no one saves us but ourselves.

no one can and no one may.

we ourselves must walk the path. Buddha

our society tells you - be yourself. but what does that

mean? we want to be authentic even if we

don't know what it is.

that's the paradox of the modern version of be yourself.

rather than searching within, people are

trying to match what authentic means to

others. we've turned inner exploration

into a guessing game.

being yourself is not about standing out or being

different from others.

being authentic is following your path, not comparing to

others. when you try to be different, you

disconnect from what you want.

authenticity is about staying true to

what you believe not about your image to

be brave to express your genuine

feelings and opinions.

who are you really?

Authenticity, in a psychological sense of

the word is connected with your identity.

Oscar Wilde said: man is at least himself

when he talks in his own person. give him

a mask and he will tell you the truth.

when you're not authentic the only

person you fool is yourself. stop caring

about other people's expectations will

set you free.

you'll no longer feel

afraid of who you want to be. comparing

yourself to another is an insult to who

you are.

walk your path walk your own

path. firstly walking your own path means

that you might be rejected by others. you

will feel overwhelmed, you will take on

responsibility.

you will be challenged.

you will feel embarrassed.

you will be uncomfortable and you will be immensely

grateful you chose this path.

Sometimes those people who reject you are those

closest to you. how often they tell you

that you should do this with your life

or you should do that with your life.

I know what's happened to me a lot over

the years. and I imagine it's happened to

you.

generally the people giving the

advice are well-meaning and their

motives vary. sometimes they tell you

that that's where the money is sometimes

they tell you that it's the path to

happiness or it's the way to be

successful or it's the path to true

spirituality and the inner peace and

that's great.

the path that's working for them is

wonderful for them but it doesn't matter

where they think the path leads if it's

not your path.

you may want success you

may want happiness you may want wealth

you may want greater spirituality and

inner peace. you may want a combination

of all these or you may want something

completely different, but whatever you

want, even if it's exactly what someone

else is telling you their path leads to,

your path still might be different

because you are different, unique, with

your own skills and talents and dreams

and desires. you are you. your path is

your path! no one else can walk it! no one

else can tell you what it is.

Sure, others may guide you. but you have

to discover your own path. once you're on

your true path you'll find guides,

mentors and way posts to keep you

heading the right direction.

and you must

ignore those telling you your path isn't

right. besides how could they possibly

know whether your path is right. it's

your path not theirs. it is your mission

in life to consciously discover and Trek

your own

path in life. this path may be made up of

many different tracks and routes. but it

is ultimately one path your path.

remember who you are and why you're here.

don't compare yourself to anyone else.

there has never been and will never

again be anyone exactly like you. each of

us has unique gifts that we're meant to

bring into the world, so stop living

small doubting yourself, and playing it

safe. the world needs you, now more than

ever to wake up and be your

unapologetically authentic and powerful

self in every moment.

are you ready to

walk your path? if yes go do it! get out

there and walk your own path. you are the

master of your destiny!

no one saves us but ourselves.

no one can and no one may. We ourselves

must walk the path.