



## Who are you, really?, by Kosi

“Any thought that you have had about yourself, however deflated or inflated, is not who you are. It is simply a thought. The truth of who you are cannot be thought, because it is the source of all thoughts. The truth of who you are cannot be named or defined.

Words like soul, light, God, truth, self, consciousness, the universal intelligence, or divinity, while capable of evoking the bliss of the truth, are grossly inadequate as a description of the immensity of who you truly are.

However you identify yourself: as child, adolescent, a mother, a father, an older person, healthy person, sick person, a suffering person, or an enlightened person “ always, behind all of that, is the truth of yourself. It is not foreign to you. It is so close that you cannot believe it is you.

The truth of who you are is untouched by any concept of who you are, whether ignorant or enlightened, worthless or grand. The truth of who you are is free of it all. You are already free and all that blocks your realization of that freedom is your own attachment to some thought of who you are. This thought doesn’t keep you from being the truth of who you are. You already are that. It separates you from the realization of who you are.

I invite you to let your attention dive into what has always been here, waiting openly for its own self-realization. Who are you, really?

Are you some image that appears in your mind? Are you some sensation

that appears in your body? Are you some emotion that passes through your mind and body? Are you something that someone else has said you

are, or are you the rebellion against something that someone else has said you are? These are some of the many avenues of misidentification. All of these definitions come and go, are born and then die.

The truth of who you are does not come and go. It is present before birth, throughout a lifetime, and after death. To discover the truth of who you are is not only possible, it is your birthright.