

Who Are You?

By Robert Burns
Motivational
Speaker,
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How many truly know who they are, other than their name and title? We all have a title, and most live as though it was who they are. Yet, when you get right down to it, we are not who we think we are—we are much greater.

I read an interesting book entitled *The Tao Te Ching* by Lao Tzu, written 2,500 years ago, and one of the points he made was “to know others makes you smart, and yet to know others illuminates you.” How is that for ancient wisdom?

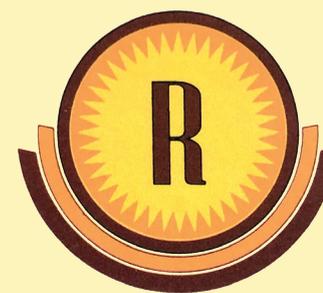
If we take the time to turn off the television and start a daily meditation for about 15 minutes, we can certainly remember who we are at a much deeper level since that is where the knowledge is contained (hidden) from our consciousness.

Who we truly are comes to us as a feeling and not a thought as most believe. Our thoughts are a compilation of experiences we have had, whereas our feelings are who we truly are. Life is more a feeling experience than an intellectual

one. Intellect, we are taught, is important; yet our feelings are who we truly are.

I am beginning to realize who I am, and for that I am thankful. Boys are taught not to cry or show their emotions, and that takes a toll on a number of men since it takes them away from who they are. I have been here at Vet Haven for a little over 6 months and am finally beginning to realize who I am. It is important to realize why we incarnated on the earth at this time. Wishing everyone peace, serenity, and the best of life. Namaste

Bob Burns is a Master Clinical Hypnotherapist and Master Practitioner of Neuro Linguistic Programming (NLP), working with clients one-on-one to overcome addictions. He has created many subliminal recordings to help people quit smoking, maintain healthy weight, manifest abundance, and think positively, as well as study skills for students. Bob is a public speaker on the topic of NLP and has had his own radio show with the Hunterdon County Chamber of Commerce in Flemington, NJ. Bob has also been a guest on over 200 radio shows worldwide and is a published author.



Robert Burns

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