

The Language of Authenticity

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Recently I've had the chance to speak with many people of different nationalities. It is interesting listening to different accents and paying close attention to be sure I understand their words. In the process I've realized that I have a natural habit of listening deeply to what someone says. I think this stems from having a partial hearing loss most of my life which has forced me to learn to 'read' what people say from their body language as much as from their words.

While watching people I have learned that people say a lot through their body language. I've also learned that there is a certain language to authenticity. When people are speaking with honesty and sincerity there's a certain energy that emits that I refer to as the 'language of authenticity'.

Authenticity has a language all its own. It is fluid and flows with a certain grace and confidence. The language of authenticity comes from the heart in a way that gives the listener confidence that the message spoken is the one intended. It also increases the likelihood that the message received is also the one intended.

So often people communicate words that are not attached with meaning. Perhaps a student repeats what the teacher expects without having a true understanding of what the teacher is attempting to impart. Perhaps a lover says 'I love you' to appease the listener rather than speaking words that are felt in the heart. The language of authenticity aligns the internal feeling with the external words. It's a two-way street that has a high probability of the listener and speaker understanding each other - they communicate.

The language of authenticity is the language of deep communication. When you speak with authenticity you speak what is truly within your heart. Sometimes you do it calmly and sometimes with passion. It is sharing your true feelings and not being afraid to express yourself. It's allowing the deeper side of yourself to speak up. It's trusting yourself and being real.

As you go through your month watch the people around you from the lens of authenticity. See if you can discover who is speaking from their heart and who is not. See what you uncover as the language of authenticity. Look at who shares authenticity and who does not. Ask yourself whether you are speaking with authenticity. Examine what you uncover.

Embracing authenticity is a way of embracing yourself. Being authentic means having a deep understanding of who you are and giving yourself permission to be yourself. It's an ingredient to finding peace and living a life of grace. It's the language of authenticity.

*Norma T. Hollis is a pioneering transformational coach who writes programs for human development. Her most popular program, *The Be Authentic Method™*, helps you deepen your awareness of self and transform to the person that reflects your uniqueness. Her books, programs and online school – *Authenticity U* – help people find, live and share their authentic voice and make a difference in the world in impactful ways. She's the author of a dozen books including “*Ten Steps to Authenticity*” and “*The Process to Become a Professional Speaker*”. Learn more at <https://www.linkedin.com/in/normahollis/>.*