

## Who is the Real YOU?

Dear Penfabricans,

Who are YOU? Who am I? What are you doing here? Where are you heading? What's your mission in life? Questions. More questions. No pertinent answers! And that is the way most of us muddle through our daily lives! Going nowhere! Just wandering aimlessly from one day to another. Without purpose. An irrelevant existence! HALT! Let us start a mission to find the real You and the real ME!

*William Shakespeare, the famous English poet and playwright widely regarded as the greatest writer in the English language and the world's pre-eminent dramatist, had this to say about who we are and our roles in this world.*

*Quote:*

*All the world's a **stage**. And all the men and women merely players;  
They have their exits and their entrances. And one man in his time  
plays many parts. His acts being seven ages.*

*Unquote.*

We are just actors and actresses, so why are we being so serious about who we are and why we are here? After all, we have our own entrances and exits in seven ages. However, at times, we find ourselves hiding our real us! At other times, we hide certain aspects of ourselves as we may feel obligated to act appropriately on certain occasions- to conform to the norm, to be part of society. By this kind of pretentious behaviour, we tend to get tired of the roles we assume in order to pass muster as an upstanding member in the eyes of society. Many a time, behind such

enforced facade, we feel the burden of life. We abhor to continue the tedious role-play as it may just break us mentally and emotionally. What then shall we do to release such pressure and relieve the tension roiling within us?

For the sake of sanity, it is imperative that we act real. That we become the real US! When necessary, we have to present the real us even if only within the confines of our private abode. Such tension relieving exercise helps us to insulate ourselves from the watchful eyes of society and the many formalities imposed upon us as citizens of this world. Within the cocoon of our own world, we come to realize that there is nothing and no necessity to hide. We just have to embrace who and what we are. There are no worries of how others perceive us or even think about us. We couldn't care less about others' judgment of us. Reveal as much as we like and all that we can, show the real US. By doing this, we strive to become the real us even for just a fleeting moment within our private space. At least, we get to regain our sanity before stepping out into the real open world again.

Dear Penfabricans, Are you living behind a mask? Do you aspire to find the real person in you? Conformity is the rule of society. There is no running away from such virtue. After all, the world's a stage. However, sometimes we need to disrobe the costume of actors and confront the real us as much as possible.

Have a wonderful weekend, disrobe and find the real you to regain sanity and equanimity.

Thank you.

With kind regards,

HSTeh.