

Who Are You?

All my life, I always wanted to be somebody. Now I see that I should have been more specific.

—Jane Wagner

One of the most interesting questions you can ask yourself is “Who am I?” This primordial question is ultimately the foundation for all knowledge and experience. Every aspect of your culture, genetic makeup, life experience, family history, education, and social stature affects the way you experience the world. Therefore, when seeking greater wisdom, truth, and spiritual enlightenment, it is supremely important to first look at yourself and ponder the question, “Who am I?”

This simple question would appear to have a reasonable answer, right? Usually, you’re able to ask what something is and receive a satisfactory answer. What is that? My car. Who is that? A friend. Where is that? Two blocks down and turn right. So then, who are you?

You are made up of your personality, your actions, your family, your body, your ethnicity, your religion, your culture, your job, your environment, your expressions, what you feel, what you do, what you say, what you know, what you see, and what you think.

The challenge of spirituality is to see all these qualities and colors of who you are, while also realizing that you are a unique expression of pure spirit, revealing itself as you.

Knowledge of your self brings power

Knowledge is power, especially knowledge of your own self. When you’re conscious of who you are, you are also more conscious and aware of how you’re thinking, speaking, and acting.

Self-knowledge gives you the objectivity and insight needed to purify and empower your thoughts, words, actions, habits, and character.