

Dear Blessed One,

Who are you?

Yes, I'm sure you've heard this question in your spiritual questing but have you found the answer yet?

Drop into awareness and ask, "Who am I"?

You are not your name, or profession, or any other thing outside of you.

You are not your thoughts, feelings, or emotions.

All of these things come and go. YOU never change.

Who is aware of these things as they come and go?

The awareness Itself is who you are.

You, who are Awareness, have gotten lost in the objects of life, forgetting who you really are.

Life is the movie and it's quite an adventure. See if you can step back into Awareness, remembering that you're watching a movie without getting lost in it.

From this place, your true home, a resting with life and all its twists and turns happens with no effort.

Resting with life dissolves all suffering. Life then becomes a journey that can be enjoyed rather than endured.

Pause, drop into awareness as often as you can and ask, "Who am I"?

Much Love and Blessings to you,

Shellee



*When you run after your thoughts, you are like a dog chasing a stick; every time a stick is thrown, you run after it. Instead be like a lion who, rather than chasing after the stick, turns to face the thrower. One only throws a stick at a lion once.~Milarepa*