



## Reflecting On Our True Nature

*Who is it that sits  
Behind those eyes looking out...waiting?  
Come out and play*

The world tells us many things about who we are. We look in the mirror and see something reflected. Either a female or male image is looking back at us. We have probably learned to judge this image. Our society seems very concerned with that outer image.

We get so used to associating ourselves with the body. Then, we look outside to see what the world is telling us about who we are. If our parents, peers, or someone else of influence had a certain opinion about who we are, we began to believe it. For example, if while growing up you received constant criticism about how unattractive you were, after a while you would believe it. You would then filter out any new information to the contrary and only respond to information that matched this limiting viewpoint. It would not matter if you were beautiful, you would hear only what agreed with the original opinion.

In the movie *Truman*, starring Jim Carrie, there is a baby who is adopted by a corporation. His whole life is presented on TV. Everything is made up like a play, but he thinks it is real. When someone asks the producer of the show if he thinks Truman will ever find out, he makes a most insightful statement:

*"People will usually accept the reality they are presented with."*

Who are you really? Close your eyes. What do you see? Darkness? ... anything?

... nothing? So on the outside it appears we are something, but we look inside to see no thing. Hmm... Quite a mystery! Ask yourself, who are you really? Are you your body? Are you your emotions or your thoughts? Could it be that you are life itself?

As we live we start to get "framed" by our experience, forgetting that we are limitless. When you embrace that limitless quality, then you know you are one with all that is, all that ever was, and all that ever will be:

*Be the light you are  
Shine like a star  
Be the night sky too  
There is no limit to you...*

It's like acting on a stage. Shakespeare said it 400 years ago and it's true today:

*All the world's a stage.  
And all the men and women merely  
players: They have their exits and their  
entrances. And one man in his time plays  
many parts.*

We have our roles, we do our dance, and then we leave the stage again. If you can, know that you are all of it: the player, the theatre, and the audience. Right now take a step back from your life. View it like you were watching a movie. What is reflected there? Things happen, then they fall away again, then something else arises.

In Taoism they talk about "the changeless within the ever-changing" – *that is who you are*. You are the artist. Your life is the canvas. Anything is possible because you are a limitless being. That is what you've come to experience. That is true freedom!

Everything in your world is a reflection of you. When we are compassionate with others we are creating compassion for ourselves. So on reflecting on our true nature, there isn't anything that we are not. Nothing is separate in this reality.

