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Live Life Like You Know Who You Are

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We all do it at one time or another. When you're feeling bored, when you're feeling insecure and need to experience a little assurance, when you're looking for an escape, or want to try out what it would feel like to make a wish come true – you daydream. You'll place yourself in and through all kind of situations in mind; purposefully imagining yourself in thorny predicaments just so you can imagine yourself overcoming them. In your imagination you have no issue with putting yourself through strife because even though your traumatic inner musings prompt real sensations of stress and discomfort you still maintain your higher sense of self (as the one who is doing the musing).

In a daydream, you hold a sense of yourself as existing safe and sound outside of the turmoil which you are witnessing your character self go through in mind. You can intensely feel your imagined character's distress. But you also know that you are in absolute control of the experience and that it will ultimately all come to good in the end. So even though you feel pain you don't actually suffer from it. What if you could live your whole life that way? What if you could associate your worldly persona to a role you're playing in life, as you recognize your Real Self to be something greater?

Many of us take our pain too personally. Whenever something awful happens, we feel as if it's the end of the world. And we live that way until circumstance proves otherwise. We don't live like we know our pain will pass; that despite appearances there is relief and a silver lining ahead. And because of our cynicism, we hurt much deeper and suffer much longer than is actually necessary to learn the lesson our challenges are meant to teach us. How many upsetting events in your life have you survived? Something came along and shook up the world as you were used to knowing it, now some things in your life are gone, some things are in a different place, and your attitude toward it all has changed. Yet despite this revolution, you're still here aren't you? But even though you may feel different, though your life outlook may have changed, though your circumstance today may not be the same as it was yesterday - you are still you. Aren't you? In spite of all the variability going on around you, the part of you who acts as the witness to everything you do, think, and go through, that part of you is constant. That part of you is Spirit.

You may have heard the expression before, "you are not a human being having a spiritual experience; you are a spiritual being having a human experience." There is indeed a higher part of you. You may recognize it as your inner witness. It's not the part of you that thinks thoughts; it's the part of you that observes your thoughts. It's not the part of you that acts; it's the part of you that just Is. It's not the part of you that believes anything. Beliefs change over time depending on whatever the current apparent

evidence best suggests. This is the part of you that simply *knows*. Have you ever had the experience of knowing something all along, even though it took you a while to actually accept it? Guess which part of you had the *knowing*, in contrast to the part of you who clung to that false belief.

You have a Spirit and you have a soul. Spirit is the life. Your soul is how Spirit acts through you as one of the many expressions of life. It's your personality. It's the part of you that's constantly changing, always developing; whereas Spirit is the part of you that's simply constant, all feeling yet untouched. As a rapt observer of all your life experiences, your Spirit feels all that you (the soul) feel, but remains unmoved. Not unmoved in the sense of being aloof or indifferent, but in being always at peace. Always secure. Spirit is that part of you which is above it all - the unmoved mover.

Whirlwinds will occasionally seemingly spring out of nowhere; they'll gust through and transform your whole life situation. But don't have to let these winds knock you over. What if you live your life like you know there is this magnificent part of you – the Real You. Behind the mask of you that the world sees, apart from of the conditions of your changing life experience, in back of the busyness of your shifting thoughts and emotions - there is You watching it all play out. You truly are the avid daydreamer, dreaming within a dream. How different would your life experience be if you simply accepted this; if you simply and fully accepted yourself as a Spiritual being having a human experience? No matter what the circumstances may appear to be outside in the world, there is a place inside you where you may always find refuge.

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