

Transcript of academy Meeting on Identity - Part 3

This academy meeting covered a great deal of material about identities that had never been discussed before. The four participants were Joachim Held, Alka Madan, Petra Held, and myself. This Academy meeting was one of the rare opportunities where we worked as a team and shared realizations about identities. There was so much information discussed that I felt it was prudent to break up the transcript into several parts. Basically, an identity is what others think of you.

#

David St Lawrence

(Referring to a previous discussion with Petra) If you want to change your life, you could get rid of the guys (spirits) that aren't going to be that identity, the weenies, the whiners, anybody that is very happy with you being a German teacher. Yes, and those who are happy obeying the laws and all of the things that make up your current identity. Right? Because you are a law abiding citizen Are you not? Petra

Petra Held

Yes, what did you say there is a big difference between somebody who is not aware of his or her beings, does not know that they exist, because the beings are part of our identity. Right and if you are aware and conscious about your beings, that is totally different. That is another dimension I would say.

Alka Madan

That is the right thing to do. You know, how can you be not aware of it? (the spiritual dimension)

Petra Held

(laughing) Why are you saying this about beings? (playing the role of someone unaware of spirits) I do not understand this! (laughing)

Alka Madan

How can you deny that you're living in that dimension? You are actually living in that dimension (the spiritual universe) , and you're just using this dimension (the physical universe).

David St Lawrence

Your identity is the net result of all of the actions of your beings. And if you know that, then you can tune it. Otherwise you're reduced to saying, " God, help me be a better person." You have to pray to somebody other than yourself. Right? And maybe some of your beings understand that.

David St Lawrence

Joachim, you had something there you were sitting on.

Joachim Held

Well, I fell over something I didn't think of before. We have two planes of existence, I would say.

Joachim Held

Being on Earth, we have identities and we can do it in the spiritual realm with beings also. So, we have the importance of having identities. If a being rises in awareness, it awakes, it becomes more aware. Yeah, it sees more. I would say it comes to what Buddha said that holding on to an identity or holding on to something creates a suffering. So, when a being, it is my opinion, rises in awareness, rises in understanding, it gets to the point that this holding on to a definite identity or more identities is nothing

which keeps the understanding parts continuing because it must be getting free of this. And this is something different.

Alka Madan

So holding on is significance.

Joachim Held

Yes. It there is another significance. If we are able to create games at will or to be able to create what we want, when we choose to. This is a totally different state of existence than just assuming one identity.

Petra Held

What comes up is the concept that for ourselves, we are enough. Yeah? We have our beings, we have enough communication, we could be totally in our own spiritual and physical universe. That's right. Without others.

David St Lawrence

Right. We're getting there.

Petra Held

Yeah, what if the identity and the significance are only for others?

David St Lawrence

You're right.

Alka Madan

But we are holding on to that for others. You know? Like you hold on the identity of teacher for students?

David St Lawrence

Yes.

Petra Held

And yeah, that's for others. But yeah, if I'm alone with my beings, I don't need that. I can say, okay, for one hour, I am a teacher. And now I'm a translator, and now, I'm a mother, and then I'm a cooker. You know, and nobody cares about it. If I would do this in front of others, they could not stand this.

David St Lawrence

Very interesting! So can we have more than one identity? Is it okay for us to have more than one identity?

Alka Madan

We all have more than one. We keep on you know, shifting from one identity or another?

David St Lawrence

Right? Well, we do it in here. Because we're sort of allowed to explore, but in life, what happens if you shift identity?

Alka Madan

The question I should not miss that, you know, as a being, do we have more identities? Or only as a physical being, we have more identities, like, you know, she's being a mother, she's being teacher, etc, etc?

David St Lawrence

Well, I think it's independent of whether you have a body or not,

Alka Madan

I don't think so. Without a body, you will not be changing identities.

David St Lawrence

Really?

David St Lawrence

I've got beings that I recognize them by what they do. Some are just ready to break into song, some are ready to, to find the funny parts of life. Others are, like, let's get the job done. And for me, each has an identity. And every so often, one will change from being a grumpy, do-nothing type to, oh, I could help with this. I like this. Right? Okay, we can work on that. So it isn't as strong Alka, as having a body. But people, you can change your identity even while you keep the same bodies.

Alka Madan

If Petra leaves physical body, then she will continue to be like a mother and like, a teacher.

Petra Held

I could, I could.

David St Lawrence

She could be an avenging angel too.

Petra Held

I don't have to. Yeah, the necessity is not so strong.

David St Lawrence

So who are we maintaining an identity for? Let's Yes, let's just look at that. Go ahead. The bright fellow in the corner there? Yes.

Joachim Held

Um, no. I just got for me that identity connects to a focus of attention. If I assume an identity, I kind of make a beam of my attention. I look at a certain area of life I'm interested in. I decide this is the area I'm interested in. So it's some kind of connection.

Alka Madan

Yeah, but then David's question comes back to the same thing, which is what Joachim said in the beginning. You need an identity for communication, if you want to be perceived and talked to,

Joachim Held

I want to be perceived in this area I'm looking at.

David St Lawrence

Okay, and so you're deciding to be a rock star or a politician or somebody so that people will listen to you and they grant you importance by the identity, your identity. Otherwise, you can be invisible.

Petra Held

Yeah, it comes back to the intention. If I intend to be a teacher, yeah, then I have an identity. Not without that.

David St Lawrence

But your identity. I'm gonna say yes, I agree, an identity is sort of what we create, but it's also the way others see us. So, could we adjust our identity to get more admiration from others? Would we?

Petra Held

Why would they see us like this? Because we intended to do it? Right? Yes.

David St Lawrence

Right. I mean, are there other identities, that will get less admiration from others?

Alka Madan

The ideal condition is that you can be playful with your identity. You can have more admiration, you can have less admiration. Yet, if you get stuck in a like, I want more admiration, then that's a problem.

David St Lawrence

Yes, (giving an example) I need admiration. I have to be important. I have to be the leader or something. Yeah. Wow!

Alka Madan

This is a very good activity. I just lifted something, again, lifted more weight. (Experienced a release)

David St Lawrence

We control it. I guess, if we wanted to summarize what I'm getting out of what you've said, I've learned something from every one of you. And that is we can control our identities. But the identity is the way others perceive us.

Alka Madan

Yeah, I do one process with people whom I give sessions to, I will just ask them, How do you define yourself? Yeah, and then that person says, Oh, I'm so and so. And I don't like ginger. And I'd hate people who betray. So that is the definition in all these significances he has put around himself. And now he's caught in that and has no more freedom. Because I just asked him to look at whatever his definition is, so that his definition goes away.

David St Lawrence

But part of your identity do you like most, What part of your identity do you like least?

Alka Madan

No, even if you like most, then also you're caught in that identity. That also doesn't give you freedom? Well, I'm very punctual. I'm always on time. And I hate people who are late.

David St Lawrence

Would you like to fix being punctual? (laughter) We can arrange it, so you're never on time! (more

laughter)

Alka Madan

So then this client tells me what's wrong in it, you know. He says, "I like being on time", right. And then we just kept on scanning. And what happened that he is a doctor in the hospital, because he was always trying to be on time. There was one patient who was supposed to come there, but he did not show up on time. And this doctor thought the absent patient was the other patient for the previous symptoms and he did his biopsy. And as a result, he got sued, the whole hospital got sued. And he's telling me, had that person been there on time, I would not have done a wrong biopsy on somebody else. (laughter)

Alka Madan

But then, his definition of being on time melted. I do not think that disappeared entirely. But there was so much fear to keep that identity as a person known for his timeliness.

David St Lawrence

You know, what you're saying is he changed his identity to being a victim, because the other guy was late

Alka Madan

He has taken great pride in it and he's proved so many people wrong with that identity. And if you ask him what is your best virtue? He will respond with i'm always on time and I hate people that are not on time. I give him session and then I am in zoom two minutes before him, because if I'm two minutes late he wants to call off the session.

David St Lawrence

Very very, very well done. You are a great counselor.

Petra Held

Yeah, from your description Alka, I think because we have so many identities given and decided on decisions too. It is important to sort out our identities, to decide which we want to keep, and which we don't want to have, on the way to deciding who we really are, because we have so many identities, right?

Alka Madan

So I will, I will bring in a very, very important point like Shahzad my husband. He was not stuck in any identity. Not at all. I wanted him to be the bla, bla, bla, the director of this company, he would fizzle out of it. And as a result, he did not leave any impression on anybody. Yeah. Everybody just remember him like a funny guy or something.

Petra Held

But I think I have an impression. I saw him a few minutes, you know, so.

David St Lawrence

But that's about his deepest. My impression of him and I saw him in session. You see, this is sort of a funny guy, self effacing. humorous, but not serious. You didn't get any sense of who he was.

Alka Madan

I forced so many identities on him, I am telling you, an identity to be a husband, to be a better Father.

He did not fit in any identity.

David St Lawrence

Okay, that's something very important! I guess it we cannot make identities for others.

Alka Madan

But then that is the basic I think, I sometimes feel the way he was, I'm trying to get there. He could take a game, leave a game.

Petra Held

Somebody, you are a husband, you are a mother, a wife, and you fix him to an identity.

Alka Madan

I could not fix him at all.

Petra Held

Less less control, less responsibility.

David St Lawrence

Joachim?

Joachim Held

Control. I think we need identities to have an external control. In a society, if we have no identities, nothing can be controlled. Or no one.

David St Lawrence

The individuals in a mobs burning storefronts in different big cities in the US today, do they have an identity?

Petra Held

They are like a mess.

Joachim Held

A group identity, but not a singular one.

David St Lawrence

Very interesting! That's like being in the army. I just followed orders, I just followed my instincts or whatever.

Joachim Held

So if we give up all our identities, we disappear in the universe.

Alka Madan

We don't give up either you just give up significance. Right. And that is how I see that Shahzad just disappeared from people's memory. Because he wasn't heavy in anybody's universe.

David St Lawrence

Did he do anything for others? I mean, was there kindness?

Alka Madan
Yeah, a lot.

David St Lawrence
Okay,

Alka Madan
He did a lot, but he never kept it here. He will never remember what he did for others.

David St Lawrence
I know that he gave me certain certain kinds of advice, which I ignored. But yes, he did. He did try to advise me. That's the one thing I remember, when he was creating something for me. You see?

Alka Madan
So less significance is the key, you know, or maybe no significance. And just act like a mother or a teacher or translator. And then when you're not, okay.

Petra Held
Yeah, only hold here significance by will. This is what is most significant at the moment. And at the other moment, it's another one

David St Lawrence
When you say significance, are you saying that's the equivalent to your identity?

Petra Held
First identity and then significance.

David St Lawrence
Yes, significance is sort of the measure of the identity.

Petra Held
Because significances change over time time, in 200 years or whatever.

David St Lawrence
The significance might be the dimensions of the identity. For example, he's a good father, He's a great husband, He's a lousy bowler.

Joachim Held
I just have seen another aspect That the duration in time, how long an identity is held up is important for society or for the others. If a person changes from moment to moment, no identity is received and is recognized anymore.

Petra Held
He's invisible. Yeah.

See Part Four for the rest of this discussion.