

Are You Being True to Yourself? *My Mantra, My Self*

By Julianna Suranyi

We are all driven by the need for a happy and safe life, yet how we define 'happy' and 'safe' differs from person to person. For example, 'safe' for someone in a war-torn country may mean living out of range of mortar fire, yet 'safe' in downtown, city-based Australia may mean living in a low-crime neighbourhood. 'Happy' to someone with health issues may mean being pain-free, while to someone craving adventure it could be about finding excitement and challenges. However you define these terms, your understanding of them is derived directly from your value set and the mantra you have created for yourself by which you live your life. That is right, we all have a mantra we have consciously or unconsciously created that we action every day. This mantra affects every decision we make and every direction we take.

In the self-development arena, the terms 'value set', 'living with authenticity' and 'truth to one's self' are thrown around all the time, so much so, that the actual definition of 'value sets' and 'being true' have shifted within both their definitions and their perceived placement within our thought and behaviour patterns.

My definition of these terms:

- *A value set is the collection of elements important to you, both in your everyday function and long-reaching goals. It is what makes you tick and is comprised of the things that drive your thoughts and compulsions. It is derived from your experiences, your convictions and the beliefs imposed on you from birth and throughout your life.*
- *Living with authenticity is to live to your own sense of truth; how you define this is innate to you and no other.*
- *Being true to one's self is living your own perception of truth, which may or may not be defined by the social standards of the current time. Again, it is innate only to you.*

All of these areas come together in perfect alignment to form a mantra, *your mantra*. As a person who has worked the majority of her life with Spirit, one of the most consistent observations I have made is that as human beings, we desperately want to make a connection with our Guides or Source and within our living relationships, with openness and a strong desire to always evolve who we are. However, the one thing that undermines our capacity to do this is an undefined mantra. I am not talking about affirmations (ways of reassuring ourselves we are loved and capable), but a mantra. It is an internal definition of who we are, what we stand for and how we action this; it is laden with meaning and capable of enabling transformation. The value of a mantra is very powerful in making all the connections we have and seek in life authentic as it keeps us on track and honest with ourselves, and influences who we choose to bring into the mix of our life.

If we have a positive mantra, our life progresses in a way we can enjoy it and feel valued, however, if we have a negative mantra - as many that are undefined or consciously created by adverse circumstances such as abuse are - then we will play this mantra out again and again in our life and fulfill its negativity by not recognising and changing it. We need to review our value set and mantra bi-annually. This is important so that we are constantly setting and resetting goals. It also allows us to constantly stay on top of who we are and what defines us, as it is very easy to be pulled subtly out of alignment by people around us who are instrumental in our lives and not necessarily supportive of our mantra.

It also drives all our behaviours and determines whom we bring into our lives, what situations we develop and embrace, and how we manage situations; it is even the precursor for coming situations. It is the subconscious strategy that shapes and defines our choices and therefore our future.

Whenever I get asked to be a part of something, consult or communicate with someone, I know before I take the action or say the words that it must add to my mantra. If in taking that action or saying that thing I will not be the change I wish to see in the world, I must review what is about to occur and ask myself why I am about to engage in them. You must be careful you are never driven by other people's needs, motivations and machinations. If the course of action is comfortable and adds to your life and mantra, then they are in synch with who you are and how you are determining to live your life.

Your mantra is unstoppable and incorruptible in guiding you to your own personal success and truth. A negative or undefined mantra will create negative and undefined outcomes on the other hand, a defined and positive mantra will allow you a clearer channel of communication within both your living world and your relationship with your Guides. By living to the mantra created from your deepest truths and values, self-doubt and self-debate become redundant by the strength of the way you choose to define who you are and how you action 'you' in your world.

Let us look at how our value set lays the foundation for our mantra and how we set up our mantra to work for us, not against us. To create and build your mantra, ask yourself the following questions. They will also act as your grounding posts that relate back to your mantra each time you feel off course. ❖

Define Your Values to Create Your Mantra

Who am I?

It is incredible how much difficulty people have answering this. State your name and think of all the things and roles you attach. Now when you strip those away, you are simply yourself - no mess, no fuss and no definitions. You need to define who you are before you are a mother, father, sister, brother, daughter, son, wife, husband, friend, work colleague, boss, mentor, comforter, problem-solver, etc. you are the vehicle that drives all those other versions of yourself.

What does 'being me' mean?

Does it mean to enjoy life? Is it to seek to have an extraordinary life full of learning, fun, laughter, wealth and opportunity? Does it mean to be 100% yourself without regret and worry? Is it to nurture, love and trust those in your life? Is it to learn as much as you can? It is not until you really think about the answer to this question that you begin to see what the most important things to you are, or what you would like them to be.

How do I choose to do this? What does this allow me in my life?

What is it you struggle with? What values and character traits do you have or need to define to ensure you are always comfortable with the way in which you live? What are the things that bring you the greatest joy and how are you 'doing you' when you are enjoying them? I define the use of the term 'doing you' as making active and conscious choices about your behaviour and psyche and 'being you' as passively letting things happen.

For example, as a psychic, I struggle when people assume I am 'on' all the time. I do not always wish to read or interpret people. So, *transparency* is a way I allow others and myself to always know how I am feeling. *Humour* is critical for me, as I need to laugh with life; this is another key to 'doing' me. *Love* and *understanding* are important so I can set boundaries and carefully manage my time and what I do. Finally, I value self-honesty. What are the things within my life internally and externally that I am comfortable and not comfortable with? I ask myself that in order to determine, by actioning or being involved in any of these areas, how they will add to my life. If they do not, then they simply will not happen. These values allow me to always do what I believe in.

**Remember this is about YOU, not other people.

Can I safely 'be me' in my environments?

This is critical to ask yourself because if you feel fear or the inability to move into who you are within your current environment or environments (from home to work to all of your different roles), you are not LIVING your mantra, and as such, are in resistance to 'being you' to the fullest. In short, if your answer is no, you need assess and think of how to move forward.

The foundations for your mantra should look like this:

- I am (your name) _____
- (Your name) _____ means being (add your answers here)

My answers: being ambitious to enjoy the fullness of life, fun, intelligent, direct, sincere and loving.

- I choose to do (your name) _____ with (add your answers here)

My answers: directness, focus, direction, transparency, humour, honesty and love.

- This allows me (answers here) _____ in my life.

My answers are emotional presence, clarity, balance, freedom and belief.

- I will only ever do (your name) _____ in an environment that is (add your answers here) _____

My answers: loving, nurturing and supportive of me.

Using these foundations, you can write your mantra or find a phrase meaningful to you that reflects how you do or would like to feel and act. My mantra is **'be the change you wish to see in the world'** (expressed by Ghandi), as I wish to see the world open, direct, warm, engaging, trusting and knowing that humans define their humanity through their actions.

My mantra is: _____

How does your defined mantra help you in everyday life?

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Discover who you are, build your intuition and connect to your guides through Julianna's Guidance & Intuitive Intelligence Development Course starting in September. Spaces are limited so book now!

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