

Who/What Am I?

The human race, as we refer to ourselves, has been living under the most fundamental misunderstanding imaginable. Most people don't have the slightest clue who or what they are. When this essential knowledge is absent, everything else in one's life is inharmonious. Before discussing who/what our Real Self is, I think it is important to understand who/what we are not. We start to become aware when we see what we are not; when our mind starts to realize that it is not the body, emotions, nor the mind. When we take away what is not us, in the end the only thing that remains is what we really are. It is a long process of finding our own identity. In the process we let go of the personal story, what makes us feel safe, until finally we understand what we really are.

Our Body Is Not 'Us'

We start to become aware of what we are when we discover what we are not. The first step to becoming aware is when our mind starts to realize that it is not the body. The mind's thought process may go something like this: "What am I? Am I the thumb? If I cut off my thumb, I am still me. Therefore I am not the thumb. Am I the leg? If I cut off my leg, I am still me. Therefore I am not the leg."

We have been identifying who/what we are with a biological computer (aka the body) and the electrochemical processes we call 'thought' and 'emotion'. Our body and these processes are NOT who or what we are; this is a misconception. When 'we' think or feel emotions, the result is an electrochemical process in the brain and the body. The reverse is also true: chemicals and electric fields cause 'us' to feel emotions and think thoughts. This is one reason why many people who absorb certain chemicals, or who live near cell phone towers and overhead power lines, often feel depressed and may not know why. The same result happens with so many children consuming chemical-infested food and drinks who become subject to hyperactivity and other behavior, emotional and mental problems. The chemicals create an imbalance in the electrochemical system and this manifests as imbalanced behavior. You have probably heard reports of people who have suffered from clinical depression for forty years and only emerged from it when their mercury-based dental fillings were replaced and they went on a mercury-detoxification program, and other similar reports of people with major mental/emotional problems that get cured only when they detox. These people have no idea that their deep and dark depression, which often involves periods in mental institutions, was not 'them', but the result of the mercury's effect on their body-mind system.

Here is another way to look at it. Our body started as simply one cell that began dividing. At the next stage the body became a fetus, then a baby, and continued growing to become a toddler, a child, a teen, etc. until it reached the point it is at now. That means we have never been consistently in just one type of body over the long term. In fact, in any given moment, the atomic and sub-atomic composition of the body is in an endless always changing state. Every time we inhale it brings trillions of atoms into our body and every time we exhale, trillions of atoms are expelled. We have never been our body. Our body has never been a stable thing that we could call our own and possess for any substantial amount of time, and yet we have maintained an identification with this body. When we think it looks good, we feel good. If someone says our body doesn't look right in their eyes, we often get depressed. We might constantly seek ways to stimulate the sense receptors in our body in ways that we have judged to be pleasant, but we have never found a lasting pleasurable sensation from these sense sensations. For instance, we might seek to find pleasure from our taste buds and eat a piece of chocolate. The sensation seems marvelous but soon after, we find we want another sensation. The chocolate sensation

was at best just a momentary good feeling and at worst it was a dripped-on or soiled garment, the cause of a stomach ache, or even a weight gain. The reason we chase after various sensations (tactile, visual, odorous, sonar, and tasty excitement and pleasure) is because we have an innate subconscious understanding that bliss is our eternal abode. However, trying to experience bliss through the body is a misunderstanding and an act of ignorance of what we really are, our Real Identity.

When we have any kind of body ache, such as a stomach ache or a headache, it is hard to enjoy anything in life. However, when we fall asleep our pain and discomfort are gone. As a matter of fact, we may even dream that we are eating and enjoying that piece of chocolate and in the dream the stomach never felt better. From this and similar examples, it is abundantly clear that we think we are the body only when the mind is attached to it.

Our Emotions Are Not 'Us'

Most of the people who have had near-death experiences talk about going to a place of bliss and love in which they had no emotion, at least not in the sense they perceive emotion while in their physical body. There are other ways to have this type of experience too. It is not that you are cold and callous when you are in this "non-emotional" state – in fact, it is quite the opposite. Instead you experience a deep indescribable love even though the "human-type" of emotion is not there.

Emotions are part of the body-mind "computer software" that manifest as programmed responses which are nothing more than electrochemical reactions. Look at the way we live our lives all over the world. We do it through emotional reactions – reacting according to programs in the face of stimuli that we call 'experience' and 'information'. It is like typing in a code, pressing the 'enter' key, and the software held in the DNA and cellular network just follows its program. There is often no consciousness involved (becoming aware of these reactions is what I call the second phase of spiritual development – see my article "The Seven Phases of Advancement").

Thoughts and responses come from the biological body-mind level of perception. I have read many reports and observed how many people suffer from what I call "emotional addiction" in that they become addicted to the chemicals that are released by different emotional and mental states. This can be an addiction to the adrenalin rush that comes from competition or danger, or to the chemicals produced by depression, worry, grief, or sadness. Such people constantly manifest experiences, mostly subconsciously, that give them a "fix" of their emotional drug of choice. The cell receptors that absorb these emotional chemicals are the same ones that absorb heroin or cocaine.

When we experience something, hear something, or see something, we 'react' to it, most often in the same way that most others would react. People often ask, "What is your reaction to this or that?", or "Why did you react that way?" This is a very accurate description of what it is, a reaction. Almost every time, if not every time, we react according to the DNA program which we inherit, and then add to the program by the way we experience what we call "reality".

Trauma downloaded during childhood is especially powerful in programming a lifetime of reaction and perception until it is cleared. These reactions are stored in the cells just like information is stored in computer chips. The cells store both the inherited DNA program and the daily downloads that come from our experience. It is the information stored in the cells/DNA that 'reacts' to daily life on the basis of how the body-mind system has been programmed to react. Most of what people call their "demons" are inherited or downloaded software programs running in the body-mind system. Only by becoming truly conscious can we break this cycle and begin to take control of our lives. At that point the body-

mind system would serve consciousness as a vehicle to experience this reality as it chooses. The body-mind system would no longer be the master, and we would start to live life instead of life living us.

Our emotions can change quickly. For example, one minute we're feeling quite happy and the next we see a commercial on T.V. that implies that we will stink if we don't use one particular brand of deodorant and then we get depressed because we have been using another brand and we now fear that everyone will reject us, etc.

If we take a step back and look at our life, we will realize that our emotions often are a large part of who we think we are and how we make decisions. We will also realize that our emotions can change drastically like a roller coaster ride. Being grounded psychologically and spiritually is, in part, about choosing to get on the roller coaster if and when we want and also choosing to watch from the sidelines at other times. Whenever we experience powerful emotions, we can often be overtaken, enveloped, and swept away by the undertow. We just go right into our emotions most of the time or we get on the roller coaster and get taken for a ride before we even know what happened. When this occurs we become our emotions, our emotions become our reality, and frequently the roller coaster ride becomes more and more crazy.

Our Mind Is Not 'Us'

We are also not our mind or our thoughts. This can be demonstrated by simply observing our thoughts for any length of time. When we do this it quickly becomes apparent that our thoughts change constantly. In one moment we are thinking of one subject and then suddenly we are thinking about something completely different. This happens even when we are meditating and trying to contemplate one topic. For example, we may be meditating about water and reviewing everything we know about water. Our thoughts may progress something like, "Water is a fluid. Fluids always fill the object that holds them. When you freeze water, it turns to ice." At this point we may get a diversion such as, "Ice is in ice cream. I love ice cream. Ben and Jerry's make the best chocolate ice cream. I know my local grocery store sells it ..." The next thing you know you are in your car heading for the local grocery store to begin the process of acquiring another stomach ache and have temporarily forgotten your goal of meditating on water.

Exercise

Here's an old, but useful exercise you might like to do: First, pay attention to what you are thinking. What thoughts are you having right now?

After you are aware of your thoughts pay attention to what you are feeling. What is your primary emotion right now?

Now, if you lost your little finger in an accident, would you still be you? Since every cell in your body replaces itself within 10 years (most cells much sooner than that), at any point do you stop being you?

See, it breaks down like this. We have thoughts all the time, but we are not our thoughts. If you can be aware of what you are thinking, then you are **not** your thoughts. .

It is even more obvious that we are not our emotions. An unfortunate aspect of English is we say things like "I am angry." In French, Spanish and German things are more instructive. They say "I have anger." There is an important distinction: we have emotions, but we are not the emotions.

We are obviously not our physical body either. We have a body that serves us to function in this world and allows us to have many of our experiences, but there's something more going on.

This concept might be difficult to fully grasp at first. Often times it is easy to understand something at an intellectual level, but it could take years before we fully apprehend it in our being.

Quantum Physics

Quantum physics explains that everything is energy and that nothing is really solid like we used to think it was. Quantum physics also reveals that what we call reality is really a holograph, and frequencies (possibilities) all have the potential to manifest into 'physical reality' once you actively 'perceive them into existence'. The big question then is where does that consciousness act come from? To this day, scientists have never been able to conclusively locate 'consciousness' in the brain or anywhere in the body. Scientists never will be able to because consciousness is not there. Science also tells us that all of the programs of your body are stored in the DNA of your body cells. The same DNA is contained in each and every body. Each and every body cell has the entire programming of your entire body stored within itself. This is the exact same way holographs work.

What does all of this scientific mumbo jumbo actually mean? It means the brain does not seem to actually produce consciousness. Rather the brain appears to merely provide a facilitating role for a consciousness that is outside of the brain in order for us to have a particular experience.

The primary point of this section is that quantum physics is teaching us the same thing the mystics have been saying for years: we are not our body, we are not our emotions, we are not our mind and we are not our thoughts.

So Who Are We?

Because the body, emotions, and mind are constantly changing, they cannot be the permanent us. So who or what are we? We are the consciousness that is able to witness our body, emotions, and mind in action. This consciousness is our True Self. This is fantastic news. It means we are not limited to our sense perceptions, our feelings, or our thoughts. We are infinite awareness. The more we are able to identify our self with our Inner Witness, the freer we are and the more potential we have to control our body, emotions, and mind. It gives us the ability to act instead of react. This freedom is much greater wealth than being a multi-millionaire. Consider the fact that if we were a multi-millionaire, we would instantly find ourselves wanting to protect it and worrying that we could lose it all. By not attaching our self to anything that can be lost, such as our body, emotions, or mind, we stop being a reactive slave and begin being at Peace, for our True Self, our Witnessing Pure Consciousness, is eternal, infinite, blissful loving Peace.

We are a Witness that is able to observe our body, emotions, and mind. For as long as our consciousness is connected to a human body, there will be outside stimuli impacting us from the environment. We can react physically, emotionally, and mentally to these stimuli. None of these reactions is better or worse than any of the others – each one is simply a response to the stimulus.

The growth process all starts with knowing our Witness, and we have the capability to begin this at any time. As you read this, be aware of your body. Do you feel any unnecessary tension? Check your feet, ankles, legs, arms, torso, neck, and head. Are you using any unnecessary muscles? Whenever you command your muscles to relax, they will. Next become aware of your emotions. Are you feeling

happy, depressed, sad, or joyous? Now become aware of what you are thinking. Are you making any judgments? Are you fantasizing about something? Are you comparing or analyzing anything?

Witness the above without passion, comment, judgment, or any other reaction - simply witness. Be fully aware that there is a consciousness listening with your ears, looking out of your eyes, tasting with your tongue, smelling with your nose, and feeling with your skin. This consciousness is aware of all of your emotions and mental activities. Simply be this Conscious Witness. It is your True Self, who you really are. Know your True Self, know true infinite freedom, and also know that transcendent of body, emotions, and mind are all finite.

Since we are not our body, our thoughts, or our emotions, we can sense these things arising, and it is possible to let them go, just as easily as they arose.

When we start thinking something that takes us out of our happy place or even just generally makes us feel bad, in that moment we can realize they're just thoughts arising spontaneously. We don't **have** to keep thinking or feeling those things that take us out of our place of joy. We have the ability to control our focus. We don't **have** to stay focused on those thoughts or emotions. We can notice them and let them go, knowing we have this choice. Sometimes it is easier to distract our self with things we enjoy more in life, and this can help us in the letting go process. Can we really do this? Who is the boss, you, or your thoughts? The same thing is true with emotions. If we start feeling a negative emotion, we don't **have** to keep feeling that. We keep feeling it only for as long as we choose to.

Yes, our thoughts and emotions can be a little overwhelming at times as we all know, and yet there are many things we can do to gain back control when we are not happy with our reality. An excellent resource for discovering different tools to help with changing your reality is my Zero Point Adaptation program. In this program I offer comprehensive explanations of practical and easy to do exercises and practices that can help a great deal with this.

The True Self

At the core of our being is a True Self that many are seeking to know. A spirit that has no ties to the images, thoughts and ideas our mind might currently hold. From our spirit comes the source of all True Happiness. Our spirit works tirelessly and endlessly to reveal itself to us, yet our current state of mind, which we often refer to as our human condition, regularly opposes our True Self.

Knowledge of this Self has been called esoteric or secret knowledge – but in reality it has been kept from no one. Anyone who earnestly seeks to understand will find this knowledge. This knowledge seems selective only because so few are able to recognize it. This recognition requires a willingness to see and open up to other possibilities. Often times what interferes with doing this is a fear that losing our current way of thinking will leave us too vulnerable, so we more often than not, stay where they are.

Every once in a while when we catch a glimpse of the true life; the way to live as it was intended – free and happy. When this happens, we may choose to embrace this reality, to take that leap, or we may choose to retreat out of fear or from something we want to hold onto. To embrace this reality will depend greatly on how clearly we see the reality before us and are able to recognize this reality for what it truly is.

When someone finally realizes that all of the ideas, thoughts and images they have about themselves and the world around them are simply just that – and nothing more, it can be nothing short of shocking.

It might be disappointing in some ways to learn that these things do not possess the substance, value and lasting quality once thought. Yet this should be a moment of great excitement, knowing that this is an important key to a better life.

When we begin to examine ourselves through sincere awareness, we will see things we have never seen before. In almost all cases, the things we believe we are – are not us. These things have nothing in common with our True Self – the inner essence of who we really are. In fact, each of those things – images, ideas and thoughts – are the very culprits of our pain and frustration.

So question everything about yourself. You must dare to see things anew to discover True Reality and the Real You. You must seek what you do not already know or understand. It is imperative that you let go of your traditional ideas of self and your existing ideas of right and wrong, good and bad. In each moment simply start with a clean slate.

When you do this you find out that you are not what you believe you are because you never chose your beliefs. These beliefs were there when you were born. You find out that you are also not the body because you start to function without your body. You start to notice that you are not the dream and that you are not the mind. If you go deeper, you start noticing that you are not the soul either. It is then that something truly incredible happens and from that moment on, it is impossible to see things in the same way again. You discover that what you are is a force – a force that makes it possible for you to have a human experience, a force that makes it possible for your mind to dream.

Without you your body would collapse to the ground. Your whole dream would just dissolve into nothing without you. The force that is Life is what you really are.

Life is not the body. Life is not the emotions. Life is not the mind. It is a force, a conscious awareness of being.