



YOUTUBE LETTERS: TRUE TO SELF

Hello Friends,

I am constantly looking for items I have misplaced. Particularly important objects like my keys, wallet, or cell phone. Semi-panicked, I scour around in a frenzied manner attempting to locate that which I have lost.

Have you ever lost yourself? I am not asking whether you have been lost - unable to recognize your surroundings. Rather, I am asking if you have ever lost yourself, unable to recognize who you are...having misplaced your true self as if it were a set of keys or wallet.

Recall Alice? Shrunken and lost in another world called Wonderland. The inquisitive caterpillar she happened upon did not inquire if she was lost...but rather whether she had lost her true self. In 1865, Lewis Carroll wrote:

“The Caterpillar and Alice looked at each other for some time in silence: at last the Caterpillar took the hookah out of its mouth, and addressed her in a languid, sleepy voice. ‘Who are you?’ said the Caterpillar.

This was not an encouraging opening for a conversation. Alice replied, rather shyly, ‘I — I hardly know, sir, just at present — at least I know who I WAS when I got up this morning, but I think I must have been changed several times since then.’

‘What do you mean by that?’ said the Caterpillar sternly. ‘Explain yourself!’

‘I can’t explain myself, I’m afraid, sir’ said Alice, ‘because I’m not myself, you see.’”

This graduate journey of yours will permit you to encounter many types of ideas and many types of people, both of which have the potential to shape your world in new ways. You may likely experience new pressures from within and without to change your thinking, personal paradigms, or worldview because change is a natural part of learning and education.

Amidst these varied encounters, it is my encouragement that you try not to lose your true self, and remember to permit others to do the same: <https://www.youtube.com/watch?v=i-orjHsgxDQ>

Standing with you,

Joshua Travis Brown, Ph.D.