

: Who are you?

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This question looks simple when the answer is the own name. But when trying for a deepest answer, the question seems tricky. To answer this question, you need self-knowledge, so who are you?

Mostly the identification is done from the surface. At the first moment of an analysis of yourself, the physical characteristics will appear first, that is, *I'm tall, I'm thin, I'm blond*. At the second moment, deepening, the identifications are about what one thinks or how he acts, for example, the profession (*I'm doctor, I'm teacher*), the ideology (*I'm socialist*) or the activity (*I'm good student, I'm soccer player*).

But this identifications are outward and superficial because,

- Are physical characteristics, can change quickly.
- The function performance needs other people estimation.
- Be yourself just happens with material realizations.

"Who would you be if you couldn't put into effect what you do?"

This identification also happens when we are analyzed by others or when analyzing others, first with the physical characteristics, second through the actions and last, the emotional characteristics are noticed.

With everything noticed by the surface, a tree is seen:

- Build with roots, trunk and leafs.

Used to this kind of view, *tzniut* asks you to see the tree:

- With the history, with the capacity of survive for a long time and goes beyond, realizing the capacity of providing oxygen.

Tzniut is looking to ourselves through the superficial coats and realizing a possibility of life and existence in a deepest way. It's seen like a key for all self-knowledge and spirituality growth.