging out. It is all an inside job! You have become real! You are expressing what you are experiencing in the moment and it is not based on anyone else's expectation of how you *should be*. You become content. And

from this place, you are able to truly share with the other. More than that, people want to be with you because they feel good, there is no 'edge' to you, there is a feeling of safety actually in being with you.

## The Pay-Off: You Don't Miss Out on Life:

The willingness to be vulnerable is a requirement for being real. It takes courage to be vulnerable. It takes courage to be willing to be seen by the world, warts and all. Interestingly, the word courage itself comes from the French, *cœur*, the heart, thus courage comes from the heart and not from the head. The head wants to make everything right through thinking whereas the heart is open to the experience of being fully seen.

Although getting to know the real you is a much more complex exploration than can be resolved in a sentence or two, you can begin with some simple noticing when, for example you are engaging in a conversation with someone. Is your body giving you a signal of any kind such as a sharp pain, a headache, a hit in your gut? Are you feeling tense or relaxed? Breathe into that signal and ask yourself what you are feeling. I call these signals my niggles – when I have a niggle I know immediately that I need to pay attention, that something is “off”. Notice, do you feel heavy or do you feel light? Are you being true to yourself? Or are you pushing down your own expression to please others? Are you trying to make a certain impression? Is your signal telling you to pay attention to your experience and to get self-honest with what you are feeling?

Sometimes the noticing is delayed – and that's fine too. It's the noticing that begins to be a term of reference for you. The more you notice, the more you will notice. Then out of the noticing will come shifts for you, bringing you in to a more honest space within yourself.

That which is external to your true essence, in other words that which is attached to beliefs and story, is always *impermanent*, it will never last, while your true essence, the place of simply experiencing, the “real” you, is that which is unalterable, it is permanent, and it is who you have always been and always with be.

Have you ever asked yourself the question, “What is it that I really want to do with my life?” And, if you have, why are you not doing it? Are you enduring life or are you enjoying life?

In closing, I want to ask you, is all of this pretending worth it? I tell you, the effort it takes to maintain the illusions and the effort of denial have a huge energetic cost and can manifest in utter exhaustion and depression. The cost is not worth it. Missing out on

experiencing the real you would be a heartfelt tragedy. Don't let yourself run out of time to create shifts in your life, to live with contentment and inner peace. Don't wait to be your real you! I often remind people that dying is a one-man show. What I mean by that is that if I am fortunate enough to be aware of my dying process, it will be only about me. No one else is dying with me. Having worked in hospice, one often is witness to a personal life review. Regrets play a big role and I dare say definitely one of the biggest, if not *the biggest*, regret of the dying (from a study done in Australia with hospice patients) is in having lived a life for others. This sad reality is true for many. On your self-truth scale, have you lived your life listening to what feels right for you? Or have you lived it according to what you were told to do or believe, according to the beliefs of others?

A big payoff of being real is in having contentment, joy and inner peace in your life. That's a pretty big payoff, don't you think! Not to mention that stress will not have the same impact again!

I'm sure you have caught yourself at times feeling joyful for no apparent reason, haven't you? That is a taste of the real you and it is yours for life! There is no effort needed to live in your natural state, just the willingness to be self-honest and to strip away the false stories to reveal the real you. The *only thing keeping you from liberation* are your *self-imposed* limiting beliefs. If you want to liberate yourself, to be free to be who you truly are, break through these illusionary chains. The choice is yours!

Join me for a ***Beyond Beliefs, The Path to Living Life Fully*** weekend that will change your life forever, freeing you up to live your life with joy and inner peace! ©

Beverly Lutz, fearless life explorer, transformational leader and renowned author of *God Doesn't Care What You Wear™*, *the Limitations of Our Beliefs*.

Visit my website at <http://www.newparadigmhealth.com>. If you are interested in organizing a group for me, please contact me. (Oops! I forgot to give you the answer to the most important question asked throughout human history! I can answer that for you when I see you at the weekend!)