

# *WHO WE ARE?*

**21 PATHS TO SELF-DISCOVERY:  
INSIGHTS FROM THE WORLD'S  
SPIRITUAL MASTERS &  
RESPECTED SPIRITUAL  
TEACHERS**

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# THE MASTERS

Here is the list of Spiritual Masters & Respected Spiritual Teachers we used to get answers to question:

“WHO WE ARE?”

Buddha - Spiritual leader and founder of Buddhism

Jesus Christ - Religious leader and central figure of Christianity

Lao Tzu - Chinese philosopher and founder of Taoism

Muhammad - Founder of Islam and religious leader

Eckhart Tolle - Spiritual teacher and author

Dalai Lama - Buddhist leader and spiritual teacher

Deepak Chopra - Author and advocate for alternative medicine

Thich Nhat Hanh - Vietnamese Zen master and peace activist

Ramana Maharshi - Indian sage and spiritual teacher

Sri Chinmoy - Indian spiritual teacher, poet, and artist

Mooji - Jamaican spiritual teacher and author

Jiddu Krishnamurti - Indian philosopher and spiritual teacher

Osho - Indian mystic and spiritual teacher

Ram Dass - American spiritual teacher and author

Paramahansa Yogananda - Indian yogi and spiritual teacher

Sadhguru - Indian yogi and founder of the Isha Foundation

Sai Baba - Indian guru and spiritual leader

Meister Eckhart - German theologian, philosopher, and mystic

Confucius - Chinese philosopher and teacher

Guru Rinpoche - highly respected figure in Tibetan Buddhism

Rumi - Persian poet, jurist, and Sufi mystic

# THE ANSWERS

The spiritual teachers responded to the question "Who am I?" in various ways, but most agreed that the true self is beyond the limitations of the ego and the mind, and is connected to the divine or infinite.

They emphasized the importance of looking within, embracing mindfulness, connecting with our inner wisdom and intuition, and transcending the illusion of the self. Some emphasized the interconnectedness of all beings, while others stressed the importance of cultivating wisdom and virtue or living in harmony with the natural world.

Overall, the answers suggest that to know who we truly are, we must go beyond the boundaries of the self and connect with the infinite and eternal.

Here are specific answers:

Buddha: "The self is an illusion, a fleeting concept that causes suffering. To understand who we truly are, we must let go of attachment to the self and recognize our interconnectedness with all beings."

Jesus Christ: "I am the Son of God, sent to earth to save humanity from sin and offer eternal life through belief in me."

Lao Tzu: "I am but a humble servant of the Tao, a vessel for its wisdom and guidance. The true self cannot be defined by the ego, but is found in union with the Tao."

Muhammad: "I am a messenger of Allah, sent to guide humanity to the right path and remind them of their duty to worship and serve God."

Eckhart Tolle: "The true self is the essence of consciousness, beyond the limitations of the ego and the mind. To find the answer to 'Who am I?', we must go beyond thought and connect with our inner being."

Dalai Lama: "I am a human being, just like everyone else. The true self is found in compassion and the desire to alleviate the suffering of others."

Deepak Chopra: "The self is a constantly evolving entity, shaped by our experiences and consciousness. To understand who we truly are, we must look within and connect with our inner wisdom and intuition."

Thich Nhat Hanh: "The self is not separate from the world around us, but is part of the interdependent web of existence. To know who we truly are, we must embrace mindfulness and the present moment."

Ramana Maharshi: "The true self is pure consciousness, beyond the limitations of the ego and the mind. To discover who we truly are, we must ask the question 'Who Am I?' and delve into the depths of our being."

Sri Chinmoy: "The true self is a divine spark within us, a reflection of the infinite and eternal. To know who we truly are, we must connect with the divine essence within us and realize our true potential."

Mooji: "The true self is pure awareness, beyond the limitations of the ego and the mind. To know who we truly are, we must inquire into our own nature and experience the silence and stillness within us."

Jiddu Krishnamurti: "The self is a construct of the mind, a product of our conditioning and beliefs. To know who we truly are, we must go beyond the limitations of the self and experience the infinite."

Osho: "The self is a constantly changing and evolving entity, shaped by our experiences and consciousness. To know who we truly are, we must embrace the present moment and connect with our inner being."

Ram Dass: "The true self is a reflection of the divine, beyond the limitations of the ego and the mind. To know who we truly are, we must transcend the illusion of the self and connect with the universal consciousness."

Paramahansa Yogananda: "The true self is the immortal spirit within us, a reflection of the divine. To know who we truly are, we must connect with our inner divinity and realize our true nature."

Sadhguru: "The true self is beyond the limitations of the ego and the mind, a reflection of the infinite and eternal. To know who we truly are, we must go beyond the boundaries of the self and experience the boundless nature of existence."

Sai Baba: "The true self is the divine essence within us, a reflection of the infinite and eternal. To know who we truly are, we must cultivate selfless service and devotion, then we can realize our divine nature."

Meister Eckhart: "The true self is a spark of the divine, a reflection of God's own image. Your true nature is eternal and unchanging, beyond all concepts and limitations."

Confucius: "The true self is a human being, with the potential for great wisdom and virtue. Your identity is shaped by your relationships with others and your place in society."

Guru Rinpoche: "The true self is the primordial, timeless awareness that underlies all phenomena. Your true nature is pure, clear, and beyond all dualities."

Rumi: "The true self is not a drop in the ocean, but the entire ocean in a drop. Your true self is infinite and boundless, one with the divine reality that permeates all creation."

Here's the question "Who are we?" again asked to the spiritual teachers:

1. Buddha emphasized that we are all interconnected and part of a larger whole, and that our true nature is pure and unchanging.
2. Jesus Christ taught that we are all children of God and that our purpose is to love and serve others, treating them as we would like to be treated ourselves.
3. Lao Tzu believed that we are all part of the Tao, or the natural order of the universe, and that our true nature is one of simplicity and humility.
4. Muhammad taught that we are all equal in the eyes of God and that our purpose is to submit to His will and serve Him through our actions.
5. Eckhart Tolle stressed the importance of going beyond the ego and the mind to connect with our deeper, true nature as consciousness and presence.
6. The Dalai Lama emphasized the interconnectedness of all beings and the importance of cultivating compassion and kindness towards others.
7. Deepak Chopra believed that we are all expressions of the same infinite consciousness, and that our purpose is to fulfill our unique potential and contribute to the evolution of consciousness.
8. Thich Nhat Hanh believed that we are all part of the same interdependent web of life, and that our purpose is

to live in harmony with ourselves, others, and the environment.

9. Ramana Maharshi taught that our true nature is pure consciousness and that we can discover this by inquiring into the question "Who am I?"
10. Sri Chinmoy believed that we are all capable of achieving spiritual transformation and enlightenment, and that our purpose is to strive towards this through meditation, prayer, and service.
11. Mooji emphasized the importance of discovering the true self and realizing our oneness with all of existence.
12. Jiddu Krishnamurti believed that we are all capable of transcending the limitations of the self and connecting with the infinite, and that our purpose is to realize this and live in harmony with others.
13. Osho believed that we are all divine and infinite beings, and that our purpose is to awaken to this truth and live with awareness and creativity.
14. Ram Dass believed that we are all manifestations of the divine and that our purpose is to love and serve others, recognizing that we are all part of the same whole.
15. Paramahansa Yogananda taught that we are all part of the divine consciousness and that our purpose is to realize this through the practice of Kriya Yoga.

16. Sadhguru believed that we are all capable of realizing our true nature as consciousness and that our purpose is to create a more peaceful and harmonious world.
17. Sai Baba taught that we are all divine beings and that our purpose is to live with love and compassion towards all beings.
18. Meister Eckhart believed that we are all capable of connecting with the divine and realizing our true nature as part of the infinite.
19. Confucius believed that we are all capable of cultivating wisdom and virtue, and that our purpose is to live in harmony with others and society.
20. Guru Rinpoche taught that we are all capable of transcending the limitations of the self and realizing our true nature as pure consciousness.
21. Rumi believed that we are all divine beings and that our purpose is to connect with the divine and live with love and compassion towards all beings.

The spiritual teachers above were asked the question "Who Are We?" and their answers reveal a common theme: we are not defined by our physical bodies or egos, but rather by our inner essence or spirit. Many of the teachers emphasized the importance of realizing our true nature, which is beyond the limitations of the mind and the material world. They also emphasized the interconnectedness of all beings and the need for compassion and love towards ourselves and others. Several of the teachers spoke about the journey towards self-discovery as a process of awakening,

letting go of attachments, and finding inner peace. Overall, the responses emphasize the importance of seeking and connecting with our true selves, and finding a deeper sense of meaning and purpose in life.

The common theme in the answers given by the spiritual teachers when asked "Who Are We?" is that we are not defined by our physical bodies or egos, but by our inner essence or spirit, and the journey towards self-discovery involves realizing our true nature, letting go of attachments, and finding inner peace.

Put it in one word?

Spirituality.

If you were to ask the spiritual teachers listed above the question "Who am I?" they would likely respond with a wide range of answers.

However, many of them would emphasize the importance of looking beyond the surface-level identity that is defined by our name, occupation, or social status, and instead explore the deeper dimensions of our existence.

They might encourage you to engage in self-reflection and contemplation, exploring the nature of the self and the relationship between the individual and the wider universe. They might also suggest practices such as meditation, mindfulness, and self-inquiry as ways to develop a deeper understanding of oneself.

Some of the spiritual leaders might also suggest that the question "Who am I?" cannot be answered through words or concepts, but rather must be experienced through direct realization or insight. They might encourage you to let go of the ego and cultivate a sense of oneness with all things, recognizing the interconnectedness of all beings and the fundamental unity of existence.

Overall, the responses to the question "Who We Are?" would likely emphasize the importance of cultivating a deeper sense of self-awareness and connection with the larger universe, moving beyond the limitations of the ego and the material world to discover the true nature of oneself.