

TRANSFORMATIONS

Identity Theft is Closer than You Think

By Pamela Bell

Who are you? No really, Who are you? Who is the "you" that lies beneath the surface and how familiar are you with the being that lives there? So much of our life is spent defined by labels - descriptive's that help us decipher our place in the world and help others to better know who (or what) we are. It is the "who" that I am asking you to consider, not the "what" that we have all come to know ourselves as. We have grown so used to seeing ourselves and the people in our lives as labels that I think we have forgotten there is a living breathing person in there.

To clarify the point let's look at a common scenario: You are at

a party and you are introduced to someone for the very first time. They turn to you and say: "so Sue, what do you do?" And you say: "I'm an attorney for ABC Law firm and I work in mergers & acquisitions." Consider for a moment just how much (or how little) you have told them about yourself. They know you are an attorney. They know you are bright or you probably wouldn't be in this position. They may assume you are a good negotiator/deal maker and they may assume that you earn a hefty salary. Take notice that they didn't even ask what you do for a living, but only "what do you do?"

There are many assumptions

and stereotypes surrounding every position in our society and telling someone what we do for a living conjures up a multitude of images in ones mind. Think for a moment about what comes to mind when someone tells you they are a Teacher; Carpenter; Political Advocate; Writer; Psychologist; Single Mother; Daughter; Husband; Taxpayer; US Citizen; Environmentalist; etc. This information is helpful to the point that it opens the door for further exploration and conversation but the labels are shortsighted and can be problematic when trying to define ourselves as we pass through life's many transitions. Relying on only labels for our identity can cause a sense of unworthiness and unnecessary stress when we retire, change jobs/careers, divorce or when someone we love passes away.

We (you, I and everyone) are so much more than words. Granted these words are helpful in describing what we do and how we choose to spend our days but they say so little about who we are. So again, setting aside these many labels I ask you, Who are you?

We have been raised in a time when what we are is made more important than who we are. We are all sentient and energetic beings. We breathe in life

patiently to be noticed, to be recognized, to be known. This you, this consciousness that makes up who you are will go with you wherever you go. Your journey

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and give life to others through our universal connection and mere physical presence. We are lovers, creators, supporters and dream makers. We are hope. We are consciousness living in a physical form. We are irreplaceable and indescribable by words.


The truth that many of us spend a lifetime coming to understand is that the "what" of our lives is temporary; it's ours for the borrowing but must always be relinquished. Our careers will one day end. That which makes us a daughter or a son will move on as well. Our hobbies will change. Our capabilities will change. And all that we once knew and clung to will be gone except for one thing - the YOU of you. The you that lies beneath the surface waiting

together is eternal and I can think of no better time than now to experience this presence.

I ask you to take a vow. To begin right now, this moment, to stop describing yourself as a label and to practice being the light that lives within you. Start noticing and connecting to this same presence within others. To let the labels fall by the wayside, knowing they are only words, and look into the person you call your mother, your boss, your friend, yourself. This is where life lives. This is where love lives. This is the "home" we long to go to and we can choose to go there at any time.

"We are human beings: our being infinite as wind, our human house full of holes."

---Mark Nepo



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