

What We Are

by Lionel Goulet

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My definition of “human being” runs contrary to what seems to be.

I am aware of that.

I think humanity needs to take a new look at itself. Things are not what they seem.

Here we go.

The popularly-accepted definition of human being is this: we are a physical body (60% water) with a divine *something or other* inside it that makes it alive:

- a “ghost in the machine,”
- body and soul,
- mind and body.

We are *so* not that. We are so much more.

The Illustration of the Connection

Let me draw you a picture of what we are.

Imagine a dark room.

Imagine a bare light bulb sitting in a little lamp on a table.

Turn the light on.

Now take a large metal kitchen strainer, like the kind a commercial restaurant would use to cook a lot of pasta, and place it upside down over the light bulb. The strainer should be large enough to cover over the bulb without touching it. Place the strainer down flat on the table so that the light from the bulb is only coming out through the little holes in the strainer.

Now imagine that the holes in the strainer are filled with lots of tiny little pieces of colored glass and jewels, so that instead of white light coming out of the strainer, there are a hundred different colors of light; maybe even a thousand, maybe even more. The strainer is very pretty, sitting there on the table, all different colors.

Now take a close look at the individual tiny little holes in the strainer. Notice that they aren't all circles, but rather some are square, some are triangles, some are little ovals, some are little dashes, some are little characters...in fact, there are a thousand different tiny little holes in the strainer, all different colors, all different shapes. That's us.

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The light is the light of life¹. Each of the holes is one of us. We each take the light of life and pass it *through* us. On the way, we *shape* the light and *color* the light according to our own personality. What we call “personality” is the shape and color of the light of life that we pass through us on to others.

Let us again look at one colored hole in the strainer.
Notice that it has two qualities: shape and color.

Both are necessary.

The hole without a light would be darkness.
The light without a hole would be darkness too.
Each without the other is empty, meaningless.
Together, life is expressed.

We are *both* the light *and* the hole; the color *and* the shape; two qualities woven together like threads in a cloth.

Let me summarize our story so far:

- Each and all of us are an expression of the light of life.
- Life comes *through* us, not *from* us. It is part of the way we are.
- We take the light of life and shape it, color it, direct it, and express it as our own personalities dictate.

We are not separate souls, we only think that we are.
There is only one soul, the same for one and all.
We are all an expression of that same soul/life.
Soul is not in body; body is not in soul. Body and soul are one.

¹ It has also been called spirit, soul, God, Goddess, nature... It has a *lot* of names.

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So Let's Get to the Definition

A definition of us is actually easy, so let me just state it.
We are self-defined. **We are what we think we are.**

And what do we think we are?
Not enough. Not near enough by a long shot.

Are we Devil? Angel?
Fallen? Saved?
Meat? Mind?
Sinner? Saint?
Downtrodden? Uplifted?

Yes!

We do not need to raise ourselves up from the mud for we do not dwell there.
Except that we think that we do.

Let me put that another way. There is no hell, except the hell that we create for ourselves. Which is not to say there is no hell.

We are at core divine, the expression of soul. Lift up our thinking to the understanding that we are divine, and in a while it becomes obvious.
For me it took 45 years. YMMV².

We are beings of power. I am convinced of it. We determine reality every minute of every day. *We determine reality!* We define the playing fields, the rules, the players, the score, and the importance of the game. It is not our weakness that needs strengthening, but our strength that needs controlling. We decide *value*, and from that, we can and do shape the world in all directions. We, and not some heavenly bearded old man, determine right and wrong. We are divine.

² Your Mileage May Vary.

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What is Reality?

We think: there is a reality “out there” and we are in it.
How it got there we don’t know, but there it is.

We also think there is an “I,” a “me,” that dwells inside us, hidden and secret except when we let parts of it show.³

So, what is reality? No one has a satisfactory answer. Let me try.

There is no barrier, no separation between “out there” and “inside.” We only think there is. We are connected to the outside world in a billion ways and it flows freely in- to us at every moment. We’re wired in. We’re connected.

In other words, any definition of reality must include us.

Once that is fully understood, the answer to “What is reality?” is simple: **reality is what we accept as real.**

We are part of the definition of reality. What’s *out there* starts *inside us*.

That’s why it’s so important to pray, attend church, learn the teachings of the messiahs, prophets, enlightened ones, sages, gurus, and from each other. Seek a higher understanding and it will become your reality.

We are Powerful

We are so powerful we can limit our power. By thinking we are limited, we make it so. And *keep* it so. We real-ize ourselves into depression, poverty, economic collapse, war, disease, and a billion kinds of failure.

And yet we also do exactly the opposite as well. We real-ize ourselves into wealth, happiness, economic boom, prosperity, health, and success in all fields.

Reality is what we accept as real.

³ Perhaps that’s what “I” stands for: Inside?

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And Further

Let's go back to the room with the light and the tiny little pieces of colored glass. Let me push the illustration a bit further.

Pick one colored hole on the surface of the strainer. Draw an arch from that spot to another hole somewhere else on the strainer.

This arch is someone communicating with someone else. We do it all the time in ninety different ways: speak, listen, voicemail, email, text, write, read, watch...

When one of us communicates with another one of us, what's *really* happening is life is connecting *with itself*. Life becomes further expressed. Life must be as fully expressed as possible. That's why communication is essential and so universally popular.

That seems to be a law of some kind: existence must express itself as fully as possible. The history of the universe is the story of existence expressing itself more and more.

We humans are the most subtle, complex, beautiful, *full* expression of existence so far attained. We can even look upon ourselves and contemplate our own existence. That is an awe-inspiring achievement.

And Then, There's Death

Everybody dies.

When they do, the connection to the light of life that they provided us is darkened.

When we mourn someone, we mourn not the loss of the body they had but the loss of the connection to life that they provided to us, the connection to life they expressed. We miss their connection.

We *are* something. But there is more to it than that.
We are most importantly *a connection to* something.
We are each and all of us a connection to life.

When someone dies, life still shines on; it does. The connection to life that they gave us shines on through other connections. Look for it.

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A Summary

We think of ourselves as something: body.
Many people think there may be a soul in there as well.
That is so *not it*.

We are *a connection to something*. The *something* that we connect to is soul, life, spirit, love, God...⁴

The light is important, and the body is important.
Both are inter-woven.
One without the other is darkness.

The duality of body and soul is an artificial one. Body and soul *is* one; as a tree and the ground around it is one.
Think of a fish in the water: the fish is in the water, and the water is in the fish. The fish doesn't think of itself as separate from the water, and in truth, it is not.

The light in us connects to the light in others and we live our lives. Existence is expressed.

Existence must be as fully expressed as possible. It's like a law.

We *carry* the message of life. We *are* the message of life.
We are the cable and we are the data.
We are the medium and we are the message.
We are what we think we are. We are divine.

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⁴ It has a lot of names.