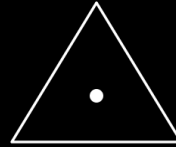


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# אהיה אשר אהיה

To await Thee is the end, and not the beginning.



## Introduction

### The Real Self

Persona—borrowed from the Latin 'persona' meaning 'mask'.

An actor may play many diverse roles, and yet always remain themselves, no matter the temporary characters they assume. In the same way, you always remain yourself, regardless of how your personal being or the outer world around you changes.

The real Self is fundamentally that which you experience in consciousness as the sense of 'I' or 'I am'. This is the experience of self-perception. This 'I' is not composed of the physical, mental, or emotional parts you may think of as yourself. These elements constitute your personal being, yet the real Self is something much more essential to you than the sum of your personal qualities or attributes.

This 'I' is the same 'I' that you have experienced from the very first moment of self-awareness. It is the same constant and persistent 'I' that you have always known, despite your body, thoughts, beliefs, feelings, and outward activities constantly changing over time. Your true fixed Self remains identical and intact, unaffected by the processes of change in your outer being and world. You are unable to think or imagine away your sense of Self—the 'I'—out of existence. You remain identical, unchanged in essence, substance, and nature.

Your body is not the same body in which you resided at the beginning of self-perception. There is not one cell of your body at present, that existed back then. You live in a body that is just one of a series of bodies that you will inhabit throughout your lifetime. These bodies are composed of constantly changing parts that serve as your outward instruments. How then can the changing body be YOU—the unchanging Self—your real identity?

All aspects of your being are in constant flux...

The personality is a valuable instrument of expression, but to employ it effectively, you must disentangle yourself from it. And yet the average person is more or less entangled in the web of their own personality and mental world, and is limited to that extent in their will-activity and self-expression.

The Two Poles of Existence

Establishing True Consciousness

The Absolute Presence

Afterword