

# Who and What You Really Are

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## ♦ THE UNDEFINABLE SELF

"I" cannot define you. "I" — the self that believes it is separate, the animal nature fighting for survival — cannot define you. Why? Because you are not fixed. Because you are ineffable: not capable of being described in words.

*Because you are divinity. You are light. You are space. You are the silent Witness to life and consciousness unfolding.*

Just as every form undergoes constant change, you are too. Look within, and, for the first time in your life, See. Observe with non-judgement.

Ultimately, you are a creator. This means you create your reality based on perception — the lens through which you see the world. In other words, your inner reflects upon the outer, and we are co-creating this time-space reality we all are living in.

## ♦ THE FORGOTTEN SOMETHING

But there is something subtle and all-pervasive we are missing — something greater that we've forgotten. Something that can only be accessed when we "cast our net to the right side" (John 21:6), when we "Take No Thought" (Matthew 6:25), when we experience gaps in thinking — no-mind, satori.

*"When we make this place our inner abode — when there is cessation of thinking, or thinking is no longer dominating and tossing attention here, there, and everywhere — we experience God consciousness. We merge with our divinity."*

**This communion is available to you anywhere, at any time.**

## ♦ THE SCIENCE OF INTERDEPENDENCE ■

We are a collection of cells that utilize energy in the form of light to form organs, which form into organ systems that work together so the body you reside in can survive.

But do we exist independently of other forms? Are we separate from the Sun and Moon, the stars, other people, the plants, the animals, the fungus? No. We do not live in a vacuum — we live in an interdependent system that is constantly giving and receiving, exchanging information and energy again and again.

So defining us only as a physical body — a jumble of cells with a name, a job, a family, with possessions — is absurdity, because upon death, we maintain only our essence. This essence, that which is, directly connects to Source.

Over thousands of years, institutions have managed to keep this hidden, claiming the kingdom of God is somewhere "out there," and that you must tithe in order to pay for your sinful existence. Yet the real meaning of tithing is to sacrifice that 10% — the left side of the brain which so often dominates the consciousness of mankind — and offer it up to the 90%: the kingdom within.

## TAKEOFF HOLISTIC HEALTH

Client Handout Series

Matthew 6:33 — *Seek first the kingdom of God.*

Where is that kingdom?

Luke 17:21 — *The kingdom of God is within you!*

***It cannot be more clear. Take this moment to notice this magnificence — ponder the unknowable, marvel in awe at the mystery of yourself!***

### ◆ THE TWO ESSENTIAL QUESTIONS ■

We must ask both questions: Who are We? And What are We?

***If you know who you are, you no longer fear.  
If you know who you truly are, you would no longer suffer.***

You may have physical pain. You may have a challenging life situation. You may be on your deathbed. Whatever the case may be — if you know who you are, there is nothing to fear.

The challenge most of us face is a combination of informational bombardment and distraction through technology, in addition to the unwillingness to face ourselves. If we faced ourselves, despite the distraction, we would know:

- Seeking outside will never bring lasting joy, peace, and satisfaction.
- What things *seem* to be are not really what they are.
- We are an extension of divine consciousness, expressing itself through us and all forms.
- We are not separate, but unified.
- Be compassionate — seeing our true selves, our essence, everywhere we look. *We will return to this one later.*

### ◆ THE ATOM & THE ILLUSION ■

Who you are is immeasurable, undefinable. A single atom is 99.99999% space — yes, *empty space!* And what are the fundamental building blocks of all things and forms, including you? Atoms.

Yet we are under the delusion that we are something completely isolated and separate from everything else — that we are a fixed identity, a body with a "past," a mind with concrete beliefs and opinions that best not be refuted, *or else.*

You're not crazy for believing this. We have been conditioned to think this is the way things are, this is reality, that I am "me." Everywhere you go, you are asked to state this identity over and over again.

But, for your sanity, look deeper. Peel back the layers — or rather, allow the layers to unfold before You, the Awareness. Who are you when thinking stops? Who are you when the labels are stripped away?

This is how we break the patterns. This is how we break the cycles of cause and effect. By noticing. By remaining open, by remaining curious, by having the courage to face the shadow within us all.

***It is entirely... up to you.***

(See ego handout)

### ◆ THE PATH TO REMEMBRANCE ■

**The beginning of knowing who "you" are starts with forgetting who you are not.**

We have been conditioned all our lives to believe we are a mind with a physical body, a past, a future, and all the other attachments the ego clings tightly to. The great news is that we do not have to continue living in that delusion.

We become free of suffering when we become aware of who we are — and who we are not. When we become aware of the incessant thinking happening, instead of identifying with it.

Once this begins to happen — once you begin experiencing no-mind, gaps in thinking — you are no longer in the grips of the ego, the small self. Rather, these moments give you insight into your higher nature: the Self that pervades all.

You may still continue to act out patterns, but they no longer control you — they no longer keep you hostage. You now have a choice. You take full *response-ability* for your life when you remember to forget, when you surrender, when you let go of conditioning the moment it arises.

***Practice. With discipline and remembering, past thinking patterns unravel before You — Awareness.***

■ **The launchpad is within.**