EPISODE 19 // SHOW NOTES

Who Are You Underneath?

A fifteen-minute pause in a noisy world — with Paul Cleworth

The Steady Path
Green Farm, Bendish
SG4 8JD
~15 minutes per episode

THE BIG IDEA

Describe yourself without your job, your qualifications, your possessions or what anyone thinks of you. Most people get four words in and stop. Murphy had everything stripped off him in a night, and the name came back; the rest of us hand it over a piece at a time and call it a career. Know thyself is half the job. Be thyself is the other half. And the most human character in Blade Runner might not be human at all.

"Nice shooting, son. What's your name?" "Murphy."
— The Old Man (Dan O'Herlihy) and Murphy (Peter Weller), RoboCop, 1987
The last line of the film. Helmet off, a man's face, and the name he had before they got hold of him.

Like tears in rain.
— Roy Batty (Rutger Hauer), Blade Runner, 1982
Four minutes left to live, and he pulls the man hunting him back onto the roof. More humanity in those minutes than in four years.

EPISODE OVERVIEW

The Hook	A boardroom in Detroit. One word: Murphy.
Four Words	Describe yourself without the job.
The Empty House	His wife. His boy. The name comes back.
The Roles	Shetty: who handed you your identity?
The Job	Something I do — not the whole of who I am.
Retirement	Who will you be when the job stops?
Temet Nosce	The Oracle's door. Delphi. Socrates.
The Rooftop	What does it mean to be human?
Look Within	M People; Marcus: if thou wilt ever dig.
Be Thyself	Wilde; The Courage to Be Disliked.

WHY 'UNDERNEATH'?

In investing — the plan has a number in it, but nobody builds a life around a fund. The number is for a person — you, underneath.

In family life — the people at your table know you without the title. Give them the version they know.

In business — a role is something you do well, with pride. It isn't who you are — and the day it ends shouldn't be the day you find out.

In life — are you defined by what you are, what you're called — or by the choices you make? Batty answered that in four minutes.

> ***"If you stripped away everything you do, own, and everything people think of you — who would be left?"***
>
> *— don't answer it quickly. Murphy had to walk through an empty house first.*

STOIC & OTHER WISDOM

"The unexamined life is not worth living."
SOCRATES · PLATO, APOLOGY, 38A

"Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig."
MARCUS AURELIUS · MEDITATIONS, BOOK 7

"'Know thyself' was written over the portal of the antique world. Over the portal of the new world, 'Be thyself' shall be written."
OSCAR WILDE · THE SOUL OF MAN UNDER SOCIALISM, 1891

"Character is destiny."
HERACLITUS · FRAGMENT B119, AS USUALLY TRANSLATED

REFERENCES THIS EPISODE

FILM

RoboCop (1987) · Blade Runner (1982) · The Matrix (1999)

MUSIC

M People — Search for the Hero (1995) · Gloria Gaynor — I Am What I Am (1983)

BOOKS & THINKERS

Think Like a Monk — Jay Shetty · The Courage to Be Disliked — Kishimi & Koga · Apology — Plato · Meditations — Marcus Aurelius · The Soul of Man Under Socialism — Wilde · Heraclitus

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THE STEADY PATH PRINCIPLE

Ten words. One expectation. One true thing.

THIS EPISODE'S REFLECTION QUESTION

"Who would be left?"

Ten words, none of them a job, a title, a relationship or a thing you own. Then one expectation that isn't yours. Then one true thing, said kindly.

COMING UP — EPISODE 20

Master of Yourself

Once you know who's underneath — who's in charge of him?

A coach who'd rather play with four men than put on a boy who won't pass, a pool hall, Huey Lewis and Tears for Fears.

TAKE THIS WITH YOU The job is something you do. It isn't who you are.

Slow down. Think clearly. Keep walking your steady path.

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