

**WHO AM I?**

**QUESTIONS**

- Is the 'I' constantly judging, evaluating and modifying what is seen?
- Is the 'I' just a series of responses from our memory to the world?
- We are after all, slightly different with each new person we meet
- Where can the 'I' be found if we look for it?
- Could it be an illusion, and a creation of thinking, just as our dreams are?

**I AM ALL THE THINGS I IDENTIFY WITH**

- My name
- My country/tribe/religion
- My occupation
- My family
- My possessions
- My memories and experiences
- My opinions and beliefs
- My sorrows and hurts
- My physical appearance
- My achievements
- My personal attributes
- My dreams

**WHY DO WE HAVE THIS NEED FOR AN IDENTITY?**

- Brings us a feeling of pleasure
- Brings us a sense of security
- Is a balm for our emptiness

**THE MYSTICS AND THE UNIVERSAL ENERGY**

- Mystics are people who connected with the 'Universal Energy/God'
- Found in every culture, over the centuries
- Their descriptions of that state are very similar
- They also all say that the 'I' is an illusion put together by thought
- They say when the illusion of the self is seen, there is a direct connection with that energy
- Could they be right? It's up to us to find out.

**COMMON FEATURES OF THE 'I'**

- Feels restless, cannot be still
- Seeks recognition
- Is easily hurt
- Seeks more and more
- Feels lonely
- Tries to overcome this through pleasure
- Feels a concrete entity that has many different feelings

**PROBLEMS OF IDENTITY**

- Sorrow when things we identify with are hurt/lost
- Separates us from others
- Cause of conflict in our lives, and the world
- Makes it difficult to co-operate with others
- Behind our feeling of loneliness