

The Real You

There are actually two, if not more entities that you call you, one of which you know little about, that is the Real You. The others are each nothing more than a collection of ideas and perceptions.

Think if you will about each of the words that describe *you*. Do you consider yourself to be intelligent? Are you hardworking? How about talented in some way? How did you get to be that way? Are you those descriptions under all circumstances, no matter whose company you share?

Are you stubborn? Do you have a temper? According to whom? Is it not true that your traits are just lingering impressions that others have of you? And do not different people have different impressions of you? Your co-workers see one *you*, your family another, your close friends yet another. So then, which *you* are you?

You want to say that you are the things you see in yourself, and that what counts is what you think of yourself, but that is not true. Provide one instance of something good about yourself that has not originated in the view of another. If you went out and vigorously did what you thought were good deeds and the world rejected them, would you continue?

Don't you see that these things that you believe are *you*, cannot exist without another's impression of them? If there were no one to see them, they would not be there. It takes others to create the *you* that you accept or deny.

Please see that all of the things you think you *are* are simply things that you've made yourself to be. And you have erred in doing so because each of those things you have attempted to be has left you with nothing of any real value- just an image to live up to. And what happens when you fail to maintain the images of being talented, kind or hardworking, for example? You feel bad.

These traits, we'll call them, actually cause you grief. They make you irritated or angry when someone doesn't see them as you've intended. You panic at the thought that someone has misunderstood you, or has the wrong impression of you. You go out of your way and expend valuable energy thinking and planning how to correct the misperception. And then you do it, only in most cases to replace it in the others mind with some other unappealing impression.

On the other hand, you fly high upon the acknowledgement of these traits, good and bad. You relish the fact that you are known to be something. "Wow," you say, "its so good to feel appreciated, and acknowledged." You are atop the world.

In the meantime, your Ego seeks to identify with fame, fortune and glee, wherever it can. And when those subside, it gladly substitutes anger, resentment and self-pity. You actually choose pain and anguish over any unknown possible alternatives.

You continue on in this way, trying to control *who you are* instead of accepting who you naturally are. Even though you have probably never truly known who you really are, you are not interested in finding out. Your conditioned mind cannot comprehend who you really are, so it sees the Real You as something very unappealing.

The Truth however, always sees who you truly are. And it knows that you are naturally good, without the need for outward expression. It cares not one bit what others think. It knows that you are good, because It has created the Real You you in the first place.

You already *are* who you really *are* without the things you try to be. And who you are is so deep and yet to be known, that you have no clue about it whatsoever. You fear learning about it because it may not be exciting enough, fulfilling enough and most of all, you fear not being unique enough. Let that fear end today. Let your Spiritual lesson begin.

If you are to make any progress, you will need to break away from your conditioned way of thinking. You need to abandon the idea that you have the answers and that you can solve the problem. You should by now have an abundance of proof that *you* cannot solve any problem. You simply rearrange it with another problem. Stop trying to control.

Real change within a person can only come from the True Spirit and a connection with that True Spirit can only come through awareness. It really is that simple.

Let the True Spirit change you to be more aligned with the Truth, and you will see radical and naturally positive changes in your life. Your goal should be to live with a freedom and relaxation that brings forth your true, good nature. Let deep and lasting happiness be your aim in life.