

The Single Most Important Lesson You Will Ever Learn:

By Mr. James Fuller

You may deny 'who' you are until you're dead and gone... who you are is defined by social constructs such as culture, money, occupation, sexual preference, political and religious views etc. These things you may deny because they are flexible and have blurred boundaries.



But, to deny 'what' you are puts you at risk of failure and will cause a limited experience of life. This is when anxiety, depression and other problems are most likely to arise.

If you are yet to define 'what' it is you are, then you can be forgiven for being co-dependent, immature or ignorant. Identifying what you are can be extraordinarily difficult for some people – going beyond the natural assumptions that I am human, I am male, I am my job, I am my relationships starts to get quite daunting. After you have defined 'what' you are, you become responsible and accountable to yourself, and this can be very scary for some people...

Most people believe that the self is spiritual, that the spirit holds the absolute truth about what you are, and to deny this holy truth is blasphemy against the sacred core of your existence.

'What' you are is defined by the undeniable truth that you are a thinking being that is designed to breath, sleep, eat, move, explore, create, connect with your family, develop relationships, feel spirited and nurture this process – everything else is a story you allow yourself to believe.

For example, if you are a parent and you willingly deny your child is yours, then you are guilty of blasphemy against your holy truth.

If you knowingly deny your body what it requires to live, move and develop then you are guilty of blasphemy against your holy truth.

The lesson is: define 'what' you are and never deny or abandon this! Because once you have defined everything you are then you are as close to Truth as you possibly can be. Your Spirit will glow.

“To thine own self be true” William Shakespeare

Life is much more about *what* you are than *who* you are. Who you are could be anyone in the world but what you are is undeniable and is the representation of your spirit.

Is there anything about humanity we should hold in higher esteem than the spirit of life?

In all my years, I cannot think of any.