



Who Am I? Why Am I Here? What Am I To Do About It? (Yourself & What To Do With It)

E. T. (Cy) Eberhart

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"Who am I?" is a question that has been around about long as human thought itself. "Know thyself" was the way Greek philosopher, Socrates, put it. This thought touches something deep and universal within the human psyche.

- It resonates yet today.
- It's the motivation for all personal growth and development activities.
- Getting acquainted with oneself is an invigorating adventure in living.

Cy Eberhart, a retired hospital chaplain, describes this adventure in exciting and common sense ways. His intimate experiences with people during some of life's most profound moments kept him focused on issues that mattered most. In a down-to-earth way he lays out the purpose of one's life. He shows its compelling challenges and the satisfactions in maintaining the uniqueness of one's values amid life's many twists and turns.

We all come into this world with the same human stuff, the same general feelings, drives and instincts. From our very beginning we use this stuff to connect us with the world around

- The people,
- The objects,
- The events and activities.

From early on, some attempts to connect are rewarded with satisfaction, some bring frustration. One of our basic drives is for satisfaction. So those experiences that do satisfy take on a special value, and in time, takes on a meaning that gives the initial purpose and direction to your living, your uniqueness. To use Henry David Thoreau's imagery, it becomes the drumbeat of your life and only you can hear it.

Marching in rhythm to the drumbeat you alone can hear is the ongoing excitement in living your uniqueness. It's who you are; why you are here; what you do.

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