



Lesson 3

The Authentic Formula

The Start of Your Roadmap to YOU

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).

How I Discovered Myself

At the very beginning of this program I provided you with a quick view of the Authentic Formula. The next two lessons will dig deeper into the formula and how it can help you discover yourself.

There are many things that we can be passionate about, but none should replace the passion to thirst to please God. It should be a thirst that is deeper than anything you long for. I am not sure if it is the times we live in or just that I am older and wiser; but I am determined now to do things that way He wants them done.

That has meant letting some people and things go. It has also meant sharing parts of my life that most people would not dare to share with others. Whatever the reason, I am in a better place as a result.

I have been through a journey of change that has helped me to discover who I am and what I love most about the life God has created for me. Not an easy task when you have lived your life thinking that when things go bad, you deserved it.

As I reconnected with God after trying to hide for so long, I have found that I am more real and authentic. I am no longer afraid to be LaTara – the woman God created me to be.

During my quest for a new more refined me, I was given a rather interesting formula that I call the Authentic Formula. At first I did not get it and thought is rather bizarre because it calls for one to accept every part of them before they can truly grow. Who wants to embrace the parts of them that are ugly? I know I would have rather brushed them under a rug.

After time I started to see why. It was all in God's plan for my healing and deliverance from the pit I dwelled in.

It is not an easy formula to work through. As a matter of fact it will almost make you hate the person that you are when God show you the reflection in the mirror. But let me encourage you to move forward with it.

Let me share the formula with you and explain each part.

Accept and Embrace

The Formula

Accept + Embrace + Deal + Move On = Authentic Living

The first two aspects of the Authentic Formula are to accept and embrace. Both are very odd parts of the formula but necessary all the same. If you fail to apply these parts of the equation then you will fail to find the YOU that you are destined to be.

Let's take a look at the first two:

Accept: To accept who you are, you have to take every part of you; the good, the bad and the ugly and welcome them into your reality. You see so far you have been dwelling in your perceptions of YOU. Now it we are moving into the reality of YOU. It is time for you to remove the thoughts that have hindered your progress and move into the reality of the life you were designed to live.

The bottom line is that at this point in your life, you are who you are; but that does not mean you have to stay as you are. That is the beauty of accepting. You know that just because you accept does not mean the junk will reside forever.

When Jesus said to "come as you are" I don't think His expectation was for you to stay in that place. What he meant was that He accepted you where you were because of His unconditional love for you. However, it is also that love that will stir you to make the good better, turn the bad to good, and take the ugly and make it pretty. These things can only be done when you accept who you are. Then and only then will you grow.

Embrace. As was stated earlier this part of the equation does not mean that you fall in love with what you have accepted. By no means should you hold on to those parts that need to be tweaked or totally overhauled. But if you are going to accept them in order to change, you have to embrace them too.

Maybe you need to understand what it means to 'embrace'.

One of the definitions for "embrace" is "to take in with the eye or the mind". So to embrace the good, the bad and the ugly means to take a closer look, meditate on each part of you, and discover why you are in that particular place – be it good, bad or ugly. Once you do this you are ready for the next step in the formula.

In essence you will embrace the good parts of you and nurture them while you remove the bad parts from your existence.

Please do not think this is an overnight process or that you will get it before your next Pathways lesson. Just know that you will be able to use this formula to help you as you grow and become the woman you were meant to be.

In the next lesson we will cover the next two parts of the equation:

1. Dealing with the ugly parts of you
2. Moving towards Liberated Walking



Authentic Insight

As you accept the things about you that are not so pretty, you may find yourself falling into a depressed state of being. Don't let it get to you. Talk to your accountability partner and let them know what you are feeling. If you don't have an accountability partner...GET ONE NOW!

This Week's Assignment

Exercise 1 - Examine

This week I want you to break down the first two parts of the Authentic Formula. Ask God to help you see the You that you are and not the one that you perceive yourself to be.

1. What has God shown you about yourself that is not so pleasing?
2. What has God shown you that make you feel really special?

Exercise 2 – Relate

Take a moment to consider you're the good, bad, and the ugly of YOU.

1. How do you think these characteristics came to be?
2. Do they match your perception of YOU? Why or why not?

Exercise 3 – Release

In keeping with removing the perception of yourself and dealing with the real You we will once again 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.

1. **Release Exercise 1:** This week I also want you to journal about how this exercise can help you with dealing the perception that you had of yourself.
2. **Release Exercise 2:** Approach someone you are intimate with (spouse, child, best friend). First I want you to write down what you think they think of you. Once you have done this, go and ask them what they actually think of you. How do the two answers compare? Are they a lot alike or very different? What does this tell you about your perception of You?

Bonus

Your next bonus will come with lesson 5. You will find out the importance of Journaling for a more integrated existence.

Points of Reference

- If you ever do have general questions about the lessons, you can email me at latara@latarahamyng.com. This will help me to make sure that the lessons are always growing and never stagnating.

Be Abundantly Authentic,

LaTara Ham-Ying

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Coming Next...

Lessons 4 will cover the next two parts of the Authentic formula.

Miss a Lesson. Grab It Here:

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