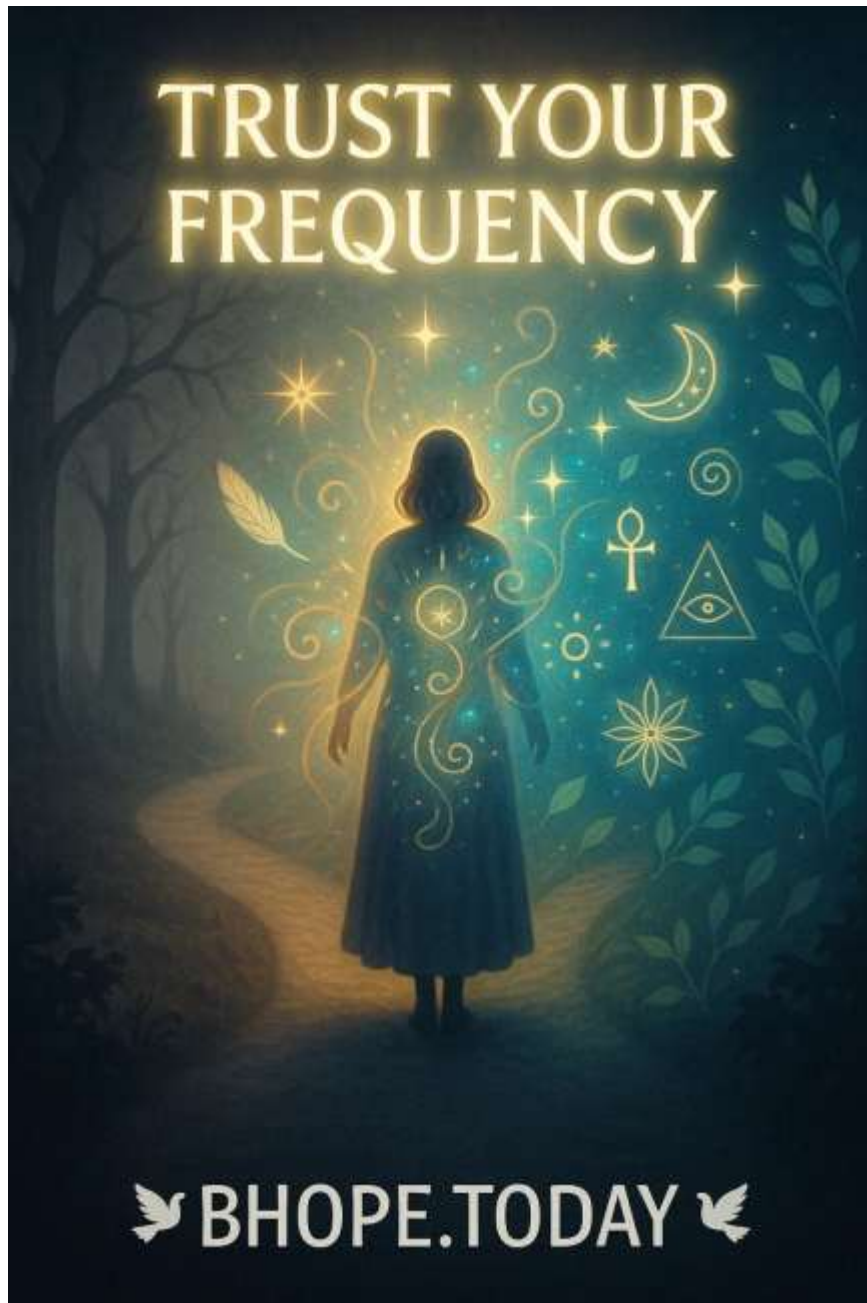


Authenticity: The Frequency That Sets Us Free

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(A love note to the parts of you that always knew)

We hear a lot about authenticity these days—
but it's more than a buzzword.

It's a **spiritual frequency**.

A remembering.

A return.

✿ When you live authentically, you vibrate in harmony with truth.

Not the truth they gave you.

Not the truth you performed to stay safe.

But the *deep soul truth*—the one that survives the fire.

And believe me...

I didn't get here by accident.

I got here through the **dark night**.

Through grief and loss.

Through pain, programming, and peeling back every layer that wasn't mine.

🔒 I know what it's like to be silenced.

To be shaped by systems and survival.

To forget yourself just to belong.

And I know what it takes to come back—to reclaim what was always sacred within.

So when I speak about authenticity—

I'm not preaching.

I'm *remembering*.

And I'm inviting you to do the same.

💖 Because authenticity isn't just being "real."

It's being whole.

It's speaking from a place that's been lived in,

loved through,

and *earned*.

And here's the truth not enough people say:

✦ **Authenticity can be messy.**

Especially at first.

Because when you've spent years hiding parts of yourself,
bringing them into the light can feel awkward, raw, even clumsy.

That's not failure.

That *is* authenticity.

It's the wobble before the stride.
The shaky voice that speaks anyway.
The tears, the truth, the tenderness—*all of it* belongs.

🕯 And yes, it will rattle people.
Because when you walk in truth,
you naturally shine light on what's still hiding in others.

But don't let that scare you.
Let it *remind* you:
You've become the very medicine you once needed.

🌱 Authenticity is the unlearning.
The sacred undoing.
The rising from the ashes of who you thought you had to be.

And when you live it—
you give others permission to do the same.

💎 That's how love spreads.
That's how faith is restored.
That's how hope is reborn.

🔄 Not through perfection.
But through **presence**.
Through the quiet, anchored truth of someone who has *walked through fire*
and now chooses to glow.

—

You don't have to be polished.
Just present.
You don't have to be fearless.
Just faithful.

Because your *realness* is what the world's been aching for.
Not the mask.
Not the mimicry.
Just *you*.

With authenticity, clarity and love,

Brenda

Brenda Jean Bullis

Founder, Blueprint HOPE

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