

'I' dentity

Understanding the real 'I'

You wake up one fine day hit by amnesia and find that all your 'Identities' have vanished, evaporated into thin air. How would that feel? On what basis would you connect to yourself and to others if you had no idea who you were? What is the relationship that you would have with the people or things around you?

Ms. Rashmi Aiyappa
Founder - Aashwasan
Spiritual Scientist,
Inventor & Social Innovator

where it all begins

Knowing one's 'identity' has always been important to human beings. Identity defines an individual and sets him/her apart from others. It is the qualities, beliefs, personality, looks and/or expressions that make a person unique. It is also the external identifiers such as their name, job, age, gender, nationality, religion, or similar such attributes. It is also the subjective inner image we identify ourselves with - I am a loving or a generous person, I am an angry person or I am an introvert or outgoing.

Identity is seen to be an evolving process over the course of our lifetime. We are a baby, a student with a name, we are the degrees we earn, the profession we get into, responsibilities or roles we assume, relationships we are in - as a parent, child or a spouse, the skills and talents we master, our concepts, thoughts and feelings and even the clothes we wear, are all things we have come to identify ourselves with. Many such identities have gotten superimposed to create a distinct personality, that which is referred to as 'I'. But is this what we are or is this something we have come to believe ourselves to be?

There is also a common idea that this 'I' at the core of us, is a kind of a permanent and unchanging identity which is known only partly and majorly needs to be discovered. The idea that our identity is fixed is also reinforced by our culture and society around us, staying the same throughout life, making us limited in existence and giving boundaries to who we are.

But the question arises in the mind... **Aren't people versatile? Don't they learn, grow, change and evolve, as the traits they know within them are not suitable for every eventuality? And are we just a bunch of traits or physical characteristics and personas?**

Somewhere in our hearts, most of us feel that we are more than what we have identified ourselves with because we seem to constantly and periodically change. Deeply we know that the identity we relate to is unique to ourselves.

Subliminally, identity relates to the uniqueness of oneself, the individual - how you are and what you are. Yet in our effort to define self-identity, we seem to call upon different kinds of labels based on things that lie outside of us. Each label being a limited interpretation of who we are. Look at our relationships - they are strong labels that define us. When asked to introduce ourselves, we don't think twice before telling that we are the wife of someone or the daughter, sister or a friend, or that we are a senior manager working for a multinational. And soon, it is these labels from where we derive our identity and become the reason we get up in the morning, even the very purpose of our lives. (Here, we are not even venturing into the realm of gender specific and culture driven creation of our identities!) If you're a parent, you might be lured into seeking identity in your children. Parents start to live for and live through their children. Children's respect for them and their personal success become the reason for their existence.

What would happen if these identities were lost? A mother whose children leave home for seeking their own opportunities, a woman whose husband has passed away unexpectedly, a man who loses his job or retires - all of them might experience a deep sense of emptiness and feel the lack of identity they had lived with for years. Such losses can shake the very foundation of our identity, which could many a time result in losing one's reason for living. When left unaddressed such identity losses could even convert into psychological and physiological conditions. It can take just a single situation to make or break our identity, which inevitably brings us face to face with questions about our existence that more often than not leave us perplexed.

Is our identity so fragile that when circumstances change, it changes too?

How do we define who we really are when everything we have chosen to identify with can be lost?

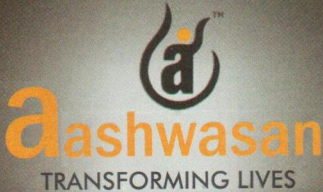
What is our true identity, if it is not what the social images, characteristics, labels and roles define it to be?

When a person stands at a crossroads with one's own identity, one realizes that the concrete and tangible identity we so think as central to one's existence is but momentary; it is just tags that define how we see ourselves and how others see us and not the entire truth. All these do not fully describe the 'I'.

It is necessary for us to realize these false identities, as they can obstruct the view of our truth. Many a time, it can take losing these in order to see our true nature. The truth is that our identity is not something that exists outside of us or has been given to us or has been acquired by us.

Our true identity is ultimately our deepest sense or knowing. This is the sense in our being with which we have come into this world and which remains with us throughout our life. It is our natural state, which means that it is a state which is not contrived, a state that requires no effort or discipline to maintain, a state of being which is not enhanced or reduced by any sort of change in the mind or body. In other words, it is a state that is completely natural, spontaneous and unique to us."

To know and experience the 'I', it is necessary to go inward and dis-identify with all the false identifications we have taken on and explore a path of experience to know our Self. Aashwasan Science™ connects one to one's Infinite Self, the real Self, breaks the conditioning that brought distortion in one's experience of one's true identity and brings clarity at a fundamental level to allow the real 'I' to emerge by itself.



Reach Aashwasan at:
Phone: +91 080 40988920
97313 01018 / 20
Email : info@aashwasan.com
www.aashwasan.com
www.youtube.com/Aashwasan
Linkedin: in.linkedin.com/Aashwasan
www.facebook.com/Aashwasan

"Love is where it begins..."

Rashmi