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## MODULE NUMBER 12–THE CASTLE® PRINCIPLES: AUTHENTICITY

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### THE FLAME

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#### PURPOSE OF THIS MODULE:

The CASTLE® Principles were introduced in Module One. This Module gives a thorough overview of the second CASTLE® Principle and offers an opportunity for participants to reflect on how Authentic they are in their relationships with people, their values and the world.



#### OUTCOME FOR THIS MODULE:

Participants will appreciate the CASTLE® Principles as a way of *being* in life, and as a way to inspire others—The Flame in *The Spark, the Flame, and the Torch*—the journey of Higher Ground Leadership®. Authenticity—a rare practice—will become a deeply embedded way of being in the future for participants.



#### RESOURCES NEEDED FOR THIS MODULE:

Each participant should bring:

- a computer, tablet or mobile phone with access to the Internet and with which to take notes
- a journal and writing instruments
- a personal “sacred object” that represents, for each of them personally, “spirit and values in the workplace”
- Their completed CASTLE® (Courage) Contract.



## PREPARATION

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1. Remind participants to bring their *Spirit@Work® Cards*.
2. If appropriate, ask participants to choose a physical *Spirit@Work® Card*—or a virtual one from the iTunes Store, their iPhone, and their iPad or from the Secretan website at <http://www.secretan.com/spiritcards/spiritcards-random.php>. Or they can choose send a *Spirit@Work® Card* to someone today at <http://www.secretan.com/spiritcards/index-flash.php>.
3. Remind participants to bring a computer or mobile device with access to the Internet.
4. Bring a copy of Lance's books – *The Spark, the Flame, and the Torch*; *ONE*; and *Reclaiming Higher Ground*.
5. Ensure that Internet access is available so that participants can visit [www.secretan.com](http://www.secretan.com) to obtain the additional information that will be covered during this session.
6. Place 3 to 4 flip chart pads or stands around the room for the small group tasks
7. Ensure that there are 2 markers for each flip chart pad (test them to make sure they are not dry)
8. Bring a roll of masking tape to hang flip chart pages
9. Check that you have access to the correct Module (via the cloud or digital media) for this session and that the projector and monitor/screen are functioning properly.
10. Bring your CASTLE® Contract completed up to today's session
11. Pre-reading required: *The Spark, the Flame, and the Torch: Inspire Self. Inspire Others. Inspire the World*, by Lance Secretan, pages 113-122; *ONE: The Art and Practice of Conscious Leadership*, by Lance Secretan, pages 75-98; *ONE: The Art and Practice of Conscious Leadership*, by Lance Secretan, pages 83-85.

## OVERVIEW

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### Introduce the Concept of “The CASTLE® Principle of Authenticity”:

In the previous Module we discussed the CASTLE® Principle of Courage—the first step toward becoming authentic is to be courageous. Authenticity is not possible without courage, because authenticity is about being real. If we don't have courage, we cannot be real. It is not until we reclaim the courage necessary that we can become real. And being real, in turn, requires us to be brave enough to reveal, own, and often share our truth, our fears, our emotions, and our vulnerabilities. This is how we become authentic. Authenticity, then, is the next step upon which we need to focus in our quest to become one—the key to real meaning and fulfillment in life.

Authenticity is the alignment of the mind, the mouth, the heart and the feet—ONEness —when these are ONE, we are Authentic. When they are separate, we are inauthentic—another example of the power of ONEness.

We need to be authentic because we love how authentic people touch our hearts and inspire us.



### Module 12 of the ONE Dream® DVD: “The CASTLE® Principle of Authenticity” 8 min 19 sec

Lance Secretan describes the CASTLE® Principle of Authenticity using skiing as a metaphor on location in Copper Mountain, CO, and elsewhere.



## Discussion Points:

**Definition of Authenticity:** Being genuine, transparent, and aligned with our inner voice in all aspects of life

- Alignment of the mind, the mouth, the heart and the feet—ONEness—when these are ONE, we are Authentic.
- Seeking approval (The conflict between the Essential Self and the Social Self)—how the temptation to serve the social self, more than the essential self—leads to inauthenticity.
- The copyfrog.
- “When you do not seek or need external approval you are at your most powerful. Nobody can disempower you emotionally or psychologically. You cannot live for prolonged periods of time within the polarity of being true to yourself and needing the approval of others.” *Carolyn Myss*.

## Debrief Authenticity Contract Homework Assignment

- What commitments are you prepared to make in your Authenticity Contract?
- How will you ensure that you meet your commitments?
- Share your commitment with your Learning Partner and commit to each other your mutual support

## Exercise:

### Playing to win/Playing to Lose:

- Set up two easels
- At the top of the first one write the header, “Playing Not to Lose”, and at the top of the other write the header, “Playing to Win”. Use different colored markers.
  - 1. Ask participants, “What are the greatest fears in your life? What are the things or events or conditions for which you hold the greatest fear? Write down all the responses under the header, “Playing Not to Lose”
  - 2. When you have written all of the responses (probably more than two pages) move to the second easel and ask participants, “What do love most in life? What are you most inspired by in your life”? Write down all the responses under the header, “Playing to Win”.
- There are two choices facing us in our lives one is Authentic (Playing to Win) and proactive, in response to the Essential Self; the other is *inauthentic* (Playing Not to Lose) and defensive and reactive, in response to the Social Self.
- **WHICH ARE YOU GOING TO CHOOSE?**

### Debrief this exercise:

- What did you learn?
- How will you choose to live your life differently?
- What other commitments you are prepared to make?



**Close:**

**Homework Assignment:**

Ask participants to complete the same process as they have done with this Authenticity section of The CASTLE® Contract with the next CASTLE® Principle, which is, Service, and bring it with them to the next session

**Quote:**

“Why, when we know that there's no such thing as perfect, do most of us spend an incredible amount of time and energy trying to be everything to everyone? Is it that we really admire perfection? No - the truth is that we are actually drawn to people who are real and down-to-earth. We love authenticity and we know that life is messy and imperfect.” *Brene Brown.*