

Reframing Our Personal Identity

How did you get to this point? If you are asked that question in a non-spiritual context, you will probably have quite a story to tell. You were born to parents with strengths and weaknesses. You had some great experiences and also some difficult issues to overcome. Etc. etc. From your earliest life onwards you have been building up the narrative of your life.

Human beings are constantly creating narratives. Narratives explain why this happened and how that was caused by something else. When we plan what we are about to do, we create a narrative. Narratives connect one point in time to another point in time. Running narratives in your head is the primary way in which you step out of being in the NOW. As soon as you start connecting narratives across the past or the future, you have left the NOW and entered into a different kind of thinking.

Human beings are narrative-creating machines. Why are humans this way? What do these narratives accomplish? Well, narratives are the primary way that we explain change. If one thing changes to another, there is a story to go along with it. Also, narratives help us to accommodate living with our breaks and rifts within our personal story. We make up stories that help us to maintain a sense of continuity.

Our biggest narrative is the narrative we create about our lives, the narrative that defines our identity. The clearer the narrative, the stronger the identity. And this personal narrative incorporates all of the ways we have struggled, all of the ways we have failed. It incorporates all of our limiting choices and explains them for us. It helps us to bridge over events that might not otherwise seem clear or explainable.

These personal narratives are so powerful that they begin to drive the way in which we experience the world. The narrative becomes a filter that only allows us to see what is consistent with it. The more limiting the narrative, the more limited are our experiences of the world.

So, lets change the narrative. The narrative of your life that you carry around now is not the only way of describing your life. There are a virtually infinite number of variations that could be created for your narrative. Many of these variations would change the mood and feeling of the narrative even if keeping the historical facts the same.

Lets create a narrative in which your pure divine essence came into the world in order to express itself. This is a narrative in which you have encountered many difficult experiences, but you have ended up here in this workshop and doing spiritual work. You have found a way of giving voice to your divine essence. In fact, this is only one of many lifetimes in which you have done this, found expression for your divine self. This is the only narrative that really matters.

The important thing is to create a personal narrative with no limitations and no excuses. Can you write this narrative for yourself? Lets give this a try!

Namaste.

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