just like the leaf on the tree as simple as that do not think that i am somebody very special understand your ordinary self...unaltered nature has given you such a beautiful body it has given you senses...brains...eyes...ears...hands... this whole body this ordinary body is the ultimate miracle of existence itself just see the magic of you you are magic! you are a magical being understand your magic and the trust will deepen and you will master yourself and you will be a simple and innocent human being spoken too much enough jibber jabber for today