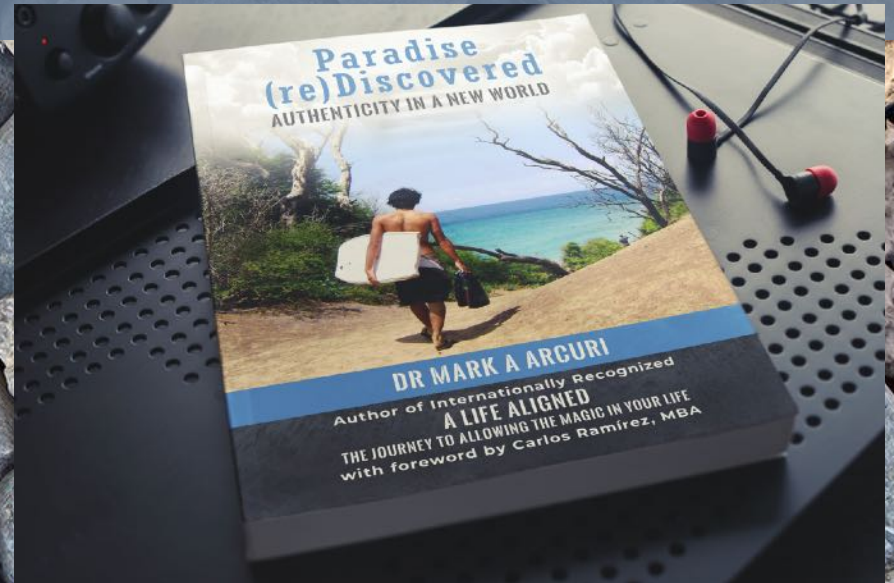


Paradise (re)Discovered

Authenticity in a New World





Learn how to
(re)Discover
yourself and
start a new
chapter in
your life..

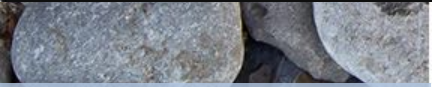
Paradise (re)Discovered

Pre-Register Now and Save!

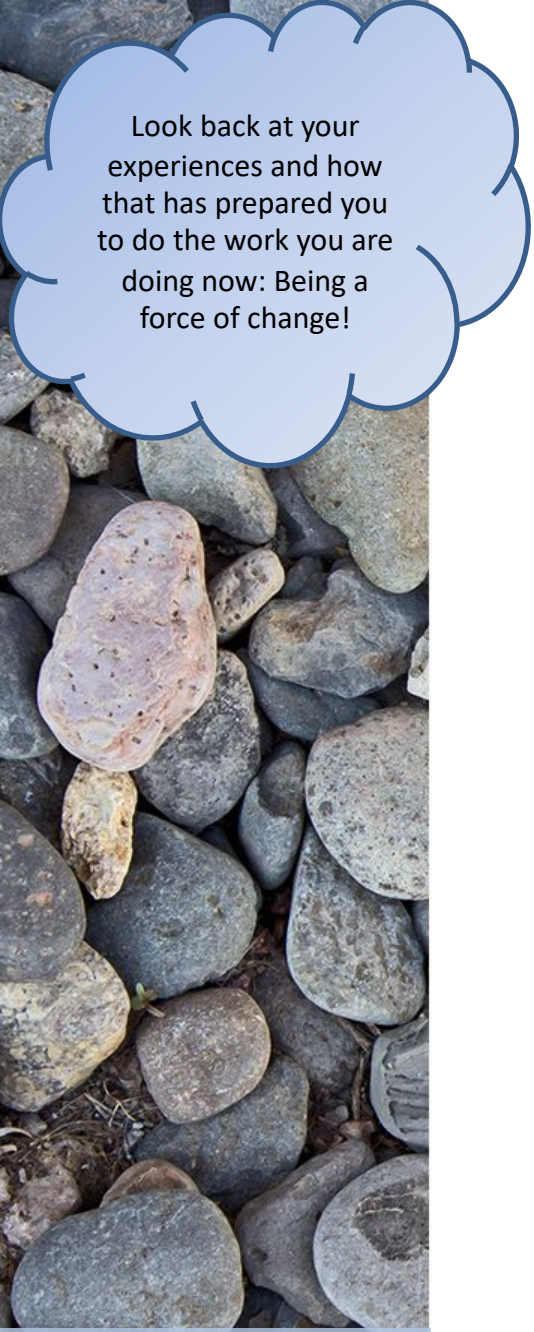
Dr Mark Arcuri
Unity Santa Fe

IT ALL STARTS WITH YOU!

11 JULY 2020



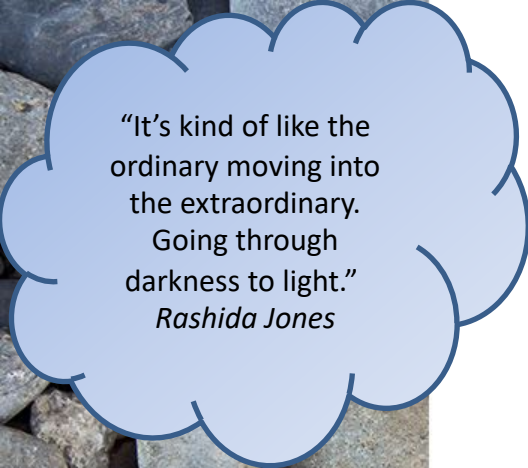




Look back at your experiences and how that has prepared you to do the work you are doing now: Being a force of change!

A Glimpse of Your Authentic Self

- ❖ I invite you to close your eyes if that's comfortable, or perhaps fixate on an object or an image that you find relaxing
- ❖ And think for a moment of a time when you were younger
- ❖ Try to think of an early memory of something that really bothered you; what was it that *really* gnawed at you in your thoughts
- ❖ Maybe it was a problem that you just couldn't solve
- ❖ Maybe it was something in your awareness of things around you, or even something *of* you that just didn't make sense
- ❖ Something persistent
- ❖ Maybe you've found some resolution by now... or maybe not
- ❖ Just bring *whatever that might be* to your mind now, and spend a moment with it; no judgement, just honor
- ❖ I invite you to hold this with you as we go forward now.



“It’s kind of like the ordinary moving into the extraordinary. Going through darkness to light.”
Rashida Jones

What is Authenticity?

Definition of *authentic*

1. **a:** worthy of acceptance or belief as conforming to or based on fact

b: conforming to an original so as to reproduce essential features

c: made or done the same way as an original
authentic Mexican fare


2. not false or imitation : REAL, ACTUAL

3. true to one's own personality, spirit, or characteristics

4. **a:** *of a church mode* : ranging upward from the keynote

b: *of a cadence* : progressing from the dominant chord to the tonic (Merriam-Webster, 2020).

Merriam-Webster. *Authentic*. Merriam-Webster. <https://www.merriam-webster.com/dictionary/authentic>.



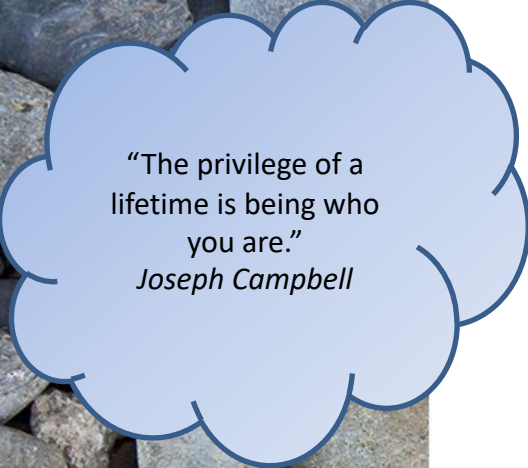
“The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.”

Anna Quindlen

What *is* Authenticity?

- ✓ a concept in psychology and existential psychiatry, existentialist philosophy and aesthetics. In existentialism, authenticity is the degree to which a person’s actions are congruent with his or her beliefs and desires, *despite external pressures to conformity* (Wikimedia Foundation, 2020)

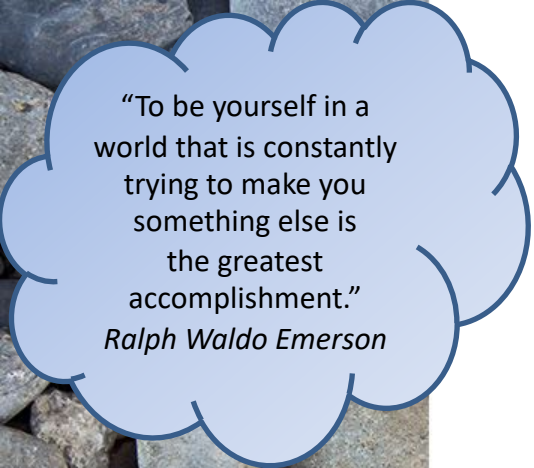
Wikimedia Foundation. (2020, September 27). *Authenticity (philosophy)*. Wikipedia. [https://en.wikipedia.org/wiki/Authenticity_\(philosophy\)](https://en.wikipedia.org/wiki/Authenticity_(philosophy)).



“The privilege of a
lifetime is being who
you are.”
Joseph Campbell

What is Authenticity?

- ✓ ***Experience***, rather than a thing
- ✓ ***Soul-informed***, an essence from within that transcends and permeates everything “real”
 - “*Real*” = consciousness; *Authentic* = soul, devoid of the imprint of others
- ✓ ***Universal, collective***
 - Self = Other; Other = Self; Recognition of Oneness
- ✓ ***Remains inherently the same***
- ✓ ***Meaning-FULL***
- ✓ ***On purpose!***




“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”
Ralph Waldo Emerson

Paradise (re)Discovered



The Journey (back) to Authenticity

1. We're born. ***The purest knowing of who we are.*** Perfection. Connection to our Source. Created in that image.
2. Our caretakers and the world take over: “***This*** is who you are, what to believe, how to act, what to want, and become.”
 - “Give me a child until he is 7 and I will show you the man.”
 - We're like a sponge, at the mercy of others' perceptions, fears, hopes and dreams, their experiences, their solutions.
3. We get older, we begin to develop a better sense of our place in the world, ***we encounter challenges...***
4. ...and we find we are ***are ill equipped*** to navigate them.

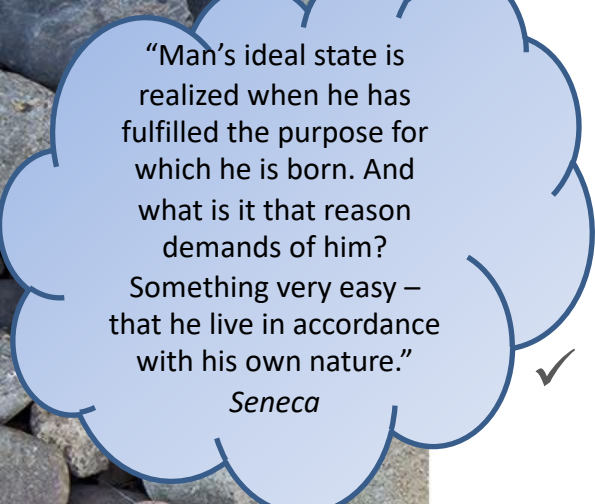


“It takes courage to
grow up and become
who you really are.”
E. E. Cummings

5. Piaget. Age 11: The Formal Operational Stage. We begin to use existing knowledge to ***create new theories about the world*** and make predictions about what will happen in the future.
6. Trial and error. We learn what works best – for us – and we (re)connect with ***our own truths***.
7. ***We (re)Discover Who We Really Are*** – our Paradise.



Paradise (re)Discovered



“Man’s ideal state is realized when he has fulfilled the purpose for which he is born. And what is it that reason demands of him? Something very easy – that he live in accordance with his own nature.”

Seneca

Why Should You Care?

✓ Deep satisfaction

- ✓ Connection to the personal and collective soul.
- ✓ Something greater.
- ✓ Meaning and Purpose.

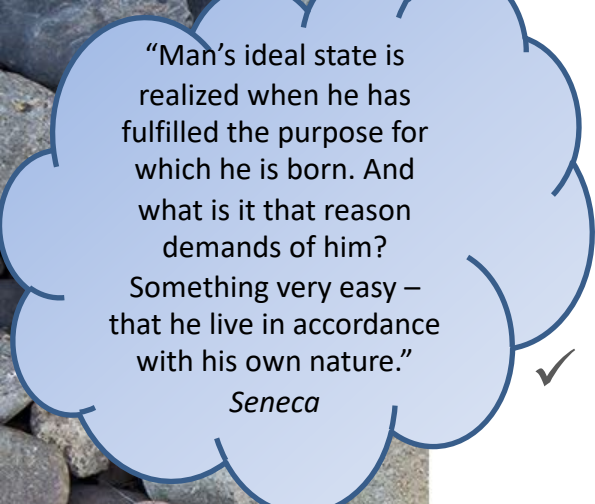
✓ A Life Aligned

- ✓ When we are aligned with who we are: a state of ***allowing rather than doing***.
 - ✓ Flow is high, stress is low (Csikszentmihalyi & Csikszentmihalyi, 2000).
 - ✓ We accomplish great things that otherwise elude us. Dreams become Reality, as if by Magic (Arcuri, 2008)!

✓ Reduced stress

- ✓ **Less** morbidity and mortality.
- ✓ Social **ease** as opposed to **dis-ease**.
- ✓ **Increased** production and quality of life.

(Ito & Kodama, 2005; Rathi & Lee, 2020;
Ryu et al., 2019; Wickham et al., 2016)



“Man’s ideal state is realized when he has fulfilled the purpose for which he is born. And what is it that reason demands of him? Something very easy – that he live in accordance with his own nature.”

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Why *Might* You Care?

✓ Deep satisfaction

- ✓ Connection to the personal and collective soul.
- ✓ Something greater.
- ✓ Meaning and Purpose.

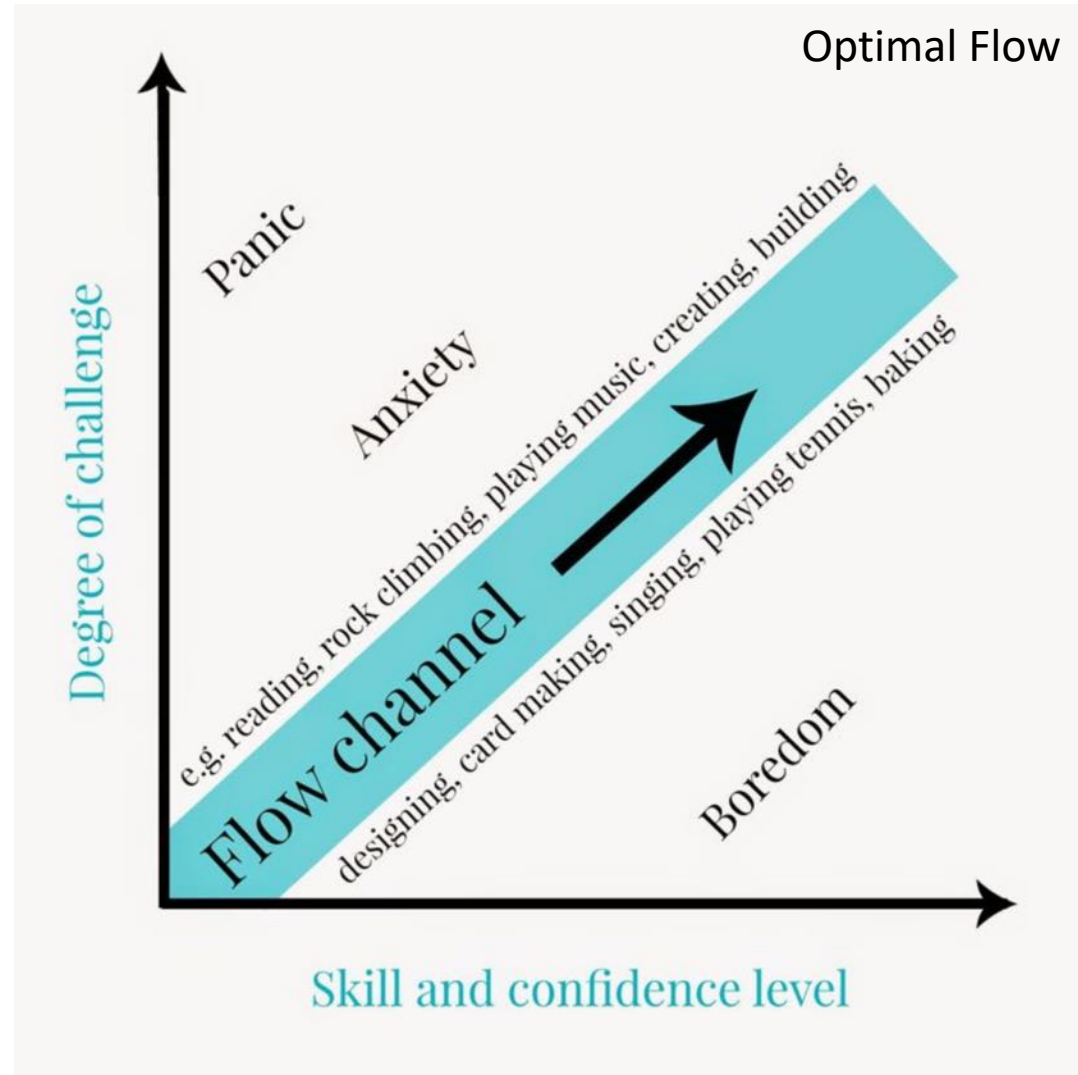
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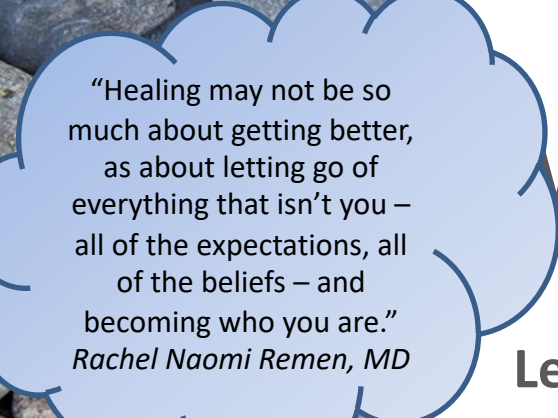
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(Csikszentmihalyi & Csikszentmihalyi, 2000)



“Healing may not be so much about getting better, as about letting go of everything that isn’t you – all of the expectations, all of the beliefs – and becoming who you are.”
Rachel Naomi Remen, MD

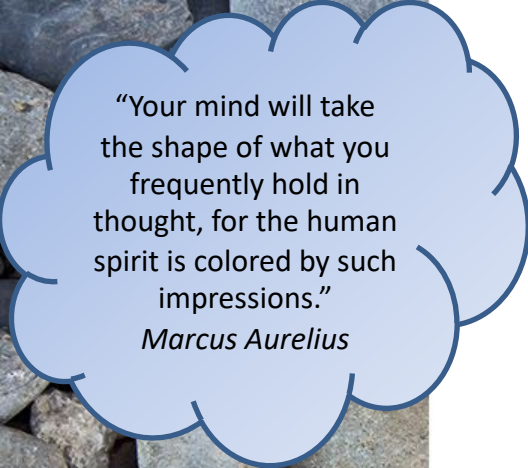
What Stands in Your Way?

Let Us Count The Things!

1. **Expectations** – imposed by others.
2. **Beliefs** – that aren’t yours.
3. **Loyalties** – mistaken for wants.
4. **Settling** – for *anything*.
5. **Pressure** – social and otherwise.

Inconsistent with Authenticity

- ✓ Social **Injustice** (Spence et al., 2016).
- ✓ Health **Inequity** (Chin et al., 2018; West et al., 2020).
- ✓ Economic **Disparity** (Burns, 2015).
- ✓ Cultural **Ignorance** and **Intolerance** (Spence et al., 2016).
- ✓ **Us v. Them** – of *any* kind, no matter how convincingly it is rationalized!



“Your mind will take the shape of what you frequently hold in thought, for the human spirit is colored by such impressions.”

Marcus Aurelius

How Do You Get There?

1. Go Back to the Image You’ve been Holding

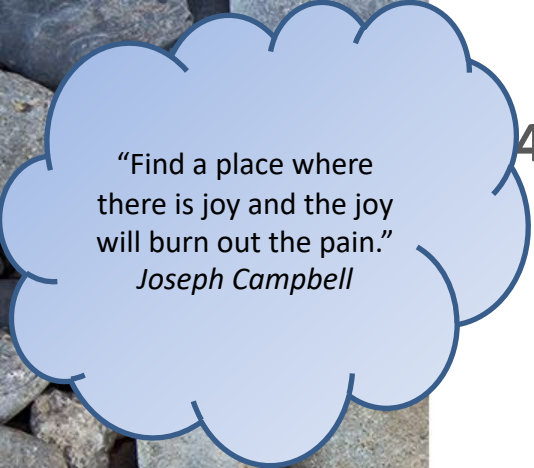
- Start with that! Reconnect with its energy!
- What is the first/next step you can take to honor whatever it was that consumed you so persistently when you were young, that felt so important?

2. Be Mindful of Your Mind

- As humans, we are gifted with the ability to control our thoughts but too many of us let our thoughts control us.
- Consciousness Creates Reality!

3. Muscle Testing (applied kinesiology)

- Receive messages from your body or Divine Mind using your inner pendulum, muscle testing yourself, and muscle testing others (Gallo, 2004; Levin, 2019).



“Find a place where
there is joy and the joy
will burn out the pain.”
Joseph Campbell

4. Circle of Life

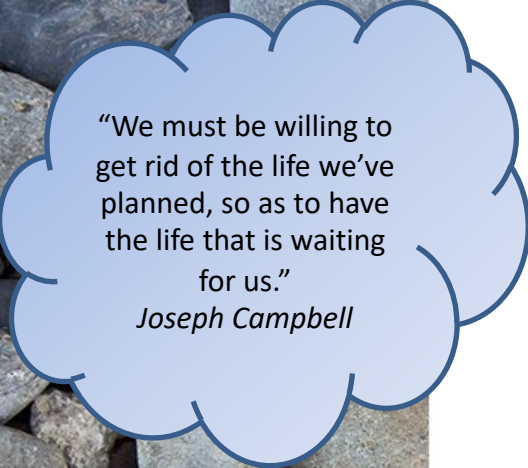
- A holistic snapshot of your life as it is in this moment in the context of the **core values that represent your authentic Self**, that will guide you in making decisions about what aspects of your life require better alignment in support of your authenticity
 1. Make a list of words – 10 or so. Words that represent the core of who you are on the deepest level (i.e., *teacher, passionate, inspired, leader, love...*)
 2. Please them in the center of a circle
 3. Draw spokes outside radiating from the circle, each representing an area of your life (i.e., *finances, career, social, love, family, leisure, health...*)
 4. Then ask yourself how well each of your core words is represented in each area → if not enough, work on that area!
- [Download Instructions and Example Here](#)

5. Personal Mission Statement

- A way to **connect with your authentic Self and broadcast to the Universe** who you are, what you are here for, and what you intend to Be!
 1. Choose 4 or 5 of the words above, no more
 2. Arrange them into a sentence starting with the words, “I Am...” and ending with, “And so, it is!”
 3. Put your sentence, your Personal Mission Statement, everywhere you can to demonstrate your intention to the Universe that you are ready and willing!
- [Download Instructions and Example Here](#)

6. *8 Days To Authenticity*

- Connect with your authenticity in this free 8-day structured journey
 1. One brief task or question everyday for 8 days is all it takes!
- [Download Here](#)



“We must be willing to get rid of the life we’ve planned, so as to have the life that is waiting for us.”
Joseph Campbell

What Can You Do When You (re) Discover It?

- ✓ **Live It! Live *your* authenticity!**
 - “I don’t believe people are looking for the meaning of life as much as they are looking for the experience of being alive.” *Joseph Campbell*

- ✓ **Use it to change the world!**
 - “Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.” *Barack Obama*

- ✓ **Respect the power of doing it!**
 - “It’s a philosophy of life. A practice. If you do this, something will change, what will change is that you will change, your life will change, and if you can change you, you can perhaps change the world.” *Vivienne Westwood*


- ✓ **And NEVER, EVER care what others think!**
 - “History shows us that the people who end up changing the world – the great political, social, scientific, technological, artistic, even sports revolutionaries – are always nuts until they are right, and then they are geniuses.” *John Eliot*
 - “I want to sing like the birds sing, not worrying about who hears or what they think.” *Rumi*

And Remember...

We Can’t Give What We Don’t Have... And We Can’t Have What We Don’t Give

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"You are educated. Your certification is in your degree. You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world."

Tom Brokaw

Continue The Conversation!

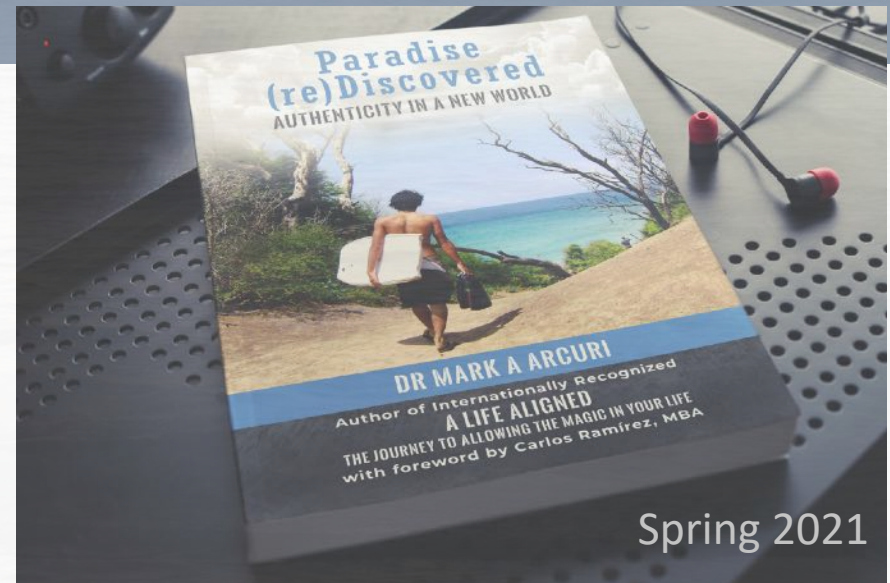
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Spring 2021