



Who am I?

This seems like a strange question to ask yourself, but it is an essential in the process of personal transformation. At the core of this question are some fundamental realizations you need to acquire.

'Who am I' challenges the fundamental illusion that we believe what we think we are. In other words, my thoughts and emotions are who I am. This is incorrect understanding and it is the root cause of so many personal problems. When we meditate, practice mindfulness or engage in deep thought of inquiry, we eventually unveil the truth about who we are: we acquire Self-realization: the understanding of 'who am I'. The experience is humbling and, at the same time quite ordinary. There are no fireworks or drama, only a taste of an understanding that what you have been looking for all your life has been hiding from you in plain sight. At this moment nothing changes but everything is different.

Hence, starts the process of transformation. Your purpose in life is now clear and you can commence living a meaningful life. Keep up your yoga practice and you will acquire all types of understanding: insight into the nature of time, death and immortality for example. On this path of Self-realization, make sure you associate with the right people who can guide you and help you make sense of the transformations you are experiencing. But most importantly find joy in the wonder of enlightenment.