

Title:

Self Identity: Who Are You?

Word Count:

408

Summary:

We have a sense of who we are, and we tie that to the things around us. This causes us pain. I

Keywords:

self identity,self,identification,meditation

Article Body:

Self-identity? Who are you really? We identify with many things, but this is just a process in

Your favorite basketball team loses, and you suffer as though YOU lost. Your car is damaged and

Perhaps, if you can see what you are not. Seeing this clearly can free you from much of the su

A Meditation On Self Identity

Get comfortable in a quiet place. Close your eyes, relax and take several deep breaths, breath

Now begin by asking: Where am I? What am I? Who am I? Let these questions sit for a moment in

Be aware of your body. Think of your leg. If you lost it, would you cease to exist? Are you yo

Open your eyes and look around you. Are you those things? Maybe it you feel pain when your fav

Close your eyes and say your name. Do you feel a sense of identity? What if you had no name?

As feelings arise, ask "Am I this fear?... this pain, desire, sadness, pleasure, anger? Your f

Do this meditation for twenty minutes, then take a deep breath and get up. Notice if you feel

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>