

## **Let Me Be**

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Have you ever said the words 'Let me be'? Like many words and phrases in the English language, this one too often has many meanings.

This phrase is similar to the cup that is filled half-way with water. The question is often asked from our perspective – whether we see the cup as half full or half empty. The interpretation is that if you see the cup as half empty, you perhaps see life from a more negative view. On the other hand, if you respond that the cup is half full, the interpretation is that you see life from a more optimistic point of view. The idea is that people who see half empty aren't looking at the value of what is already there and people who see half full recognize that there is value in the cup.

It's the same with the term 'let me be'. It could refer to the isolation of being by oneself or it could be the freedom of self-expression.

'Let me be' could refer to 'leave me alone'. Get out of my space and let me be by myself. Don't bother me, get out of my space, don't ask me any question, just leave me alone.

'Let me be' could also refer to 'give me freedom'. Let me be free to do what I want to do. Let me be so I can do my thing, in my way, on my time.

What does 'let me be' mean to you? For me it means 'Let me be ME'. My life has been a journey of understanding my unique gifts and talents and where they fit in the world. Being raised in a very traditional family, it was difficult for me to 'see' that I did not share the traditional values that drove my parents. My creative gifts were not respected nor nurtured. I often found myself thinking 'just let me be' so I can be me. As a result, it took a long time to find my authentic self and then learn how to live in my authenticity.

It was a journey of love that taught me that every circumstance has a 'half full' perspective. I have learned to find the positive in almost everything. What about you?

To learn more about Norma's work with Authenticity, take the Authenticity Assessment at <http://www.AuthenticityAssessment.com>.