

# I am not I. Who am I?

I am not who I am!  
I have a body, but am I the body?  
I have a mind, but am I the mind?  
I have an ego, but am I the ego?  
Who is the me that I am?

Am I a butterfly? No that's not me.  
Am I a bee? No that's not me.  
Am I a tree? No that's not me.  
I am me!  
Who is the me that I am?

I am not who I think I am  
I am an Indian – No, that's my nationality  
I am a Hindu – No, that's my religion  
I am a male – No, that's my gender  
I am not who I think I am!

I am not my car  
I know what I am not  
I am not my house  
I know what I am not  
What I am not, I know  
But I know not who I am

I have eyes that can see  
But the eyes are not me  
I have limbs that can walk  
But it's not me who does the talk  
These are mine, but not me  
Who is the me that I am?

I am not the Ego  
That's my identity  
I am not the body and mind  
That's not ME  
I am the Holistic Energy  
I am "HE"  
I am not the 'I' that I thought I was  
Who am I? I know who I am.

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