

Who Am I?



The question ***Who am I?*** must have been the most frequently asked question of all time!

Centuries ago, the words "*Know Thyself*" were inscribed above one of the entrances to the Ancient Greek Oracle of Delfi. Jesus said "*Know thyself and the truth will set you free*"

Yet do we know ourselves? Do we really know ourselves? And if so, in what way ?

When someone asks you who you are, what do you usually answer?

Well, probably, depending on the situationyou give your name, your job title, qualifications, your gender, nationality, religious creed, some personal history, and, at times, even your possessions or your body shape or weight!

Yet is this who you really are? Is this all you really are?

We consciously or unconsciously allow others to define us. We are conditioned by the family, the culture, the religion, the environment we are born into, the education we receive, the people we associate with and the culture of mass that we are now so thoroughly exposed to through the media. We don't take responsibility for ourselves, for our own knowledge, beliefs, behavior and actions. We either follow and accept the thinking of the majority and do everything to fit in and comply, or we turn away from it all and isolate ourselves from it all.

We look to others to give us a sense of who we are, we allow others to tell us what we should, must, have to think, believe, do, we look outside for confirmation and approval of our ability, beauty and intelligence and when we don't receive it, we are filled with doubts and pain and we fill our heads with falsehoods: false ideas, false perceptions, false images of ourselves. We expect others to make us feel good and happy and worthy and, consequently, we find ourselves wrapped in a false sense of self; an under-sized man-made image of our magnificent divine selves.

Is it any wonder that we are confused and insecure and depressed and we feel unworthy, unloved and never enough? Is it any wonder we have no idea who or what we are?

Yet we are multi-dimensional beings. We are so much more.

Yes, we have a mind but we also have a body and a heart and feelings and emotions, and a soul. Our True Self goes so much deeper than all of these superficial, temporary definitions.

True understanding of who we are can only come from with-in us - never from with-out.

The source of all that ever was, all that is, all that will ever be, is the One Primal energy – One Consciousness – Oneness - God – Goddess – Source, whatever name you prefer, whatever resonates with you, but it is our life force or source of life; it is our consciousness.

And every single living being, in whatever form it has assumed, is of this Consciousness, this Primal Energy, this Life Force.

From a one celled amoeba to a blade of grass – to a flower – to a tree – to an animal – to a human being. Each and every one of us is of this One Consciousness.

This One consciousness is in perpetual movement . It expands and it contracts, constantly. It is eternal, infinite, formless.

We are this One Consciousness that has assumed an individualised form. We came into this life, we assumed a form – a human body – in order to expand our consciousness through our experiences. Why?

Because without boundaries, without a container, we can never experience anything. We can never know who and what we are, because in order to know ourselves, we must be able to say “I am This” or “I am That” .

The purpose of life is this - a constant expansion of consciousness –towards experiencing ourselves both as individuals and as One Consciousness.

Individualised consciousness and One Consciousness **expands** through self-knowledge, self-awareness and love and **contracts** through negativity, fear and animosity. Love expands consciousness and fear contracts it.

Every thought we have, every word we speak, every emotion we feel and every action we take, creates a form from which consciousness can flow freely or is restrained.

This One Consciousness is the essence of our life force; it is our I AM.

I AM is our magnificent, unique, individualized expression of One Consciousness. This is our True identity, the presence of the Divine within us. I AM is the Divinity of our Humanity. It is our True Self, because no one else can say I Am for us. Only you can say I AM for you.

I Am is our individuality. It is how we identify ourselves. It is NOT what others tell is we are but how we identify ourselves.

Without this life force; without I AM, we do not exist here in the matter and when we 'die', it is because I AM has left the body.

I AM is what we are conscious of being. Whatever we attach to I AM with conviction, that we are and that is the form we give ourselves.

When we say "I am stupid" – that is what we are conscious of being. When we say "I am not good enough" – that is what we are conscious of being.

When we say "I am bold" – that is what we are conscious of being. When we say "I am amazing and I am always enough in every situation." – that is what we are conscious of being.

Remember consciousness expands continuously through self-knowledge and self-awareness and love and contracts through negativity, fear and animosity.

So we have our psychological 'false' self-image, defined from the outside by others, that is contracted and limited by all the limitations we have been taught and learned, and we have our 'true' self-image within us, our I AM, that is infinite and eternal and limitless.

Being disconnected from our true self leads us to experience fragmentation; it leads us to feeling lost, feeling broken, disconnected, living in the illusion of separation and not knowing who we are.