

Who Are You?

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When we know who we were created to be, it becomes much easier to let our light shine and fulfill our divine purpose. It can be difficult to discern the difference between our true self and the false identities created by the ego.

The following are questions to ask yourself that may help to reveal your true essence, which is the Love That You Are. Answer them as quickly as you can, without much thought. We want the answers to come from our hearts and not our minds. You might not have immediate answers to all of the questions. That's OK. Answer whatever you can. You are a magnificent being of love and light, so don't hold back!

1. I feel uplifted when...
2. I feel fulfilled when...
3. I would probably feel like I had wasted my life if I died without...
4. The one thing that is most important for me to experience in life is...
5. I am most joyful when I provide the following service for others...
6. It makes me really sad when I see...
7. It makes me angry when I see...
8. It makes me feel hopeful when I see...
9. The things I admire most in other people are...
10. I seem to have an awareness of information and truths about the following subject, even though I have not been exposed to some of it. At times it comes out of nowhere, surprising even me!
11. I am passionate to the point of tears, goose bumps, or powerful sensations in my heart, about...

Take time to reflect on the answers you came up with. What do they tell you about who you are - your essence/love and purpose? Frequently others reflect aspects of ourselves. These are the things we admire (not envy) in others, as well as the things that irritate us in others. Please keep in mind that what triggers us in others may be hidden within us, wanting to be balanced with its complement to bring forth the gifted balance of both.