



# **SOUL SEARCHING**

**A MINIMALIST JOURNEY IN THE ART  
OF KNOWING YOURSELF AND  
OWNING IT**

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## SOUL SEARCHING A MINIMALIST JOURNEY IN THE ART OF KNOWING YOURSELF AND OWNING IT

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### Who are you and why are you here?

If a price could be put on knowing yourself it would be relative, but many people would pay an obscene amount of money to know who they are. Well here is the method I've used for free.

I bet that if you downloaded this PDF you are already asking who you are? If you aren't asking yourself you will in the next few paragraphs.

"In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted."

-Bertrun Russell

At a very young age we have learned to care for other peoples expectations almost more than we care for our own expectations. We have been taking ourselves for granted. My journey was a rise fall rise type of deal; I knew myself, I lost myself, and began to find myself.

I will tell you a story about how I lost myself and developed a chameleon like personality. Maybe you can relate, if you can't get straight to the good stuff on page (4).



### Rise, fall, rise.

I was born and raised on a ranch in the south with a pretty spectacular childhood. Thanks to my father I new the value of a dollar, the worth of hard work, the generosity of education and the pleasure of giving to others.

Thanks to my mother I knew materialism, selfish intentions, the objectivity of a dollar, and the value of keeping up appearances.

When you see both backgrounds you understand where I would want to fall as an individual (in line with my father). He was the most virtuous person I have ever known, and was pretty successful I might add, and as long as I can remember my mom never worked, and he took care of her, and the children she brought to their relationship before my birth.

Now, when you read my writing you will get a very odd perspective because of my dad's situation. I see skies of gray, not everything is black and white for me.

When you read the description of my parents you individually would say that my dad was a far more virtuous person. However, after I explain my father's work social

impressions and expectations may start to peer, and that is fine. My father was a farmer, mechanic, ranchman, legitimate small business owner, and major marijuana supplier. Remember that my father was all of the virtuous qualities I explained before, and my mom was not. My father also heavily vowed education, and my divergence from the then family business. He was a realist so he taught me everything about the business because it was work just as raising cattle, but made me swear against it in pursuit of education.

My father was a minimalist who wore the same hole filled overalls, and jeans alternating days through the week. He also drove an old rusted pick-up and helped anyone that he could.


My father was born in 1932 and I was born in 1984, we were a very odd pair, but I was his shadow for the first 11 years of my life until he died of cancer.

While my dad was alive my family treated me like the golden goose, I was a prince in their eyes. After my dad passed and along with him the soul provider role, severe neglect ensued. Under a lot of

social pressure from my family I went from crown prince to pauper, from a lot of money to hardly any, and from a minimalist view to materialistic consumer minded thinking because I wanted to fit in.

Without a lot of detail I became invisible, it was as though my whole perception of myself was a lie. For the next 9 years I was lost and had no intentions of finding myself. I found it easier to just get along. I was a chameleon adapting my personality to whomever I was speaking to. I no longer lived on a ranch to experience hard work, I was no longer praised for my educational fortitude, my whole world had changed.

After my first year of junior college I had the opportunity to shed the wings of oppression that my family hovered over me, and while I had no sense of these feelings before I still knew, I had longed for that day. It hit me like a ton of bricks....who am I?



**5 ways to start the most significant Journey you will ever take.**

As people we cannot help but think about who we are? The questions

do not stop once you find out where to start your journey, but this is how you get to the start.

ONE: What would you do if you had unlimited resources? This is an exercise of the mind which I do all the time.

Without thinking about the "resources" so much what do things look like for you in a world with unlimited resources? Please remember that money, things, and the like are not what you are focusing on here, but rather a few central questions:

What kinds of people are around you? Until you truly find yourself people will affect you. On a journey to find yourself you may have to sacrifice some people for a brief period of time until you are comfortable enough to acknowledge yours and their differences. So in this exercise focus on the type of people that would be ideal, they may be completely fabricated. Maybe they are part of a work environment in the world of unlimited resources, so what does that look like?

TWO: What things did you like about your childhood? Childhood is a pretty good indicator of our expectations as

people. We see some good and some bad, the important part is to pick out the good. What things gave you butterflies as a child what things were so overwhelmingly feel good that you would want to experience again?

Starting your soul search has a lot to do with finding your inner child. When you were at your most innocent, or when the hard drive that is life was blank for you what were your interests? You will find that you may have accomplished some of these so celebrate.

Acknowledging the accomplishments of some of your original intentions let's you realize that you have made some progress.

THREE: Are you a selfish person? Well, are you? Briefly you will have to be if you want to find yourself.

Often times anyone who needs to do any soul searching is a selfless person either by the kindness of heart, or due to social pressures.

No matter which way it is you will briefly need to throw all of that aside right now it is about you. Let the people close to you know that you are searching for who you are, and let that be the focus right now. It's also great to get their

input on the person they see you as.

You may find that previously your search has not been the topic of discussion. Well it is now, what will you do with that information?

FOUR: Whom do you need to speak to? While friends are good to discuss things with briefly you need a person you can have lengthy discussions with.

Where I'm from people do not speak to therapists, and this was a difficult thing for me to muster up courage to do, but it is the ideal situation.

If you are not comfortable with that or do not want to spend the money then find another person.

This person should be a good listener, and a person who you perceive as knowing themselves. It is also a great benefit if this person perceives you as knowing who you are. The reason for this is because they are working off of a positive foundation of you and therefore will approach discussions about who you are with a clean slate rather than focusing on fixing "negatives."

FIVE: Are you comfortable enough to go back to the source? After you have gained a touch of who you were at your best, and who you want to be you must combat the bad things.

View your self in the past present and the future. This is the same journey that scrooge found himself on assessing the bad in the past present and the future.

A big part of the person you will want to be is knowing what you don't want to be. Please proceed with caution allow yourself to go through the first four parts of this article before getting here. If you approach it wrong it could be damaging to you and your journey.

Focus on the negative and address the ways that you contributed to yourself being lost, and change that behavior. This will be the start of your journey.

If you think that you can grow from where you find yourself after answering the previous four questions you are on your way. Starting is the most difficult part of this process, but also the most rewarding. I hope that you take from this only the positive, because this was my journey, and should not be generalized to fit every situation.

-Thank you very much.



### Do you like what you see?

The hope is that when you start your journey you like what you see. I am not talking about the product because this is just the beginning of your journey. How do you like the start, does that look good enough?