

EPISODE — KUTE BLACKSON

[INTRODUCTION]

[0:00:18.0] LC: Welcome to the Art of Authenticity. Today we have Kute Blackson joining us, I am so honored to have him on the show as the author of the bestselling novel, *You. Are. The. One*. He is also a transformational leader, he offers a different approach that he created, a process that liberates the individual and the true self at the core and then pushes those gifts outward into the universe.

He realized that the “outside-in approach” doesn’t work for personal development and replaced it with an “inside-out approach”. This helps the individual get in touch with who they really are, the process of breaking free so they can live, give and share their truest expression of self. This is what Kute calls liberated living.

Today, we talked about authenticity, Kute uses some of the same terminology that I feel strongly, peeling back the layers of self, how we’re just energetic, beautiful beings from birth and what happens, how those layers get added on, how you can remove them, how to get back, step up and rise up into the life that you were meant to live. I hope you enjoy today’s show, I loved chatting with him and I know that you’re going to be as inspired as I was.

Thank you so much for listening.

[INTERVIEW]

[0:01:40.7] LC: Welcome to today’s episode. Today we have Kute Blakson joining us. Hey Kute, how are you? Thank you so much for coming on.

[0:01:48.9] KB: It’s great to be here, thanks for having me.

[0:01:51.9] LC: Thank you so much. I said briefly before we jumped on how excited I am to chat with you, so many of the ideas in your book are so powerful and interesting and I know everybody is going to get a ton of value. But before we jump in, your back story is just

tremendous. I thought if you could walk us through, I know you grew up in London and your father founded a church and then you read some Krishna Merti and it was a turning point. Can you take us back through the story a little bit of what led you to this journey?

[0:02:24.2] KB: Sure, yeah. I was born in Ghana, West Africa. My father's from Ghana, my mother's Japanese. I grew up in London, we had to leave Ghana because of the coup, they were overthrowing the president, we ended up in London and stayed there. My first memory as a young boy was really two things. I remember growing up with this deep calling to serve humanity, this deep sense that I was here to make a difference in some way and that was a burning desire that's never left me.

But the other thing that also set the foundation and I think the trajectory for my life was being around age six, age seven, being a chubby kid lost in the crowd in Ghana and I remember seeing a crippled woman crawling on the floor and she was crippled and she was crawling and people were walking all around her and she picked up the sand that this man walked on, wiped it on her face and stood up, you could say it was a miracle.

So week after week I grew up seeing blind people see and deaf people hear and people stand up off wheelchairs and so basically the man whose sand she picked up was my father and yeah, I remember another memory literally seeing and looking at a woman in the wheelchair and say, "Why are you in this wheelchair? Stand up. I see who you are, stand up." And so I grew up in this environment of you could say miracles and possibility where there were no limits on what was possible.

And so age 8, I started to speak in my father's church, my father had approximately 300 churches in Ghana, West Africa and one in London and was very spiritual mystical kind of guy. The reason by the way we had to leave Ghana was because he was the spiritual teacher advisor to the president at the time and they killed the president and they were looking for my father and my father happened to be in London so he couldn't come back. So my mother and I was smuggled out of the country.

[0:04:05.7] LC: Oh my goodness. And you said 300 churches he ran?

[0:04:10.0] KB: Yeah, 300, hundreds of thousands of followers. It was just huge amounts of followers, especially in the height in the 80's, it was a massive operation. Age 8, I started speaking at age 14, I was given the mandate to take over my father's organization and there was a lot of hope and expectation put on me to take over and be the successor and that was my path. My life was pretty much set out for me yet honestly I knew I was meant to make a difference but deep down, something didn't feel right.

Deep down I knew that I have a different destiny. Being 14 and wanting to love of your father and not wanting to go up the boat, not wanting to upset anyone and all this hopes and dreams of so many people on my shoulders, I didn't say anything and I kind of went through it with the whole ordination and became a minister and a lot of pressure. Yet I knew something was off, I knew something wasn't aligned, and I think many times we have this inkling, we have this knowing, we have this sensing, we have this intuition, something's not quite right here and yet we don't listen to it, we don't honor it, we don't follow through.

So it took me about — and honestly, I wanted my father's love, his acceptance. I didn't want to be outcast, I didn't want to piss anyone off, rock the boat. So for about four years, it took me about four years to really muster up the courage to, you could say, face my father and speak my truth and one of the things that really helped me was Jay Christian Marty's books.

I read his books, I became obsessed with spirituality and personal growth and really trying to understand who are we and why are we here and the nature of life and I read everything from the eastern mystics to the pop psychology to people like Wayne Dyer, Mariam Williamson to, you name it. I literally with everyone. One day I came across Christian Marty's book and I could really relate to his life, he was being groomed to take over this organization and then he came to an epiphany and left everything behind.

[0:06:16.1] LC: Oh is that right? I did not know that part, I was wondering why Christian Marty when he ran all those different people. So his life really spoke to you in a similar way.

[0:06:24.5] KB: His life spoke to me because I could relate. Him and his brother, they were found, the [inaudible] and they were being groomed and to take over and he was being groomed to be the world teacher and I could so relate to some of his life story and then he left

everything, dissolved everything, walked away from everything you could say. You know, when you hear truth, when you feel something, sometimes it just hits you in the belly, in the gut so to speak. When I read, I knew of what I have to do, it was like one of those “oh my god moments”, I wish I didn’t know the truth but now I know and it hit me and it was so strong that I knew that there was no turning back and it was about 14, 15.

[0:07:06.5] LC: That’s very young. A lot of people have that moment of truth but then they immediately turn back to the thoughts in their head and they say why they can’t do it but you felt motivated towards this.

[0:07:18.0] KB: Yeah, you know I think we have this inkling, this knowing but we lie to ourselves and I think that’s one of the things that keep us stuck. We lie to ourselves, we rationalize, we pretend. We’re like, “Well no, this job isn’t so bad. No, what I’m doing is okay. No, this thing, this behavior, it doesn’t cost me that much. No, this relationship, it’s okay, I can work with it.” This is the way we constantly lying to ourselves, rationalizing because sometimes we’re afraid if I tell the truth to myself, what will be the consequence?

[0:07:48.0] LC: Yes.

[0:07:48.8] KB: What will happen? I may have to give up my job, I might have to leave my relationship, I might have to fill in the blanks so I think it can be a little scary sometimes to acknowledge what we know so we distract ourselves, we buy ourselves, we social media ourselves, we avoid, we numb just so we don’t have to feel the truth and I think that creates a tremendous disconnection and pain inside to know and not follow that and not live that and we end up living a life that sometimes isn’t fully an authentic expression of who we are and of our heart.

So I felt it at a very young age and I try to numb it for about four years and when I read Christian Marty’s book it was like an explosion and when I was 17, 18, I finally mustered the courage to have the conversation with my father because when I looked at my life, and I’ve looked at if I followed his vision for my life and the expectations of all these people and not wanting to disappoint them if I followed that path, I’ve literally felt my soul dying, I felt like I was committing suicide for my soul, so to speak.

It was so much pain and there was so much hurt there. Feeling the possibility and I realized, I might become successful by everyone else's standard for everyone else but if I don't have myself, then I have nothing and so that pain and the realization of the reality of that path was so strong that it kind of inspired me to go into the unknown and follow the calling of my soul even though I didn't know exactly where it was leading me, I just knew I was being guided to America and a whole different destiny and cut the long story short, won a green card in the lottery and that was proof for me that whenever we, I believe, whenever we are on point and we are following our deepest truth, our souls calling, the universe supports us in those moments.

And then I came to America with two suitcases, knew no one in the country, showed up with a thousand dollars with a dream and a vision to inspire people and went and found teachers, authors, mentors, traveled the world, everywhere from India and Bali and Pan and Israel and went on pilgrimages to really find out who am I really? It was really based on all of that inner transformation that I came back to the US and created coaching company at the time and working with people and seminars and things just expanded over the last 15, 14, 15 years.

[0:10:12.9] LC: It's tremendous to come from a space where you're being smuggled out of a country, turning your back on this idea that you may lose the love of your parents and your father by facing your own truth and persevering. You start your book with this sentence that really caught my eye. Your book, *You. Are. The. One.* with the period after every word. You say no one's coming, no parents, no government, why did you start there?

[0:10:39.5] KB: I think many of us, I see many of us working with clients and what have you, we're kind of waiting, we're waiting for the government to do it for us, we're waiting for our parents to do it for, we're waiting for God, we're waiting for something outside of ourselves. We're waiting for the heroes that kind of change our world or our reality. For me, it hit me many years ago literally, just I was in a room, I remember being mad at the world, mad at God, miserable, filled with a sense of entitlement like God should do it for me, my father should support me and I was angry to be honest because I had nothing and I was frustrated and I felt like, if my father supported me, and I'm being a good person, I'm doing yoga, I'm meditating and why is my life not working out?

I realize, number one, “Hey, Kute, you are so ungrateful and you are full of entitlement,” and one thing I have to give up was the sense that someone owes me something. This idea that the world owes me something. Cause I remember having to give that up and realize, no one’s coming, no one is going to show up at my doorstep, it was an epiphany in that moment in the depth of my frustration, Oprah’s not going to show up at my doorstep and discover me. No one’s going to show up at my doorstep and give me a million dollars and build my business for me. No one’s going to show up in like, go to the gym and go jogging and lose 20 pounds for me, I’m going to have to do it.

[0:12:11.4] LC: That’s so sad, that one would be awesome.

[0:12:15.6] KB: Wouldn’t that be great? We could create an app and someone says, “Okay, I will like you to go jogging for me and I’m going to lose 20 pounds,” that will be a billion dollar business right there.

[0:12:25.7] LC: My god, I could watch them sweat and sweat just cover off my body. I mean, how amazing would that be right? Nobody’s coming to save us?

[0:12:33.2] KB: No, no one’s coming and I realize that and I realize, look, Buddha is dead, Bob Marley, Mohammad Ali, Bruce Lee, you know, Gandhi, MLK, JFK, Mother Theresa, they’re gone and the reality is, I’m here, you’re here, we’re here and we’re here for a reason. So basically, it’s an invitation, that phrase, “no one’s coming” is simply — it’s not morbid like, “No one’s coming, you’re screwed.” It’s an invitation to realize that you, you’ve been given everything, I’ve been given everything, everything we need, right now inside of us, there is a living, breathing life force energy, whatever you want to call it.

The same force that brought existence into creation, the same force that is lighting up the sun and bringing up the moon and functioning seven billion people and all the species and breathing your heart, my heart, everything, doing all of this is the same force that is living us right now. We are living, breathing miracles and in essence I believe we’ve been given everything we need and I think part of it is we have to own that.

Sometimes to own who we are, to own our greatness, to own our power is a little scary because we don't really have any more excuses once we own the truth of who we are, once we own how powerful we really are as souls and those excuses are gone so I think it's simply an invitation to remember and own, you're the one is you and greatness isn't something that's just bestowed upon you but greatness is what you are and it's a moment to moment choice that we have to make that we have to power.

[0:14:15.0] LC: But you also talk about how we get trapped in a prison of fake success, right? That we are like, down the road, we didn't make the choice you made, right? There's a lot of people out there who are listening, who took to job, who sold out because they didn't want to lose the love of a parent or they didn't want to risk being seen or not accepted and you say that we have to peel back to perfect and kids are perfect and they start off with this clean slate. What happens? How do we go from this clean slate kid to suddenly being trapped in this prison of fake success and then how do we get back out?

[0:14:52.1] KB: Yeah, I think, I believe that what we are is just pure essence, as you mentioned, if you look at a child that's born, you look into a child's eyes, they are so in touch with the infinite. God, the divine, whatever you want to call it, they are in touch with that pure essence, consciousness of life that is just moving through them. A child will jump on the table and sing and shout and laugh and dance. It's not thinking, "Do you like my singing? Am I fat?"

It's just expressing itself, it's life, expressing itself and I think we all would like that one at some stage before we met our parents and our grandparents and before we slowly started to get conditioned by society and media world rules and stuff and pain, trauma, hurt, abuse, maybe our parents weren't really around, maybe they hurt us, maybe they abandoned us but just stuff happened. Maybe there were breakups and heartaches and divorce.

All of a sudden, we came in this bright white open beings and then we start dealing with certain challenges of life and personalities and parents and slowly, it was painful so slowly we start learning all sorts of mechanisms, strategies and waste a disconnect from feeling the pain, often unconsciously and we start developing all sorts of protection mechanisms to not feel the pain of our parents not loving us a certain way or being there for us a certain way or the divorce or whatever it was that was going on and we start learning mechanism strategies to disconnect,

not feel to protect our sensitivity to protect our heart and then as a result, layer upon layer, layer builds up, layer builds up, layer up and that light, the essence, kind of gets a little, I think buried underneath, all those layers that we've started to suppress and disconnect from it in an effort to not feel.

Then we also go out into the world and we start learning this sense of, "Who do I need to be in order for you to love me? Who do I need to be in order for my dad to love me? Well if I'm the nice person or if I'm the sweet person, if I'm the yes person or if I'm always helping," or you start learning all sorts of survival ultimately, strategies, mechanisms, dysfunction to survive, to get love, to fit in, to be approved, to be validated and we develop a mask, we develop a persona, we develop a way of being that gets us the love, the validation that we think we want from our parents and as a result, we become this person, this persona, this character in a sense of avoiding the pain and getting love and approval and validation, become this personality, this character.

We think this is who we really are, not really realizing that often it's really a — we're living out an unconscious programmed way of being that has come about as a result of conditioning in response to trying to just function and survive. So I like to ask people the question, who are you really and to be willing to realize that who you think you are may not be who you really are but it's really who you've been conditioned to be. So I think what we have to start doing first is questioning, we have to start questioning who am I, we have to start also questioning who we think we are and be willing to let go because most of the time, we're not even really aware of the fact that we're conditioned.

[0:18:06.5] LC: Yup. This was me, I mean I took this job and it wasn't for me and I layered and layered and one of the things I realized as I started to peel back this layers and get back to my self was that I couldn't really tell the difference between the true me and the false me.

[0:18:25.4] KB: Yes

[0:18:27.2] LC: The real thing that totally threw me as I realized the thoughts in my head, the ones that I had trusted to be me, they sound like me, they have my voice, they use my cadence, they actually use my vocabulary. They don't sound like all this layers that we've used from other

people. So how do you suggest somebody starts to find that distinction between the real self and this self that they've created?

[0:18:53.2] KB: I think first we have to just acknowledge and just become aware that we are conditioned and then I think we have to start becoming, investigating that conditioning and for me, what I did was I started looking at my conditioning and I started to explore my conditioning and started to explore my childhood and I started to really question what I believed, question what I thought, question who I thought it was and I just started to listen to the question and ask myself, "Is that true? Do I really believe that? Can I know that for sure? Is that really what I feel?"

There was so much that I wasn't even aware on that I took on from my parents, from my father, from my childhood that wasn't really what I believed, it was just kind of what I was told and I took it on. So I think we have to become a way that we're conditioning and start questioning ourselves and have the courage to then let go. To me, awareness is the first step to transformation. I think sometimes how we know perhaps we're stuck is we may feel a level of pain or we might feel we are repeating certain patterns over and over again.

If we feel pain, I think the pain is a signal that is often showing us where we're maybe not as present, where we're maybe not as conscious and I think that can lead to us dealing with our conditioning. I think where we can also feel, where we don't have as much freedom, maybe, "God, I feel so much love but it's not coming out or in certain situations I'm not fully being myself, I'm not able to like — I go to a party and I can't, I don't feel like I'm fully expressing myself or I hide in some situations, or I don't speak the truth."

Where we feel those limits on expression, those limits on loving, where we feel the flow isn't happening, I think that gives us a clue to, "Oh, perhaps there's a reason, perhaps there's somewhere that is a result of my conditioning that I need to look at." It's not just, it's not simply "this is who I am". It's not simply — I give you a quick analogy. Many years ago I had a client who I worked with and just to cut the story short, when I first met him, I saw him to be a complete, he was so powerful but the way he showed up was so kind of victim-y and shy and quiet and looked at him and I said, you're a lion and you're acting like a mouse and he kept holding on to this sense of, "No, no Kute, I'm just a quiet person. I'm just a shy person."

He married a very outgoing woman who did all the talking and he could kind of hide behind there and she was the front person, he was the behind the scenes person and he kept telling everyone, “This is just me, I love supporting people, I love being in the background, I love being the supporter,” which on some level there was a gift there, it was true but on another level, I saw so much power and energy and ferocity inside of this man that wasn’t being expressed and unleashed and given to the world and so his whole identity was “I’m just quiet, I’m just shy”.

As I started working with him, to cut a long story short, I started working with him, I asked him a couple of questions. 24 hours after, asking him some of those questions, I don’t even remember what they were but we’re just having exploration about some of his childhood and some of how he got to be who he was, he came to me with tears in his eyes and not to get too heavy here but I remember saying, “Kute, I’ve been crying for 24 hours, I haven’t cried — I’m 55, I haven’t cried in 50 years,” and he said, “Kute, I have a memory when I was age five where I was molested by my uncle and I didn’t even remember this. I wasn’t conscious that this even happened to me, I was sexually molested by my uncle and I didn’t even know until I started to dig a little deeper and I felt safe to explore and then feel certain feelings and I saw, I remembered what happened,” and he goes, “Everything makes sense.”

You see what happened for this guy and my client was, as a young kid, he was bright, he was allowed, he was fully expressed, he was engaged, he was radiant, he was magnificent and this thing happened. This event happened that really shouldn’t have happened, it wasn’t okay. This thing happened with his uncle and it shouldn’t have happened and as a result, unconsciously, it wasn’t a conscious decision, he made up as a young kid, as five year old kid, “It’s not safe to be seen, it’s not safe. When I’m seen, when I’m expressive, when I’m bright, when I’m big, when I’m magnificent, bad things happen.”

[0:23:27.1] LC: Yeah.

[0:23:27.5] KB: So unconsciously his protection mechanism was, “If I hide, if you can’t see me, you can’t hurt me.” Then he created a persona a way of being in the world which was to hide to not be seen, to be the background person, married a wife that was the front person and you could never hurt him because he was never really seen, he was never really front stage and

center. As a result, he was never really able to take his business to the next level because obviously if you're going to be successful in the work to a degree you're going to have to be seen and so there was this sort of unconscious conflict inside of him. I think he wasn't aware of that, he just fought and he convinced himself, "This is who I am."

So I just invite everyone to asking, it's just begin by asking, "Is who I am where I really am? Is it who I really am? Who am I really?" Begin that process of inquiring and what will often happen is there's so many feelings and emotions that we've learned to suppress to keep our mechanism, our personas, our identities and our protection mechanisms in place that part of healing is we have to be willing to feel a lot of the feelings that we've learned to suppress and not feel that we haven't dealt with that we've avoided and I think if we feel them, we can heal them, we can release them, we can let them go.

[0:24:49.0] LC: I love everything you're saying and I think one thing that's really hitting me is this idea that we have to move into the pain, we see this signals in our life that we're avoiding and we don't feel free, we don't feel open at a cocktail party as you mentioned or whatever the situation is but this question of feeling safe to explore, for somebody out there that's saying, "Yeah, you know what, that's me, I'm not comfortable at a cocktail party. I have all this pain, I know it's in my body but I feel like if I turn in word, if I start to face it, I'm going to fall apart because I've put this together so carefully," right? What do you say to the person that has so much fear about exploring their self and this idea that they'll fall apart?

[0:25:29.4] KB: You know, I think sometimes it does, number one take a lot of courage to explore. Let's just acknowledge that, it takes a lot of courage to explore, it takes a lot of courage to feel, it takes a lot of courage to go inside, it takes love courage to unravel some of those mechanisms and the ways that we've learned to protect ourselves. And I think we can honor those identities and those aspects of ourselves that they worked when we were five and they worked when we were seven and we worked when we were eight and 10 and 16 but at a certain point, they may have been a little out dated now and they might be getting in the way of our full expression.

So I think first we have to honor them and honor those parts of ourselves, honor the positive intention of those parts because they were trying to get us something positive, it's just the way

that we're going about it was a little limiting because now we're restricted, now we're not fully expressed because if we were afraid, "If I fully express then I'm going to get hurt, then it's going to be painful, then it's going to be, something bad is going to happen." So we have to I think first honor that but also realize, yes, it takes courage but realize that no feelings, if we're willing to open up just in stages, we can be gentle with ourselves and compassionate with ourselves in the process, it doesn't have to just be one big explosion.

It's a process, a lifetime process. I would say returning to wholeness. I think if we can realize that no feelings will last forever. If we're willing to hold ourselves with compassion, hold ourselves with tenderness, hold ourselves with gentleness and be willing to see all those feelings, just in stages. No feeling is permanent, no feeling that we open up will last forever, I think all feelings that we feel with intention in a conscious and healthy way will also at some point have to dissolve as we work through them and I think sometimes there's a fear or, "If I feel this then it's going to be forever and it may fall apart," and what I found is sometimes it's also okay and this is kind of a little account of it, it's also okay to let things that no longer are working to fall apart.

It doesn't have to be I think earth shattering, although it might be but I think it's all in how we hold ourselves and I think if we hold ourselves with love and compassion and create a safe space for ourselves to do that, then I think it can set us up to win but I think when we realize, no feelings we feel will last forever, they will never go on forever, they will pass and I think if we're willing to do that then on the other side, because we also have to realize that living how we're living, which is kind of suppressing these things to keep everything in place, we're not really living. We're not really fully alive, we're not maybe 30% of who we are, maybe 50%, maybe 40% but we're not fully alive, fully expressed. So I think what's on the other side is the possibility for a tremendous amount of joy and creativity and aliveness and love. If we're willing to walk the process but yes, it does take courage.

[0:28:39.6] LC: Yeah.

[0:28:41.1] KB: Yes, it does take courage to face one's self and to be who you really are takes courage but I would say and feel that the rewards of that authentic life that's really worth it.

[0:28:53.7] LC: If we have layered these things on top of ourselves over a lifetime, then we're still there, we're still underneath it. So even if you turn in and it feels like you have this monsoon of emotion, you're always there, you're always intact, right? There's the part of you that it's not lost, it's not broken, it just needs to be uncovered.

[0:29:15.1] KB: Yeah.

[0:29:17.3] LC: You finished the book with this wonderful set of sentences that you peel back the layers so you're set free, free to love, free to be yourself, rise up and you say surrender. I wanted to hit you up on the questions of surrender because I feel like I love this word, it was something that I embraced about 10 years ago, I thought it meant to give up and I love that you put the idea of surrender and then you say step into the game. Why surrender first and then step in? Because so many people think of that as sort of a weak space to surrender like, "I'm in a war and that's the side that lost."

[0:29:58.0] KB: Yeah, I think to surrender is to open yourself to life and I think surrender is to let go of the control that you think you have, the control that you think you have over your life and your destiny and there's a level of control that we can control kind of what we eat and certain things. But for me, there is a whole intelligence of creation, life, that is living all of existence just living and breathing us. Life was here before you and I were here, it's here now and it will be here when you and I are gone.

[0:30:41.2] LC: Yeah.

[0:30:43.1] KB: I think when we realize what it is that's actually living all of this and I think the real freedom is when we let go of control, the control that we think we have. We open ourselves to what it is that is seeking to happen because the mind sometimes thinks it knows and the mind sometimes thinks it knows what's best for us but the mind itself is conditioned, the mind itself no matter how brilliant, has its limitations.

But I've always felt the soul is infinite, what we really are, the pure consciousness of our being is infinite. It knows, there is an intelligence there because it is part of consciousness, it is part of everything, so there is an intelligence there and I think the more we're able to go beyond the

mind and let go, that doesn't mean we can't have intention. But I think sometimes we can get so attached to our goals and attached to our intention, attached to making things happen that we think have to be certain way, that we think should be certain way. The reality is, based on our limitedness, we can't see the totality of life, the totality of this whole existence.

There is intelligence in our souls, I think the more we can surrender to that and to me, part surrender is saying, "Okay, I would like this to happen because that's what feels authentic but I'm open to the highest good. I'm open and I invite the highest good that's seeking to happen," then truly allow ourselves to be open and I think that's where we take the limits off of life. That's where we bring ourselves into a flow where life can move through us and miracles happen and many times things will unfold then in our lives because there's less resistance, there's less limits inside of us in a way that blows us away, in a way that that is even better than we can even imagine.

I think, to me, surrender has been a key. If I look at anyone, great, if I look at the Gandhi's of the world, if I look at the Jesus' of the world, if I look at the Buddha's of the world, if I look at the Mother Theresa's of the world, if I look at the Martin Luther King's of the world, if I look at people that really moves humanity in a sense of greatness, that to me they were all living surrendered. They were living, that was the secret, they couldn't — Gandhi couldn't do what he did, and I'm not saying you all have to do that, but Gandhi couldn't do what he did if it was just his own personal power.

[0:33:21.5] LC: Yup.

[0:33:22.0] KB: Martin Luther King couldn't just do what he did if it just his own personal power. Mother Theresa couldn't just do what she did based on her personal power because the persona has its limitations. What it's leaving us is an infinite stream of energy that is life and when we surrender to that, then the game shifts from simply, "What do I want with my life? I want this, I want that." It's great, you might get the car and the house and what have you, it's great but what does life want? What does life want to express through me? What is life seeking to express through me.

And then you go from like holding a little cup to a huge lake, your receptivity expands and then you are lived and that's when I've seen in my life when I get myself out of the way, miracles happen, miracles flow, miracles unfold you know? I think when we live in that place then we can trust the nature of life, trust existence and I think it's a much more graceful way to live rather than trying to control everything and make everything happen, force everything in.

So much stress and it's like, life is unfolding. I think we have to show up, say yes, show up, do our part, take action, do our absolute best but live in surrender from the beginning. Because then we're open, then we're truly open to the magic. If we're not open, "Oh no, no I surrender but not this, not this. I surrender, but not this, not this, and not this." That's not really surrender you know?

[0:34:59.7] LC: Right, right, and you know, this is the message we've all learned is, you say "rise up" and everybody gets that part, it's like, "I'm going to rise up, I'm going to step forward, I'm going to push harder, I'm going to work more hours," but this piece of surrendering and letting also the world present itself to you is such a huge piece of the game and you speak so beautifully too that.

So one of the things that I ask everybody who comes on the show, it's called the Art of Authenticity, and I'm going to ask you is, what is an authentic life then mean to you?

[0:35:28.3] KB: I think an authentic life simply is when you are living the truth of who you are, when you are living the truth of your essence, your feeling, your heart, as much as you can moment to moment to moment in the world. To me, that's an authentic life, when you're just living who you really are and being who you really are. It may not be perfect, to me it's not about perfection when you're being yourself. At least as much of yourself that you have access to in this moment right now.

[0:36:00.5] LC: That's so beautiful.

[0:36:02.1] KB: You're sharing that best you can. The level of authenticity may grow five years from now, 10 years from now and just keep expanding you know?

[0:36:09.2] LC: Absolutely, I love that, that's beautiful and so I also ask guests, what do you do because the myth out there is that I find an authentic life and you just said it beautifully that five years, you may have more access to more authenticity, how do you stay on the path of an authentic life right? Do you have any practices or habits or during a difficult decision day to day, what are some things you can share to help grow that connection to your authentic self and therefore stay on a path that feels authentic?

[0:36:42.1] KB: I mean there's a few things but one of the things that just popped up is really practicing and cultivating awareness, it's interesting, I didn't realize until this moment but I think Christian Marty talks about awareness a lot and moment to moment awareness and that's something that's really impacted me is because many times, when we're not aware, I think there's so much of life in our culture and our society especially now that's so busy that's constantly distracting us.

Constant distractions and it's so easy to get distracted and then when we get distracted, it's easy to get disconnected from our hearts from the truth of our own authenticity of our feeling of our truth and that's when it's easy to kind of go unconscious and go to sleep and before you know it, a month goes by, a week goes by, a year goes by. It's like, "How did I get here? Who do I become?"

I think we have to be really aware and vigilant in our awareness and practice that moment to moment awareness, basically I'm saying we must stay awake. We must stay consciously awake and cultivate the moment to moment presence and awareness, moment to moment to moment, so that we don't just go asleep. Because it's so easy in the gravity of the west to go to sleep because there's so many triggers and so much about media is design to make us to fall asleep because if we can fall asleep and forget who we are and lose the touch with our authentic heart and nature then it's easy for us to get sold a bunch of stuff in the world and thinking well, we get sold this idea, "you're not enough", we lose touch with the authenticity and then, "Well if you just wear this dress or buy this thing or drink this beer then you'll be enough."

But I think when we cultivate that moment to moment awareness and we stay present with our experience, we stay present with ourselves. Be in a constant state of inquiry an question and one of the things that I do to practice that is quite simple, as I meditate, that really helps me. But

the other thing is a simple practice of just asking myself, “Where is my attention right now? Where is my attention right now? Sometimes I realize, “Oh my god, where did my attention go? It was gone for an hour.” So I think the more we can be aware of, “Oh where’s my attention was floating somewhere, okay, bring it back to my heart, bring it back to this moment. Where is my attention? Okay, bring it back.” To have the attention centered in the heart, I think is very powerful and it’s been a key for me.

[0:39:26.3] LC: Incredible. I just loved your book. I think anybody out there listening should grab a copy. If somebody’s looking for your book, more information about you, where can they find it?

[0:39:38.3] KB: Oh thank you. A couple of places. I would say we’ll love for everyone to check out the book, it’s a love letter from my heart to the world. You can find it at Youaretheonebook.com and when you buy it there, there’s incredible — there’s some great videos and giveaways, things we’re giving away as free gifts, can also go to my website, I have a couple. Kuteblackson.com, find out about my work there and one of my favorite events I do around the world is Boundlessblissbali.com and you can find that about stuff there and also videos and social media and come hang out, it would be great to connect with everyone.

[0:40:15.6] LC: Thank you so much for coming on the Art of Authenticity, I know that I enjoyed this interview, I’m confident everybody listening will and I just really appreciate all the work you’re doing for everybody on this subject.

[0:40:28.3] KB: Thank you for having me on, it’s been a joy and I really felt your heart a lot today so it’s just great to be with you.

[0:40:34.4] LC: Thank you.

[END]