

# Tu Ipse Esto - Be Yourself

*“Be Yourself. Everyone else is taken.”*  
--Oscar Wilde

Tu Ipse Esto is Latin for ‘Be Yourself’. All of spirituality boils down to these two simple words. Every mystical system and every spiritual system I have explored states this truth in some form or another. Each one has a term for the True Self, Higher Self, Divine Self, or some other expression that represents the unique individual essence of each being.

So many people complicate and confuse spirituality. They think if they act a certain way, wear certain clothes, burn certain incense, listen to certain music, or mouth certain phrases, then they are being spiritual. This behavior is actually a barrier to developing their spirituality. If you are trying to fulfill an external image, you are actually moving further from your individual essence, rather than closer.

It is not only your right, but your duty and responsibility to Be Yourself. It is why you were Created. Many people espouse ‘Temet Nosce’, know thyself. Being yourself goes far beyond knowing yourself. Being yourself implies knowing yourself, and also taking the action steps to manifest your Self. You probably know people who know themselves, but are afraid or unable to manifest their truth, such as the artist at heart who is living an unfulfilled life as an attorney.

Being yourself is a simple concept, but it can be rather difficult to actualize in a society that prizes conformity. Since before you were born, you were imprinted with concepts of who you should be. Parents, friends, coworkers, teachers, religious leaders and peers all have impressed upon you society’s and their personal perspective of who you should be.

It can be very difficult, if not impossible, to be yourself without enough energy, power and a strong enough sense of self. The purpose of Kriya Jyoti Tantra and other internal alchemy practices is to provide the energy, power, vision, and sense of self to accomplish this task. These meditation practices will help erase old programs, imprints, and conditioning, and allow you to write your own script based on your truth.

Being yourself is the great journey of life. It is why you are here. Your heart is your guide. What you love is who you are. Following your heart is the only way to become yourself. That is why Tantra is such an effective transformational practice. Tantra is love and uses love to liberate you through the expansion of your awareness.

In the Western Mystery Tradition, the oath of the probationer is to perform the Great Work, that is 'to find the scientific knowledge of one's being.' Know who you are, be who you are, and you will live a life of fulfillment and joy!

-Hari Om Tat Sat  
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