

Who Am I? Who Are You?

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by [Zen Gardner](#)

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Isn't that the big question? I don't know who I am, and I'm strangely and wonderfully at peace with it. We spend our lives trying to nail that jello to a tree. To what end? Maybe we should just let it go and just be.

That's a radical thought, eh? Just be. Let's try letting go of this identity crap born of the ego-driven matrix we're all too familiar with. That's a novel concept! But not really. It's what the true masters in many forms have taught all along but we've been too dense to understand.

And way too afraid to try. We think there's something to lose. Baloney.

We instead hold on – to our programming, to our frustrated attempts to compete; for love, attention, even meaning in our lives. All completely misdirected, misinformed, mismanaged and just plain missing the point of it all.

What are we here to defend? To assert? To prove? And to whom? Our misguided parents we hold deep in our psyches from whom to gain that attention and love and affirmation we never got? And approval? Or damaged layers in between? What's to approve? And would it ever satisfy that craving we've sublimated throughout our years yet we've hung on to from birth?

Are we defined by our past, our works, our personalities, our reputations? Our aspirations? Our inner chatter?

Some serious stuff to think about. Even if we've "attained"

any of these misdirected aspirations, does that solve or really satisfy anything? Another biggie to consider. Maybe job, career, mate, sense of fulfillment or fame would do the trick? No, it won't, and doesn't. Why? We don't even need it.

It feeds an imaginary construct. It has nothing to do with who we truly are. It's all essentially an illusion.

It's about time we woke up out of our self serving hypnotic stupor.

Being There

It's been a long road for many of us. We knew the answer would be simple but realizing it is to see past our blind spots. Blind spots by their very nature cannot be seen nor seen beyond. We need help. And we eventually get it in synchronistic and even seeming "magical" ways.

If we're open and sincerely want it.

I have no profound words of wisdom that haven't been said before. I just like to express what I'm going through and perceiving, no more, no less. It's not always understood nor welcomed but that's not my problem. I just do what I do. You do what you do.

But there's no escaping reality.

Like you, I'm tired of the struggle. It's been my undoing in many respects due to my intensity, but it apparently had to be to get me to where I was going. Way too simple, I know. Like the onion, there are many layers to peel until we get true clarity one level at a time and approach the heart of the matter. And then we find nothing – it was all peels, layer upon layer containing emptiness.

Or perhaps – it's more like the fractal artichoke – seeking the food in the center when it was in each leaf all along.

But when we sincerely realize the elusive “answer” is a deep realization of an amazing emptiness from our limited construct – oh how full that emptiness is!

In A Nutshell

The summation to all this? It doesn't matter who you “are” or who I “am”. It really doesn't.

Just be. That's who we are. Drop everything else.

Everything.

Quit analyzing yourself to death. Once you've made the inner journey and realize what's going on and are aware, let it all go.

All.

Attachment and belief system free as the little innocent children we truly are.

Have fun with life, live your passion and excitement. Let the rest go.

It couldn't be simpler.

What a relief, eh?

Love, Zen



[Zen Gardner](#) is an impactful and controversial author and speaker with a piercing philosophical viewpoint. His writings have been circulated to millions and his personal story has caused no small stir amongst the entrenched alternative pundits. His book *You Are the Awakening* has met rave reviews and is available on amazon.com. *You Are the Awakening* examines the dynamics of the awakening to a more

conscious awareness of who we are and why we are here – dynamics which are much different from the programmed approach of this world we were born into.