

## *Merging Our Multiple Identities*

WE CARRY WITH US MANY MORE IDENTITIES NOW THAN EVER BEFORE ETHNICITY, NATIONALITY, LANGUAGE, RELIGION, GENDER, SOCIOECONOMIC CLASS, AGE, SEXUAL ORIENTATION, PHYSICAL ABILITY, EDUCATION, OCCUPATION, AND MORE AND THEY ALL INTERACT IN WAYS THAT IMPACT ALL OF THE OTHERS.

*These multiple identities cause some complex issues for us, like creating the illusion of multiple competing priorities, as part of a system of privilege and oppression.*

THEY ALSO CREATE CONDITIONS FOR GROWTH AND TRANSFORMATION, ULTIMATELY LEADING US TO EMBRACE THE ONE REALITY. THEY GIVE US A CONTEXT FOR MEANING, PURPOSE, AND BELONGING, BUT THEY ARE NOT THE END GOAL.

*We live within the realm of dualities until we realize that all the parts are actually components of a greater whole, within which we regain a consciousness of oneness.*

### CONTEMPLATIVE PRACTICE, REFLECTIVE WRITING

ALL THE MULTIPLE IDENTITIES WE CARRY HIDE A SINGLE IDENTITY WE ALL SHARE. OUR TRUE NATURE DOES NOT CHANGE.

- *If we shift our thinking toward our divine reality, if we strip away all of our temporal identities, what would remain?*
  - *Reflect on your changeless identity.*
- *What would this wider identity be like?*
- *How would remembering who you really are – and who everybody else really is – in all moments, change all relationships as we know them?*
  - *Write down your thoughts.*