

## 2023 Global Theme – *Living Out Loud!*



March 26<sup>th</sup> – April 1<sup>st</sup>, 2023

**Monthly Theme:** Cultivating Authenticity

# No Approval Needed

**Marketing Teaser:** When we embrace our own worthiness we will stop seeking for the approval of others. As children of the Divine, we are inherently worthy. Release what blocks you from accepting your Self.

**A One Sentence Affirmation:** I am worthy. I am loved. I am enough.

### **Monthly Theme Summary:**

To live out loud means for us to fully express who we are and who we have come here to be. Throughout this month, we will explore the practice of cultivating authenticity which empowers us to step into all areas of our life in integrity with our real authentic self.

Brene Brown offers a definition, ***“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are.”*** (*The Gifts of Imperfection, Brene Brown, Pg. 50*)

Cultivating authenticity is not about becoming something other than who you are, rather it involves us releasing those patterns of thought, attitudes, and actions that act as barriers to us standing in our personal truth and power. And by taking up this practice we develop courage to be vulnerable to stand in that truth. This month we will explore parts of the practice for authentically living out loud.

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### Summary of This Week’s Topic:

There is no way to talk about authenticity without addressing the elephant in the room: the feelings of shame and unworthiness. Shame is universal in the human experience. It is the feeling that we are “not enough.” It is a fear of being unlovable that convinces us that if we work harder, change ourselves, keep some parts hidden from others and maybe, when we finally become enough, we will then be worthy of love and connection with others.

Learning what shame is and what triggers shame for us, we will be able to recognize it and move through it with our worthiness. Shame can become a guide for us to the areas that we do not yet love and accept ourselves. It is in those areas we are seeking our worth through the approval of others.

### Suggested Science of Mind Point of View:

In Science of Mind it is one of primary principles that we are Spiritual Beings that have been made “in the image and likeness” of The Thing Itself. In the eternal past, Spirit made us of Itself which speaks to our inherent worth as a living being. Our very life is the life of God, and it is perfect, whole and complete. There was nothing lacking within us when God created us and declared all creation Good, and there was nothing lacking when we arrived on the physical plane as newborns. And there is nothing lacking now.

There is an anonymous quote that says, “*When you know your worth, no one can make you feel worthless.*” Our worth is not dependent on what we have done, it is what we know. The only thing that stands between us knowing our worthiness and recognizing our Light is a thing of thought. Becoming aware of the unconscious thoughts and patterns that keep us embracing and living our worth empower us to step out of the darkness and let our light shine.

### Three Discussion Points that Illustrate This Point of View:

#### 1. What is standing in the way?

Ernest Holmes writes that what stands between us and our good is a thing of thought; and thoughts that stand in the way of us living out loud are that we doubt our worth. And that sense of unworthiness (our shame) keeps us from living authentically, it keeps us separate from others and from our Self. Exploring shame and talking about it can help us reclaim our power.

And while shame is a universal experience, we don’t talk it about it, which keeps us hiding those parts of our self or our story. We can hide in fear of others discovering who we “really” are. Shame is the feeling that we feel when believe that there is something “wrong” with us. It is different than feeling badly about our words or actions, it means we feel bad about who we are, that somehow, we are flawed.

#### 2. Bringing Light to the Shadows.

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Knowing what triggers our shame can help us to navigate those times when we may want to hang our head. Taking an inventory of our triggers help us to become familiar with them, bringing awareness to them so we may make a choice on how we respond. Rather than shame driving us we can choose to be brave.

We can find shame right out in the open keeping us hidden: When we withhold love from ourselves because we aren't "enough" yet – we aren't the right size, or not successful enough, when we become more productive, more kind, tougher, stronger, more spiritual. In this "not enough" we can find our shame.

We have spent so long running from these feelings, what if we stop running and become familiar with them? Investigate them to own our story. When we feel ourselves triggered we can then recognize it and begin to question the self-doubt. No longer accepting those past judgements as true about ourselves, we can then begin to use our courage to be vulnerable and begin to live from our whole self.

### 3. **Claim Your Worthiness.**

While shame causes us to question our worth, because those questions challenging our worthiness aren't the Truth, we can be certain that we ARE worthy.

Worthy of what? Worthy of what all human beings need and desire including love, compassion, belonging and connection. These are things that

money cannot buy, nor can we earn them. Shame told us that we can earn them by seeking the approval of others. If you can earn someone's love, it isn't worth the price you have to pay with your authentic self.

Worthiness is not based on what you do, it is what you know about you. Releasing what is not you allows you to more freely embrace all of you because you know your value. You are invaluable.

### **Conclusion and Call to Action:**

Worth is in the eye of the beholder and accepting your own worth will keep you from seeking it from someone else. And when we know our worth, we are open to express and receive authentically. Embracing those things we have been trying to run away from is truly the way in for us to live out loud. Recovering a consciousness of our wholeness will heal us so that we may fully express the life that is ours to live.

Coming out of the shame closet so we can see it and ourselves in the light, allows us to see shame for the lie it is, take back our power from it's attempt to control us and keep us hidden, and step into our inherent worthiness as a spiritual being having a human experience.

### **Three Supporting Quotes from Science of Mind/New Thought Literature with publication title and page number:**

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1. There is something within you beyond all doubt and fear, something which has never been limited by your acts or destroyed by your feeling. This is the only something that can make you whole. – Ernest Holmes, *This Thing Called You*, Pg 5.2

2. You belong to the universe in which you live, you are one with the Creative Genius back of this vast array of ceaseless motion, this original flow of life. – Ernest Holmes, *This Thing Called You*, Pg 3

3. You don't have to despise your personality or say, "I hate this body; I am a worm of the dust," and think you are surrendering to God. When you deny yourself, you deny God. All we have to say is, "There is nothing in me but God." – Ernest Holmes, *Holmes Papers*, Volume Two, 37

4. ...we should stop condemning ourselves -it is the worst condemnation there is. And when we stop condemning ourselves, the condemnation of others will not reach us. Ernest Holmes, *New Horizons*, 7

### Supporting Quotes from other relevant sources with citation:

1. When you know your worth, no one can make you feel worthless. – Anonymous
2. Shame is the intensely painful feeling or experience of believing that we are flawed and therefore

unworthy of love and belonging. (Brene Brown, *The Gifts of Imperfection*. Pg. 39)

3. Shame needs three things to grow out of control in our lives: secrecy, silence, and judgment...We need to share our experience; shame loses power when it is spoken. (Brene Brown, *The Gifts of Imperfection*. Pg. 40)

4. Our stresses, anxieties, pains, and problems arise because we do not see the world, others, or even ourselves as worthy of love. — Prem Prakash, *The Yoga of Spiritual Devotion A Modern Translation of the Narada Bhakti Sutras*

### Detailed Examples of Spiritual Tools/Practices applicable to this topic:

#### Personal Practical Application:

**Create an inventory of your triggers.** Naming what triggers shame in us and owning our story around it can help us be brave when we recognize it. Consciously we can feel what we are feeling and courageously step forward in who we are, not who we are not.

**With a trusted person, let the light in.** Shame loses power over us when we refuse to let it remain hidden. Telling our story, sharing the things that keep us

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small to someone that we trust can help remove the charge attached to the story. Asking a licensed Spiritual Practitioner, a trusted friend or family member, a minister or therapist to listen to us share what is wanting to be spoken, without advice or judgment is an act of courage to vulnerably be seen by another.

### **Practice Self Awareness.**

Regular practice of mindfulness and meditation helps us to become conscious of our own consciousness. Self-awareness is the foundation for conscious choice.

Spiritual Coaching is working with a Professionally Licensed Practitioner to assist in examining one's life in the light of spiritual principles, becoming aware of one's inner states, hidden beliefs, and patterns of thought.

There are many other methods for practicing Self-Awareness, which can be done alone or guided by another, including but not limited to guided imagery, journaling, and therapy. (*Adapted from Spiritual Principles & Practices CSL Curriculum – Spiritual Practice - "Self Awareness."*)

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### **Community Outreach/Collective Practical Application:**

**Organizations and groups of individuals can feel collective shame around actions taken, or not taken.** Taking time in mindful awareness, starting with leaders first, gather in community to examine the stories that continue to be told in the group or organization that hold us back from who we want to be.

When the group has some clarity about the stories of the past that continue to be told to justify or explain alleged limitations can free up power to step more fully into who they are.

### **Three to five possible discussion questions based on today's topic:**

1. Are their parts of yourself, your personality, your intelligence, your body, your way of being you wish you could change? What do you feel it says about that you are not that now?
2. What would it feel like if you could be fully who you are in your own skin and own this your entire life and still feel accepted by others?
3. What are ways we can increase the value we give ourselves? Name at least five skills or talents you have. If you notice difficulties, start an inventory of all the ways you bring value – a gratitude list of all the things you can do.

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### Additional reference material:

#### Books

This Thing Called You, Ernest Holmes

The Gifts of Imperfection, Brene Brown