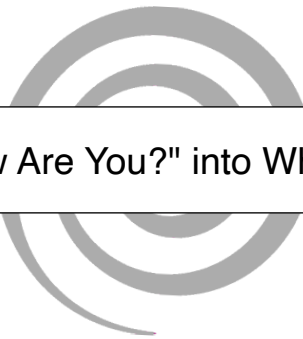


# WHO ARE YOU?

*A Visionary Society Quest*



Turn "How Are You?" into Who Are You?

How can we maintain our integrity in a world where power, success, and money are valued about all else?

*What is closest to your heart,  
your secret longing,  
your founding principle?*

# know thyself



*Inscription at the temple of the Pythian Apollo at Delphi*

What makes you happy? What you are attracted to, what inspires you, what draws your attention? What are you enchanted by? How do you react in times of trouble? Are you callous? Are you capable of bestial acts? Is your heart hard? Are you bored? Are you depressed? What is false and real in your life?

# What is the self?

## **The soul is hidden**

“The soul has only that which is hidden in its world, that which is sealed in its treasure houses. The quality of a person is internal. He does not live by what his mouth says but by the secret. The honor of a person is a secret.”

*Abraham Heschel*

## **Our real life comes from a hidden source**

‘Do you think I know what I’m doing?  
That for one breath or half-breath I belong to myself?  
As much as a pen knows what it’s writing  
or the ball can guess where it’s going next.’

*Jalalludin Rumi*

## **Your central wish makes you unique**

“Everyone has in him something precious that is in no one else.’ But this precious something in a man is revealed to him only if he truly perceives his strongest feeling, his central wish, that in him which stirs his inmost being.”

*Martin Buber*

## **Which of your hopes do you secretly know will never come true?**

“Without hopes and dreams, we cannot live. But once we know that certain hopes are false, we can’t hold on to them forever, because sooner or later they’ll end in crisis and failure. If you can search deep within yourself and find the hopes you realize will never come true, and if you make the effort to abandon these hopes here forever, you will gain a greater sense of reality.

*Silo, Guided Experiences, ‘False hopes’*

## What do you care about?

Personal security  
Accumulate money  
Your own happiness  
Recognition, status, fame  
Social justice  
Being a decent person  
Bring good into the world

## What is your Character Quotient?

Gentle, Humble  
Thoughtful, Courageous

Self-satisfied, Greedy  
Narcissistic, Brutal

# What are you doing with your life?

*fill this out*

Mediocre

Meaningful

LEISURE

WORK

FRIENDS

COMPASSION

CREATIVITY

SPIRITUALITY

CALLING

# What is your higher nature?

## **Do not lie to yourself**

“Above all, do not lie to yourself. A man who lies to himself and listens to his own lie comes to a point where he does not discern any truth either in himself or anywhere around him, and thus falls into disrespect towards himself and others. Not respecting anyone, he ceases to love, and having no love, he gives himself up to passions and coarse pleasures.”

*Feodor Dostoyevsky*

## **Passion must be disciplined and trained**

“As the true knowledge is disciplined and tested knowledge, —not the first thought that comes, so the true passion is disciplined and tested passion, —not the first passion that comes. The first that come are the vain, the false, the treacherous; if you yield to them they will lead you wildly and far, in vain pursuit.”

## **What would you give your life for?**

“Listen to the moan of a dog for its master.  
That whining IS the connection.  
There are love-dogs no one knows the names of.  
Give your life to be one of them.”

*Jalalludin Rumi*

## Turn "How Are You?" into Who Are You?



Wherever strangers ask ‘How are you?’ they are implicitly opening up the possibility for self-recognition. Let’s not waste this opportunity.

Invitations are a way to break through pleasantries. The repetition of ‘How are you’ is misleading. It fills an emptiness with another emptiness. It is a falsification of our need for recognition. It fills an emptiness with another emptiness.

We can use this omnipresent everyday greeting as an opportunity to explore how we really are and what we can do about it. If you are waiting in line, walking in a park, sitting in a cafe, here's a chance to ask questions that matter – to use our minds and hearts – to really find out 'How are you?'