



Hello, everyone. This is Lisa Wilson, and this is **Living Radically Authentic**. Thank you so much for being here. This is a conversation that is so **dear to my heart**. I'm so **grateful** to be having it with all of you.

So, **what does it mean to live radically authentic? And why is it important?**

We have been conditioned in our lives through our **family structures**, through society's conditioning, and the way our school system is set up. We get bombarded with information on how we need to be in the world, **how to show up in the world**.

We get programmed through fear, lack, and limitation to say “yes” to things in our lives that might not be a “**hell yes**” or an “**absolute yes**.” We negotiate with ourselves, and we rationalize. We say “yes” to things that might not be **fully congruent** with us. So why is this important? **Why do we need to really live radically authentic?**



Let's talk a little bit about the **universal laws** and **the way our lives show up vibrationally**.

When we're not living radically authentic and when we're not in alignment with **the truth of who we are**, there is a schism that actually takes place between the self and the self. And we start to lose trust in who we are and **what is true for us**. We start to lose **the essence of who we are**, and we start operating from a place of conditioned behavior.



A lot of that conditioned behavior is based on fear, lack, and limitation. And it keeps us separated from **the fullness of who we are**. When we're separated, there's like a misfire in our **energetic vibrational frequency** and that frequency aligns us to life experiences that match that frequency.

So in order to truly get to a place of really living and **co-creating your life with the Divine**, with the higher part of you, we have to remove the false masks and take down the false persona.

That's not always the easiest **journey** to go through because our human aspects—I call it the representative, our human representative—will fight for that persona, for that mask. It will rationalize, it will reason, it will negotiate with you. It will find a way to prove to you that **the choices you're making are absolutely necessary** or else, you're not going to survive.

When we are not living radically authentic, there is a schism that takes place between the self and the self. And we start to lose trust in who we are and what is true for us. We start operating from a place of conditioned behavior.

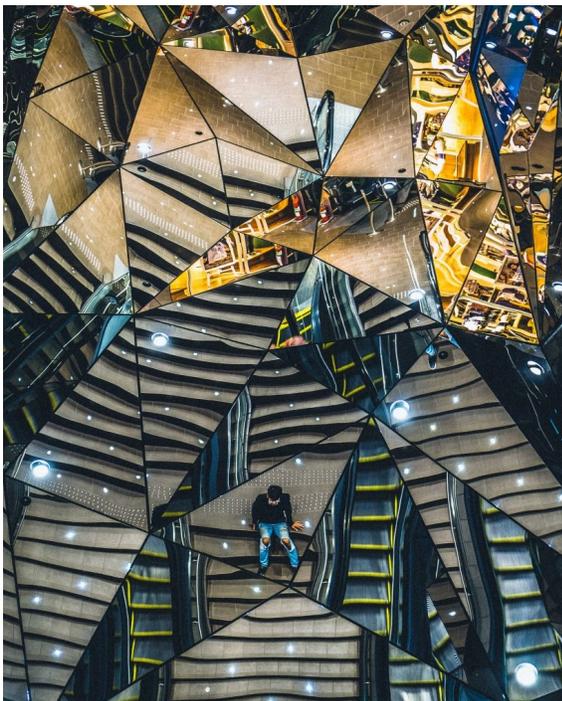
It's a survival-based experience instead of thrive. In order **to really thrive in our lives and to be in alignment with the Divine**, we have to take down the persona. And that is **a journey within itself**. Which is why I have felt called to do the work that I'm doing here on the planet, to really **shine a light on the ways that we get creative in separating ourselves from the truth of who we are**, and then we live a life experience that is not really bringing us what we want because we have blocks, programs, and fear to take down that persona.

So I'm so excited to be here today and have this conversation. **Thank you so much** for joining me in diving into this topic.



So what happens when we are able to clear the false persona and the masks? Well, **we tune into our essential self, our intuition**, the part of us that is the truth of who we are, that knows the fullness. We become a **co-creator of the Divine**. And then magic happens.

The indigenous tribes have spoken about this time on earth for so long. What they said about this time on earth was, the Mayans had said that as we navigate this time right now, that it was going to be such a **significant shift in consciousness**. That a third of us were going to **ascend and rise into this high vibrational frequency**, and a third of us were going to go crazy, so to speak. And another third were going to check off the planet altogether.



I only share this because this is **how significant living radically authentic is**. It really is our lifeline that is designed within it.

Because when we are not operating in this **high vibration, up-spiral place**, then we are living in the downward spiral. And that is a bottomless pit. There is no end to that. And we separate from ourselves in such a **significant way** that we continue to bring in life experiences to magnify that fragmented self.

So how do we live radically authentic? Well, it starts with **awareness**, and I always say, in order to live a radically authentic life, we have to **release what is not true**. That is step number one. And how do we do that?

This is the reason why I am launching this. I'm so grateful to have this conversation with the collective and to **bring awareness to a path and a journey**, so to speak, that will **free you** from the confines of living a life that



is built in fear, lack, and survival. So in order to really release the persona, **we have to become aware**. We can't change anything we're not aware of.

How do we make that change? How do we **build an awareness** when we don't even see it in ourselves? Well, let's start by having that conversation right there. **How do we become aware?**

What I like to say about that is **the number one path to awareness** is first just asking to see it. **Asking to see. Asking for clarity.**

I'll share a story that presented itself to me, just to give you a little insight on **how this worked for me** and what actually launched this whole experience for me and the work I'm here to do on the planet. This has been my **soul calling** for as long as I can remember.

How do we live radically authentic? Well, it starts with awareness, and I always say, in order to live a radically authentic life, we have to release what is not true. That is step number one.

My dream actually scared me to shove it under the rug and not really look into it, not look at really creating this. So I parked it for many years until I had no choice but to **dive in** because I continued to bring life experiences and to **help me see it so clearly**.

There was a time in my life, it was right after my son was born and he had just started walking. I'll never forget this day because this is when **I got so clear on the awareness piece and how to really claim our power**.

There was a man that locked eyes on my son. He was walking in and out of a store, and this person just locked eyes on him. What I experienced in that exchange was something that I didn't know was coming. It was a darkness that filled every cell of my being.



I picked up my son and I handed him to my ex-husband, who wasn't my ex at the time. And I chased the man down the street. **I commanded to know** why he was looking at my son in that way. I didn't like what I saw, and he took off running.

Anyway, that afternoon I went on a hike. **I got into nature**, and I remember in that moment feeling like, "Why is it that **I've experienced that type of energy throughout my life?**"

I have felt that energy in my life in so many different ways. What is it? And I commanded to see it. **I commanded to see it in all areas of my life.**

And I was led on a **very mystical journey**. It was one of the **most significant spiritual awakenings** I'd ever gone through. One of the most impactful. But I've had quite a few.



I think Ascension, **when we ascend into the fullness of who we are**, we'll go through many awakenings that **expand us in our consciousness** in a different way. At this particular time, this was really significant for me.

Over the course of six months, I was led on a journey, **a spiritual journey** of seeing into this experience in every area of my life.

And many things happened through that journey. One is **I realized my power to ask**. I also realized that I was not seeing my life so clearly. There were many experiences that I had gone through that I had given certain meanings to. And I was able to **see them in a completely different way** at this point.

One of the things that really presented itself to me was a story of when **I was 9 years old**. I was playing outside with the neighbor's dog, and there



was a man that showed up in a mailman's truck, wearing a mailman's uniform and wearing a canteen around his neck.

When we ascend into the fullness of who we are, we'll go through many awakenings that expand us in our consciousness in a different way.

He was pretty close to me, within arm's reach, and he came up to me. And he said, "Do you mind if I have my lunch on the lake?" In the back of my father's house, there was a lake in a very wooded area.

I just remember seeing the darkness in this man, and it was very similar to what I experienced with my son that day. And I completely forgot about **this experience** until that day when I was on that mountain **asking to see it so clearly**. It turned out that this man was a serial killer who ended up raping and murdering many, many children.

It was an experience that took place for me at a very young age that was so scary and terrifying that I fragmented and completely forgot all about it. In fact, I didn't remember any of it until that day.



There was a lot that took place for me through that experience. One is I **got to witness myself in my power**, commanding to see something and **watching the Divine yield to me what it was I needed to see**, what I'd asked for.

We are so powerful, all of us. We have everything we need within us to really **heal our unhealed hidden aspects**, to release the false personas. Because when we fragment, our



human will adapt and fill in that voided place with whatever it needs to navigate life from a place of survival.

Whenever we're operating from a place of fear, lack, limitation, and survival, which is what our false masks and personas are really based on, we will continue to bring in **life experiences** that **magnetize that vibrational frequency** over and over and over in numerous ways until we're **ready to change the pattern**.

In order to change the pattern, **we have to become aware**. In order to become aware, we have to **ask to see what it is we're not seeing**.