



EP32 Woo²

Being Your Authentic Self

with Colette Baron-Reid

Colette:

Welcome to INSIDE THE WOONIVERSE. Woo². That's a little bit of woo, x2. In these shorter episodes, you're going to hear more of me, like an audio journal, on wooniversal topics like abundance, resilience, working with the moon, manifestation, meditation, and much, much more.

Colette:

We have three of us here today. I have Julie Fink and Connie Diletti, my fabulous producers of this show. And I have no idea what we're talking about. They're just going to throw it on the table. And we're all going to talk about what, Connie? What are we talking about?

Connie:

Today, we're going to talk about how to be your authentic self. Boom. Mic drop. So talk to us, Colette. For anybody out there who is becoming their next level self and discovering that next level self, how can they get into that authenticity?

Colette:

Okay. So we go back many times in these woo² things, we talk about fear. So I think that the authentic self, personally, I will just speak from my own experience, plus what I've seen in my school, thousands of people have been to my school and I've seen a lot of people over the years, especially when I worked as a professional intuitive, that fear is the biggest issue between our authentic self and the masks that we put on so that we belong. So if we have issues around belonging and also, we have an expectation that we're not going to belong, we start to learn how to be a people pleaser or we start to try to manipulate our personalities.

I used to think that I was able to be anywhere with anyone because I was a real chameleon, especially when I was drinking or when I first started getting sober 36 and some odd years ago,



because I really didn't know who I was. Because I had tried to just belong wherever I could. I could survive if I could just be this person or would you want me to be this person? Want me to be that person? So to the extreme, that happened with me. It's really a spectrum when you think about it. So however wounded we are and we come to the table, we may be afraid to be our authentic self because there could be consequences of that. I was raised by a Holocaust survivor and it wasn't safe for her to be Jewish. And I didn't even know I had any Jewish blood in me until I was in my mid 20s. I was raised Anglican.

So why are we afraid to be our true self? Because of the consequences that might happen if we are ourselves for some of us. So we develop these different ways of managing ourselves with other people, which don't work by the way. So they may have worked to protect us for a short period of time. But eventually, as you mature and you grow older, those masks have to go. So it can be a process. And it is really an invitation to do some shadow work around it if you really want to be your authentic self. You might not even know who you are. So it's like, who am I really? When I started therapy, for example, I worked with this really great Jungian analyst and I was only two years sober. And she was using the tarot so I was able to figure out how to use the Oracle cards, which didn't exist, tarot was Oracle cards back then, to also help me understand myself. So that's also something that I would encourage people to do, is to pick a deck that you really love that has a depth to it, that really has psychological depth to it, and use it as a reflection to help you get to those more true core of yourself and be willing to do an inventory.

I think that's the other piece, is a consistent inventory about journaling. Who am I now? What have I learned? And do I want to repeat this again? And if you do, say, why? What makes me automatic? Why do I go into automatic pilot when this is in front of me? And I mean, I don't know. Because I still see myself do certain things that I thought that I had stopped doing years ago. And I go, oh, that's still there. But my authentic self, this self that is not afraid ever, the self that knows I'm immortal, the self that is creative, that's funny, that's just me, is when I'm most relaxed too. I'm not searching for the potential threats out in the world. I don't know. Julie, what do you think about this?

Julie:

So a lot is coming up because you have so many amazing golden nuggets.



Colette:

That's your editing self talking.

Julie:

So what is coming up to me is *The Man in the Iron Mask* with Leonardo DiCaprio. So in the movie, the twin that's in prison, he comes out and they finally take off his mask and you go through a reorienting period when you realize that this is who I am without this huge piece of metal over my face.

Colette:

What a great analogy.

Julie:

So then he's at the dinner table and he's eating and he can barely even get the spoon to his mouth because he's so used to having to feed it through this mask. So to me, there is a time period when you're realizing, okay, I am becoming my authentic self, I'm taking off whatever masks there are, but there's this bridge of in between time where you're having to reorient yourself and there's still remnants of your old self. You're not quite your new self, but you know you're out of your old self so you're in this in between period. What would you say to that kind of in between period where you're just beginning to know and you're just beginning to see these bits and pieces of your new self?

Colette:

Well, so I just thought you were so eloquent at being able to describe this and using that movie with Leonardo DiCaprio. It was genius. So if I look at the story, our stories, we have to be super self caring. We have to be compassionate with ourselves and not expect perfection because I think sometimes we can be ashamed of those pieces that don't need to be there anymore. And we're like, oh my God, that's still me? Wait, I don't know how to be this new me. And you need practice at it. For example, setting boundaries. What if this is the first time you set a boundary and you want to build a giant metal wall right off the bat instead of realizing, oh, I can just say no? I don't have to make a big thing? So it can take time to actually get used to that next layer of authenticity.



Connie and I have talked a lot about this and I'd love to hear your take on this, Connie, about the layers of authenticity because I think we can't be completely there yet. I think sometimes it takes time to heal into the new self. What do you think?

Connie:

Yeah, I totally agree. You have the mask analogy. I'll also put another analogy of riding a bike. You're getting used to yourself on a different level and also call it, you said, this is a lifetime of authenticity, checking in. And I responded in a certain way. It's just that awareness, that mindfulness of consistent checking in and doing that inventory, because you're not just, I'm my authentic self, and that's it. Everybody, I'm authentic, just so you know. Because you can be your most authentic self in a particular situation or around particular people that you feel very comfortable with and then you all of a sudden are in a different situation and all of a sudden, hey, there's that mask? Oh, it's so comfy. I just want to put it on just for a sec, just for a quick sec, because I'm feeling vulnerable. So it's a lifetime experience and different levels of authenticity. That human being versus human doing. You are allowing that higher self, true authentic being to shine through and you are invited in every moment to allow yourself to truly engage on that level. And we're all doing the best we can. We've said this how many times? Truly, you're doing the best you can, being as authentic as you can in every moment.

Colette:

I love that you said too about how you're like, I am authentic AF. You know what I mean? It's like, hey, this is me. Take it or leave it. Who cares?

Julie:

Unapologetic.

Colette:

Jumping out. But sometimes it can be really irritating.

Connie:

Yeah. Right. That's so funny. It could be very irritating. I.E., your authentic AF self is irritating the shit out of me. God. Because guess what? That's another invitation. PS, your authentic self just had a reaction to someone else being their authentic self.



Colette:

Exactly. That's what I meant because I've actually done that. When I think I've come to this new ... I am now going to set a boundary. I'll show you. Boom. Instead of giving yourself time to get your sea legs. No, I'm going to go to the boat. You went to a bicycle, she was in the iron mask, now I'm on a boat. We're using all these different analogies. But it can be really extreme sometimes. And then there's a lack of growth and maturity sometimes. I really notice a self-indulgence lately, especially on the internet, especially on social media, where people are like, I am claiming this. I'm like, okay. And then in a couple of months, once you grow up a little, you might recognize your part in this.

Also, there can be a lot of divisiveness when there's the leap forward with the authenticity piece because what does it really mean? Sometimes people weaponize it. So I do think, to your point, Julie, about how do you manage that in between, I think it needs to be a little gentler. And then on the other hand, why judge? We can't make assumptions. Why judge? I can be judgey. We're all a little judgey sometimes.

Julie:

Well, and I don't think you can claim authenticity. It's a gift, it's a practice, it's a learning experience. We're the students of authenticity. This is a joy to be part of. So I think when you're high frequency and somebody starts being authentic AF, it bothers people like us because it really isn't authentic because you can't claim it because it's a gift to be part of. You have to become it.

Colette:

That's interesting because it doesn't always bother me. I get bothered in myself because I realize I'm being vulnerable. I probably didn't explain that properly. And I have experienced that and I've seen other people that do that themselves too. It's because sometimes we think we're being authentic when we're really being really defensive or offensive or on purpose so that we can protect ourselves. So whatever that is. So I think authenticity is something that, to your point, we grow into, we experience over time. And it is a little bit like peeling the onion skin. It takes a while. When you see a snake shed its skin too. It takes a while for that pink skin to start getting green again, or whatever color it is. It does take time. We're vulnerable during those periods, those in between phases. Good topic, ladies. Good topic.