

What great advice! Now, how do I do that you may ask? We are all affected by other people, places and things. So how do we remain pure to ourselves? What does it mean to be ourselves? Do we even know who we are? Usually, when we are asked *who* we are we will respond with *what* we are. We identify ourselves with a role, or a job position (ie: Mother/father/CEO and on and on).

However, who we are is that unique design that makes me/me, and you/you. Like a fingerprint, no two are alike. When we deviate from our natural born design we cause ourselves great pain and in the final analysis don't really please anyone else either (at least long term). So, overtime, we give ourselves even more pain.

What do we do? How can we separate the who we are from the what we are and still function within a Society that expects so much from us?

First we must get in touch with and define that unique "fingerprint" that belongs only to us and embrace that part of ourselves which is the inner friend. The friend that no one can take from us, the best part of each of us that has been touched by the divine (if you will).

We can change any "what" of us, without damaging the unique "who". There exists the hope for permanent change: To rediscover the who we are designed to be.