



Introductory Lesson

Accept Your Authentic Destiny

By

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Legal Disclaimer: Let me make it plain, I cannot guarantee you a magic transformation or successful change. I am here to give you some guidance and inspiration as you move towards becoming the woman you were intended to be. How you utilize the information in these lessons, is your choice. As a member of Pathways to Authentic Living, you agree that you will not hold me responsible for what comes out of your experience with PAL (Pathways to Authentic Living).

What Is An Authentic Woman?

Authentic: Having a claimed and verifiable origin or authorship; not counterfeit or copied.

I think that people who are simply *themselves* are some of the most fascinating people to know. When it comes to women who can just be who they were born to be, there is definitely something special and unique about them.

These are authentic women and so many of us strive to become that woman.

In reading the definition as stated above, I have reached the conclusion that the authentic woman is...

- not concerned about what someone else thinks about her.
- aware of her true "self".
- aware of her destiny and strives to walk in it daily.
- aware that her story can be the catalyst for giving someone else wings to fly.
- about solutions rather than simply masking issues.
- living a liberated life.
- not worried about what the crowd is doing but rather what is best for her life.
- not a woman who judges or lays fault on someone to make them look bad.
- embraces who she is – the good, the bad and the ugly.
- lives to help others without expecting anything back.
- aware that she is not perfect but strives daily to live right nonetheless.
- takes time out to care about herself because she knows that care of self is just as important as care of everyone else.
- lives her life in service to others.

The Authentic Woman is so many things, but most of all she is a woman who hears the call and accepts the path. Her pathway leads her towards abundant authenticity.

Every Authentic Woman Has a Story

They say that the mind is a terrible thing to waste and you know what? Whoever tagged that quote was so right. I wasted my mind on so many unnecessary incidentals over the years. I allowed myself to believe:

- I'm too fat
- I'm too ugly
- They don't care about me
- I didn't complete college so I'll never amount to anything
- Hurt them before they hurt you
- I am angry and I am going to get you back
- The only way he will love me is if I lay down with him
- He left me because I didn't give him what he wanted

Oh and trust me there were and still are more. However, I deal with the junk differently now. Years of being in a dark pit that I was thrown into after experiencing sexual abuse at the hands of not one but 6 different people from age of around 3 to 9 carried me into a mindset of "I am the victim and I am meant to live like this". I won't go into detail because this is not the place for it but I will say that it truly messes with your mind and your spirit. It messes with your mind, it hampers the growth of your spirit and it keeps you from growing closer to God in a more intimate manner.

In 2006 I grew tired of the depressed state that I was in. I realized that Satan truly had my mind and I justified being there because I was the victim. It was me that all this happened to so I had the right to cry, scream, cuss, and think all that negative stuff. It was my right to dwell in mess because I was not the one who placed me there. But I was reminded that I needed to heal from all that mess and climb out of the pit. There was no way I was going to go forth with what thus saith the Lord in an effective manner if I did not arrive at a solution for the turmoil that was ruining my life.

God reminded me that I had to be transformed by the renewing of my mind. That was the only way to have total heart transformation and spirit renewal. The process was not easy because I had to face the demons that I did not invite into my life and the ones that I welcomed with opened arms. I had to do a lot of soul searching, a lot of crying, and a lot of admitting that I was just as guilty of the

mess as anyone else because I chose to stay in it. There were some late nights and early mornings. There were even some 24 hour sleepless spans.

I had to face the parts of my past that I would have rather left under the rug where I had swept it.

But God said "No!"

Transforming your mind is about more than just memorizing the Word, going to church, or singing a hymn. As a matter of fact I changed more with the music of Mary J Blige than any gospel singer because her music told my story so well. Again, my story, though important, is not right for this lesson. You will hear of my transformation testimony soon. Just know that this girl was lost in the sauce.

Transforming your mind to become the authentic being you were created to be involves the good, the bad and the ugly. Once I realized that, I grew more than I ever thought I could or would. The more that I released the mess, the more I started thinking on those things that are lovely, pure, of good report and worthy of God.

This is when I took the step towards the path and put not one, but two feet on it. No more straddling the fence, I am all in now.

Am I at a 100%? Heck no! But I have a formula now that works for me in mind transformation and walking the authentic path.

The Authentic Living Formula:

1. **Acknowledge** who you are
2. **Embrace** every part of you
3. **Accept** where you are at this point in life
4. **Deal** with what really is
5. **Share** with a trusted confidant what you are embracing and accepting and why
6. **Move On** with your life

I cannot tell you how to transform your mind but I can tell you that you need to and you must to truly live your destiny.

Over the next 24 weeks, you will learn some techniques to help you step foot on your authentic path and stay there.

Like me, you will have to face the good, the bad and the ugly. And you will do it again and again until it no longer bothers you to a point of detriment. The same formula I share with you above will be a part of your journey every day from here on out. It has to be for your sane survival. Once you reach that level of sanity where your perception no longer gets in the way of your reality then, and only then my sister, can you step both feet on the path.

That is when you will thrive.

Are you ready? I sure hope so because here we go.

Listen To This Week's Interview

****Note that there will not be an interview every week**

This Week's Assignment

Each Lesson will include exercises. These exercises are your assignment and I encourage you to go through them with each lesson. There will be three parts to the exercise:

1. **Examine** – This is where you will take a closer look at your life and any preconceived notions you may have about it.
2. **Relate** – This is where you will relate the Word to your life to make it relevant to where you are at that particular moment in time.
3. **Release** – You will work through the [Authentic Living Formula](#) (click the link to download)

Over the next two weeks I want you to focus on *you*. There are some things you will need to start what I call the cleansing process.

- Personal Journal
- A Bible or you can go online to [Bible Gateway](#)

Some weeks there will be charts and other resources you will need to download, but for now let's see start with your first exercise.

Exercise 1 - Examine

Examine yourself over the next two weeks. Pay attention to when you are being authentic or when you are trying to be someone you are not. Each night, sit down for about 15 minutes and ask yourself:

1. In what situations was I the "real me" today?
2. In what situations did the "pseudo me" take over?
3. What triggered the "pseudo me" moments?
4. Why did I go the "pseudo me" route and not the "real me route"?

Exercise 2 – Relate

Read the following scriptures and relate them to your "pseudo me" versus the "real me" experience.

1. [Colossians 3:1 -17](#)
2. [Romans 12:1-2](#)

Exercise 3 – Release

Choose a specific character trait that you have that you do not like. Take a moment to go through the Authentic Living Formula and release the hold it has over you.

For Future Reference

There are some things that you need to be aware of as you go through the next 24 weeks.

- This is not a coaching program. This subscription option is designed with the self-learner in mind. I will be offering a monthly time where we can all come together and talk about where we are on the path to authentic living. However, at this time I do not offer one-on-one coaching. There will be group coaching opportunities in the future.
- Most lessons will be about the same length. Just know that some will be shorter but seldom will there be any that are longer. Some will be longer but I'll always be looking for ways to save you time and provide the best info in the most concise manner.
- If you ever do have general questions about the lessons, you can email me at latara@latarahamy.com. This will help me to make sure that the lessons are always growing and never stagnating.
- Finally, this course is a fixed term course. That means that if you stop your membership at anytime throughout the 3 months and decide that you want to come back, you will have to start all over from the Introductory lesson. So, if you can at all avoid it, stick with the program to the end. Your life will be blessed!

Be Abundantly Authentic,



LaTara V. Ham-Ying
Virtual Facilitator, **Pathways to Authentic Living**

Coming Next...

Lesson 1 will deal with the "pseudo me" versus the "real me" as we discover whether or not God wants us to live authentically.

This is where you will be able to access Previous Lessons starting with Lesson 1 -