

# Living with transparent personal Integrity

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To live with transparent personal integrity is to become the living manifestation of your truth with unwavering strength, courage and grace. It is to take up residence in the center of your being and say, “*This*, is who I am.”

But, in order to be true to yourself, you first have to know who you are. And who you *really* are may not be who you have *become* in response to your personal history and external environment. You may find that the person you project to the outside world does not resonate with the truth of who you are deep inside.

There are many reasons why this kind of separation takes place but perhaps the difference between who you are within and the person you project has to do with protecting yourself / your truth, which usually exists in the most sensitive part of your being, from being wounded, ridiculed or dismissed.

Or, perhaps the fact that you are not living your truth has to do with having made choices to provide for the well being of others, such as family and children, putting their needs first and placing your dreams on the back burner thinking “I’ll get back to those one day”. But somehow that day never seems to come.

The point is that your life is *meant* to be a dazzling and joyous expression of your spirit in action, but you have to *choose* this. The first step in living a life of personal Integrity is to recognize that you have a choice as to whether or not you are going to be true to yourself.

The concept of Choice becomes even more important when considering that whatever you choose to put your attention on will become your Reality. Life isn’t something that happens *to* you, it’s something you create by virtue of the choices you make. And therein lies your power. At the end of the day, the quality of your life will have been created by, and a reflection of, your choices.

So, will you choose to be true to yourself? Clearly, this isn't something that happens overnight, it is a journey, a way of life. But you can start the process of finding out if the life that you're living is a clear reflection of your truth and highest values by asking yourself some questions:

1. What things in this life fill you with unbounded Joy?
2. If you could dream the most beautiful dream for your life right now, where everything is possible, what would it be?
3. If someone were to look deeply into the beauty of who you are as a person and a divine being, how would they describe you?
4. What words describe the life you're currently living?
5. What words describe how you feel about yourself at this point in time?
6. Does the energy of the first 3 questions differ with those of questions 4 and 5?
7. List the qualities and values that you deeply respect in a human being.
8. Can you honestly say that your life is a clear reflection of these qualities and values? If not, why?

**Call your own bluff!** Ask yourself if you are living a lie. Ask yourself if who you are on the outside resonates with the truth of who you are inside, in the deepest most beautiful part of your being.

To a greater or lesser degree we all experience some degree of separation between who we are on the inside and how we express ourselves to the world. That's just a part of being human. However, what makes all the difference in closing this gap is having the **willingness** to look at ourselves, the **courage** to heal what we need to heal and the **grace** to forgive and release what needs to be released. What we are then left with, is the transparent truth of who we are.

### **The Bigger Picture**

The closer you get to connecting with the truth of your spirit, your highest truth, the more you realize how deeply connected it is to the highest good of all. The

importance of this cannot be overstated. To use an analogy, it means that you are, at the same time, both the droplet of water and the ocean, both an individual and an essential part of the whole. When you take a courageous step forward towards living with personal integrity the whole moves forward. Therefore, it is within each of us, at the deepest level of our sacred, personal reality that our power lies to be a co-creator in the evolution of humanity.

This journey within, to your truth, is the most extraordinary journey you will ever take. It is the difference between simply existing / going through the motions and truly living. It is a journey of endless discovery and wonderment!