



# We All Come From Somewhere!

Indeed we do ! However seeing this on the wall in luminous letters at the EPIC – Emigration Museum of Ireland in Dublin, during a recent trip this spring, left somewhat of a deeper impression in my heart and on my mind. The words hit hard when we talk about Authenticity in the context of Mental Wellness. With May being Mental Awareness Month, the theme for this Newsletter was as clear as the writing on that wall.

Tune in to my [SwellCast](#) for 5 episodes on different aspects of **The Imposter In Us**. This month I am focusing on various elements of Imposter Syndrome and I think this series will resonate at different levels in different ways. They are available on my [SwellCast](#) channel – 5 Minutes of Authenticity with Pritha.

[Imposter Syndrome](#)

[The Roots of Imposter Syndrome](#)

[Re-framing Self Doubt](#)

[The Authenticity Antidote](#)

[Some Practical Tools to Tackle Imposter Syndrome](#)

[Tools to Combat Imposter Syndrome](#)

Also, Ireland provided a lot of food for thought especially when it comes to Authenticity. Read my travel stories here on my blog [An Authentic Life](#).

But first, a question?

*Pritha Lal*



The privilege of a lifetime  
is to become who you  
truly are."  
Carl Gustav Jung





## WHERE DO WE COME FROM?

Without hesitation, there is one truth that connects us all—no matter where we are or who we become. We come from our **mothers**.

With May 11th marking Mother's Day in many countries, I felt it essential to dedicate this newsletter to the most enduring, powerful, and deeply connected tribe—the mothers. Authenticity and self-discovery often lead us back to our roots, to the foundation that shaped us. And who better to symbolize that foundation than the remarkable woman who brought us into the world?

Yet, while this day is celebrated with love, gratitude, and reflection, it is not an easy day for everyone. That's what I want to acknowledge here—the complexity of Mother's Day and the many women whose experiences extend beyond traditional definitions of motherhood.

Across the world, there are extraordinary women who are not mothers biologically—by choice or by circumstance. And yet, their contributions, their nurturing spirits, and their impact are undeniable. Sadly, many of these women face spoken and unspoken judgments, navigating societal expectations that often fail to see the depth of their presence beyond motherhood.

For the first 15 years of my marriage, I chose to remain childless, fully immersed in my corporate career. Some might assume that only now—after 13 years of motherhood—I have become a more “authentic” version of myself. But here's the truth: *my authenticity was never compromised then, just as it isn't defined now.*

Motherhood has undoubtedly shaped me, and deepened my understanding of self. But choosing not to pursue motherhood is no less valid, no less fulfilling, and no less whole. When we measure authenticity or worth by societal roles—particularly motherhood—we do a huge disservice to ourselves and to those who choose a different path. I have always believed that a uterus cannot define an individual. A heart, maybe—but not a uterus.

Motherhood, in its essence, is not just biological. It is care, guidance, strength, and unconditional love, expressed in countless ways, in countless lives.





## IRRESISTIBLY AUTHENTIC IRELAND

Back to where we started—on the theme of this diverse edition of The Authenticity GPS—I want to close with a journey through the Emerald Isle.

This beautiful country and its people are a living testimony to both a historically rich past and a deeply authentic present. There is something profoundly honest about Ireland, something that resonated beyond landscapes and history.

During my week there, I felt as though I grew—a step or two closer to my own journey toward authenticity. The experiences, the conversations, the energy of the place—it all reinforced the power of truth, identity, and deep connection.

Below, I've compiled a list of travel vlogs and blog posts that capture this essence. Through anecdotes, reflections, and moments that moved me, I hope to share the spirit of Ireland—a place that spoke to me and, perhaps, will speak to you too.



## COMING UP IN JUNE



**LET'S TALK  
ABOUT  
CONTROL !**

[The Smartest Person in the Room](#)

[Dublin - A River Runs Through It](#)

[The Raw Starkness of Art - IMMA](#)

[The Queen and Her Castles](#)

[This was EPIC](#)

[I Could Have Danced All Day](#)

[This Place is for Keeps !](#)

[A Portal to All Good Things](#)