



LIFELINE  
In solidarity with...



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## WHO AM I?

Who am I?, a question about our identity, has haunted people of all walks of life. These days as we are in lockdown, as there is quiet all around, once again this question might have cropped up.

**False Identity:** Henri Nouwen says that often we equate our identity, (Who am I?), with what we do, with what we have, and with what other people say about us.

Therefore, for many: "I AM what I do." "I AM what I have." And "I AM what other people say about me." Surprisingly, here one believes that one's self-worth and self-dignity come from external factors.

**True Identity:** But the LIFELINE will whisper in your ears, saying: "You are not what you do! You are not what you have! You are not what other people say about you! You are something more than this. Your self-worth and self-dignity come from within." Listen to this whispering again and gain.

The LIFELINE tells you: "**You are my Daughter/Son, my beloved.**" This is your true identity.

### Exercise:

- **As you breathe in say:** "I am the beloved of God." Let these words become part of you. Let them flow into every fiber of your being. Let them fill you with new life.
- **As you breathe out say:** "Thank you, Lord". Let these words flow out of joy and consolation.
- **As you go to bed** repeat again and again: "I am the beloved of God."
- **As you get up from the bed** say: "I am the beloved of God."
- **As you do your daily chores**, as you help out the victims of COVID 19, repeat: "I am the beloved of God."

- Rediscover this TREASURE that is within you.
  - The GOLDMINE is within you.
  - Taste and relish your TRUE IDENTITY.

**"I AM THE BELOVED OF GOD."**