

## BECOMING WHO YOU ARE

Most people do not become who they are. They become who they are not. Many become who they think they should be in order to please others. They live and die as a social role, a persona - a false image they have accepted as their own.

How about you? Who is your essential self? – the self that exists independent of life circumstances and social contexts? The answer to this question is the main objective of your journey on earth

Your journey on earth is an exploration into the deepest levels of your being. It is largely a solo trip. You will not get a lot of assistance from others you meet along the way, unless you have the good fortune to meet a true mentor committed only to your wellbeing. Many of the folks you meet have a vested interest in keeping you within the boundaries of their definitions of who you should be. You play a role in their life situation and they do not want you to change your self in any way. A change in your perception of self, means they would have to change also. They may not be ready to do that. To protect their life stability, they may sabotage any self-change efforts you initiate.

So, what is your true self? It is your Spirit/soul monad. But, what is that? Your soul is the reflection of your Spirit. It is composed of very fine reflective matter. It reflects your Spirit, thereby becoming the bridge between the seventh dimension and the sixth dimension. Your Spirit descends from the seventh dimension and links magnetically with your soul in the sixth dimension. Your soul, in turn, radiates downward into the dimension of your mind (fifth dimension),

the dimension of your emotions (fourth dimension) and finally, the dimension of your body (third dimension).

Your Spirit is an individualized aspect of Divinity attempting to incarnate through you. So, your essential self is the Spirit/soul monad. This is what you must contact to discover who you really are. And how do you do that?

I suggest you make this one of your most important resolutions – to make conscious contact with your soul. Many types of spiritual practice, including meditation enable you to build a bridge between your soul and your mind (fifth dimension). You will then know who you are. By knowing who you are, you can initiate appropriate actions to become that you are.