

# The Anchor & The Path

A Guided Reflection on Finding Your True Essence



# Who Am I, Really?

We often define ourselves by external labels: our roles, our achievements, our relationships, what others think of us. But these labels are constantly changing. They are flimsy and inconsistent.

This leaves us asking a fundamental question: When all of that is stripped away, what remains?

**What is the true essence of who we are?**



## A Poem: Entity Identity

### I The Entity

how I see what I see  
when I look at the entity known as me

when I say I  
that's the one to whom I refer

**I The Entity**  
identified as me

tell me what do you see  
when you observe this entity known as me

**I The Entity**  
you see labels come in handy  
pointing while trying to nail it

but do you know me?  
do I know me?

the entity in front of you  
beyond form  
Beyond mind  
Beyond separation

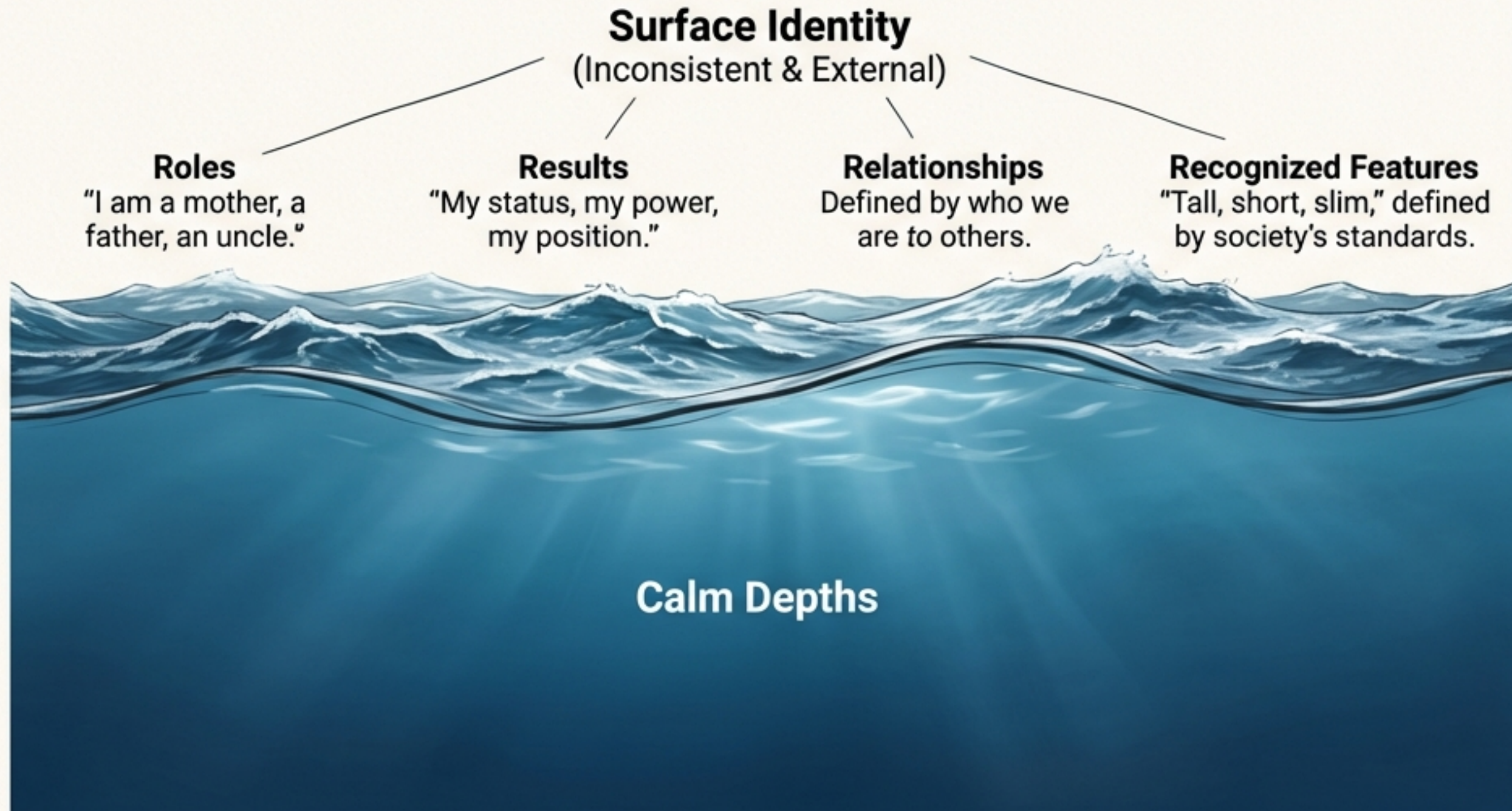
roles results relationships recognized features

**I The Entity**  
you the entity  
we The Entity

the one least seen  
the identity of the one  
of which I am an entity

# We Mistake the Surface for the Substance

The poem points to the common ways we try to “nail down” our identity. These are the external, ever-changing masks we wear.



“Society says  
I’m not tall... I  
don’t belong.”  
– Mama Kate

# The Invitation is to Find an Anchor

The journey inward is a search for a sense of identity that is stable. An inner foundation that allows us to navigate life's changes without losing our sense of self-worth.

"How far deep do you want to go before you find a sense of identity that is stable, that you can hold as a center thread?"  
- Frank

**An anchor grounded in something that cannot be changed or moved, something not determined by performance or other people's opinions.**

# Our Anchor is a Spiritual Essence, Grounded in Love

The stable foundation we seek is not found in our physical form or our intellect, but in our spiritual nature—the part of us that is constant regardless of what happens to our physical or mental state.

## **Inherent Worth**

"The fact that I am made in His image and likeness and that nothing can change whether I mess up or don't mess up."

- Mama Kate

## **Unconditional Love**

"The basis of it all is that people know that they're loved... to know that you're anchored in a love that's not changing gives you the confidence."

- Muriel

## **Constant Awareness**

This is the essence that observes our life's journey, the part of us that 'can't be destroyed.'"

# With a Stable Anchor, We Can Navigate the Path

Life is a constant movement between states we desire and states we don't. Our tendency is to fight against the current, draining our energy in a struggle against what *\*is\**.

**But what if the journey itself is the point? What if the challenges are not obstacles, but the path?**

## A Poem: The Pathway

moving from side to side  
from uncertainty to certainty  
from undesirable to desirable

seeking the path to Freedom  
soon Back to Where it All Began

energy draining life sapping  
Paradox and ambiguity  
nesting in the path between

noticing what's so disconcerting  
at the very extremes

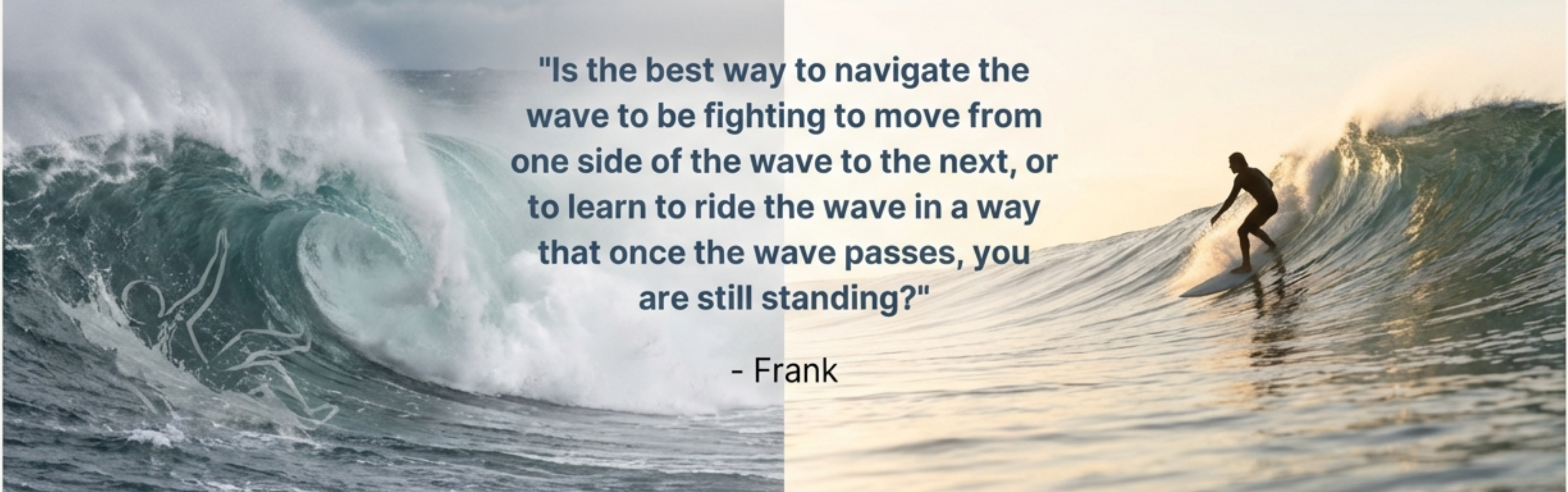
the beautiful lesson in every step  
the result is the path  
making it worth traveling

# We Struggle When We Fight the Waves

Much of our struggle comes from the belief that things “shouldn’t be the way they are.” We expend all our energy trying to force certainty and desirability, being tossed from side to side like a boat in a storm.

**"Is the best way to navigate the wave to be fighting to move from one side of the wave to the next, or to learn to ride the wave in a way that once the wave passes, you are still standing?"**

- Frank



# The Path's True Gift is the Lesson in Every Step

Instead of focusing only on changing our circumstances, we can ask what they are here to teach us. This changes our focus from fighting our way out to learning our way through.

## Questions for Reflection:

- What is it that disturbs me so much about things being this way?
- What have I learned about myself while navigating this?
- What do I learn about that which holds me, my anchor?

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**Key Insight:** We discover we are stronger than we thought, and our anchor is more resilient than we imagined.

**"That tomorrow we feared yesterday's today and we are still standing."**

- Mama Kate



# The Result *\*Is\** the Path

The true destination is not a fixed point of “certainty” or “desirability.” The true gift is the experience of evolving and learning along the way. This makes the entire journey worthwhile, not just the moments we label as “good.”

Every event is in  
service of **our evolution.**

“We’re all a work in progress... The experience of evolving and learning is itself the gift in the experience.”

- Frank

# From 'I' to 'We': The Path Connects Us All

When we identify with our stable, spiritual essence, we begin to see that same essence in others. The barriers of "form," "mind," and "separation" dissolve. We realize we are not on separate journeys, but are intertwined.

"I The Entity  
you the entity  
we The Entity"

It is only when we begin to identify as that Essence which is spiritual that we begin to see the possibility of that Union... that we are connected, made from the same stuff."

- Frank



# The Anchor Holds. The Path Unfolds.

Our surface identity will change. Our circumstances will shift like waves. But the essence of who we are—the aware, loving, spiritual part of us that is connected to the whole—remains. It is the observer of the journey, the part that cannot be destroyed.

This is our anchor. This is our peace.