

FINDING PEACE WITHIN

THE INNER COMPASS

UNIT 3: IDENTITY



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UNIT 3: IDENTITY

The key to understanding our identity is having a sense of purpose.
We are not what we do, however doing what we love
makes us come alive and be who we truly are.

Our identity and *sense of self* underpins our everyday life. It is in knowing who we are that determines how and what we think about ourselves and the world around us. Our belief systems about ourselves determine how we will behave and what we will do in life.

There is a great saying by Howard Thurman: "Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive." The key to living a rewarding, successful life is knowing what makes us come alive, and doing it! That is when we are completely in tune with our destiny and we will experience ultimate happiness.

HOW OUR IDENTITIES ARE FORMED

Our identities (or belief systems about ourselves) are formed from birth and these ideas remain with us into adulthood unless we look at them in self-reflection and make a conscious choice to change the ones that are faulty. How we were raised, how much love, care and attention we received

whilst growing up, have all played a huge part in determining our sense of identity.

Once we have this in-built sense of identity from our upbringing, it is reinforced by the choices we make throughout our lives; what organizations we choose to become members of, what social groups we "hang out" with, what jobs we believe we are capable of doing and what organisations we believe will hire us. All of these choices continue to impact on our identities as we go through life.

Until we consciously choose to change our sense of identities, they are initially formed based on the following three factors:

Our biology: Race, gender, age, etcetera

Our Religious beliefs: Becoming a member of a certain religious organisation and adopting their values about society and ourselves.

Our social role in society: This was very relevant in medieval times right up until the 1800's when a

person's identity was fixed by their social standing. If a person was born into a particular social status that is where they, and usually their children, remained. The TV series Downton Abbey is a wonderful example of this where there is a clear divide between 'upstairs' and 'downstairs.' During one series the chauffeur marries the Land Owners daughter and moves up in his social status, however he always feels uncomfortable as though he never "belongs". In general, the best a person could hope for in those times was to become the Ladies Maid, rather than a general cleaner, or the Valet as opposed to a footman. The measure of success you could achieved did not stray outside of the social status you were born into.

After the medieval times came the age of Industrialization. This allowed people a portable identity which was not locked into static social structures as they could move from one job to the next and reshape their identity as they did so. During the Enlightenment Age which followed, people were able to construct different and better lives for themselves by overthrowing oppressive thinking, mostly from the church.

After that came the age of Psychoanalysis in which the human mind became unfathomable and this led to the situation we have in society today where people are allowed to think reflectively and create different roles in society for themselves. Today, if our identity (or sense of self) is faulty, we have the freedom and the ability to choose a different way of thinking, creating a different belief system, and as a result a different lifestyle for ourselves. There is much emphasis on goal setting in order to achieve the life we desire. The common belief today is that we do not have to be stuck in circumstances that make us unhappy. We are able to change them.

SOCIAL IDENTITY VS INDIVIDUAL IDENTITY.

Each of us has a Social Identity (The Collective Self) and a Personal Identity (The Individual Self). Our Social Identity is based on who we are within a group. We gain this sense of identity by who we mix with and we can have different identities depending on the different groups we belong to. We call these *schemas*, and our schema can change depending on where we are and who we are with.

Many times we are so caught up in the identity of the group (or family) that we lose our Personal Identity (our sense of who we are as an individual). Growing up in my family, I lost my personal identity because I was not allowed to be "me". Being me (an extrovert who loved to have fun) was not acceptable, therefore I hid the "real me" believing it was the cause of my pain. The result was that I grew up as shy and introvert, yet always knowing this was not who I was created to be.

After I left my parents home I became part of a church that reinforced this childhood belief system. This group that I belonged to, taught that I had to follow the leader as the authoritative voice in my life, which resulted in me not having ideas of my own, or any sense of being as a unique person with my own identity. My identity as part of that group was a collective one. I was "somebody" as long as I followed the leader. When I had my own ideas about some of the teachings in that group, it was made clear to me that I was no longer accepted and I found myself in a very difficult place in life. For the first time I realized I had no idea who I was. I had lived according to the rules of others for so long... the way others wanted me to live, I had no idea who I was. This was a very difficult time in life, and the beginning of a long journey to finding myself.

SELF-AWARENESS VS SELF-CONSCIOUSNESS.

To be self-aware is be aware of our belief systems

and the choices we have made in either discarding them or keeping them. We are aware of how we behave and why, and how we want to behave in our relationships and circumstances. This makes us aware of our strengths and our shortcomings and we are comfortable with both.

Self-consciousness is different to self-awareness. For many years, I would walk into a room and be completely self-conscious. I thought, and believed, that everyone was looking at me, when in fact, no one was. This was not pride or arrogance. This was the result of a deep-rooted lack of self-esteem and a severe lack of understanding around my identity. I had no sense of who I was or what I was here for. I existed to please others and do what I thought would make other people happy.

It took many years of self-reflection to help me uncover all of this and discover who I was. The key was seeking the kingdom of God within me and finding that place of peace within.

IDENTITY AND HAPPINESS.

There are many people studying happiness and what makes us happy. Dr Martin Seligman, a psychologist from the USA, has spent over 35 years researching happiness and how to find it. Through his research he aimed to see if he could measure different forms of happiness, classify them and possibly find causes for happiness. He concluded that happiness has three dimensions and that they can be cultivated in our lives. He called them; the Pleasant Life, the Good Life and the Meaningful Life.

The Pleasant Life is predominately concerned with positive emotions and learning the skills to amplify them, such as mindfulness and meditation. However Seligman discovered what we already know from experience, that emotions change

rapidly and therefore to remain in a state of happiness in this dimension is hard work. Matthieu Ricard states during his talk on *The habits of happiness*, that "pleasure is contingent upon time, upon the object of the pleasure, upon a place and changes rapidly. It is the nature of things is that we get tired of them." So to base our happiness upon the idea of positive emotions and always staying in that place of "feeling happy" takes a lot of hard work.

The Good Life is concerned with a life of engagement in work, pleasure and leisure. It is a sense in which time stops, when we are in the flow, or are at one with the music. Seligman found that those who have identified what it is they love to do and have been able to re-craft their lives to incorporate those things into their work and leisure have a great sense of satisfaction in life.

It is however, what Seligman calls *The Meaningful Life* that gave people the most satisfaction. These people found meaning and purpose to their lives. They were able to use their strengths and gifts and skills to create something meaningful for themselves and for others. Whether this was additional to the work they did, or formed part of their daily work, they understood their sense of purpose. They understood what made them come alive and ... did it!

I would like to add one more way of life to this list. *The Magical Life*. This is the life where "all things are added" unto us. The life where we have sought and we have found peace, the kingdom of God... within us. It is the realm where the magic happens, living the life we were created to live, connected to our higher power, following his leads through our intuition. It is the place where "things fall into place" and we feel good about life. It is the life where we have said "yes" to that voice within and we are in tune with our true self. This is our highest form of

vibration.

The word "yes" carries a powerful transformative energy and when we say yes to this life we release all resistance and create the space for our deepest desires to manifest. When we are in tune with God, and our intuition, we are led along a path towards purpose and joy. We learn to follow that inner voice when we say yes to it. It takes courage, trust and practice... but the more we say "yes" to ourselves and what we know to be true, the happier we will be.

We must have the courage to follow our heart and our intuition. When we are living in this realm, there is a supply for every demand. Every need is met. The Magical Life is a place where nothing is too great an accomplishment because the person living this life has found "the kingdom of God".. peace within. They have found an inner joy and the knowledge that they are one with God, the creator of the universe. They know the power of their words and they follow their intuitive leads. This... is the narrow road. The road that takes incredible faith and trust to step into and navigate. But it is the road that will bring true joy and happiness and success to those who will say yes to it.

Self-Reflection

If our identity, our sense of self, underpins our everyday life, should we not take the time to be self-reflective? It is important to be aware of the behaviours that we need to change and what behaviours are simply part of "who we are" and need to be accepted and embraced.

Are you aware of certain behaviour patterns that you need to change in your life?

How can you make small, simple steps towards changing those behaviours?

What do you need to say "yes" to in your life? Saying "yes" to ourselves and living a life in tune with our "inner calling" is the first step to creating the life we love.

What is tugging at your heart that you need to follow, stepping out into the magical life, where all things are added unto you?

Do you believe that God is there for you? That he is waiting for you to ask for help, and that he will never let you down? What do you need to ask God for help with today? Ask, believe and receive.

Listen to the affirmation (MP3) on understanding your true identity Listen to it as often as you can and repeat the phrases aloud if possible. Our words are like seeds and they have transformative power. As you speak these words, things will begin to change for you and you will begin to move along your path towards freedom.

Congratulations!

You have completed Unit 3 on Understanding your Identity.

Units 4 - 7 are waiting for you.

If you have not completed units 2 and 3, or read the introduction to the course, please do so before you begin Unit 4. This course is designed as building blocks to help you build a future that is totally different from your past.

Having a strong foundation is essential for a building to stand the storms of life. The Introduction and Units 1 and 2 will give you that foundation.

Go to:

www.rechartyourcourse.com
and download them for free!



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Please email me if this unit has impacted your life. I would love to hear from you!

Skye

The Inner Compass

There are 7 units in The Inner Compass Programme. All of them are free for you to download immediately. There is also a video with each unit, that will help you gain clarity and understanding of the principles taught, as well as a short meditation that you can listen to as often as you desire.

Unit 1: Finding Peace Within

Many of us have spent years searching for peace. I travelled the world trying to find a "place" where I would feel good about myself, comfortable with myself. The search for peace stops when we realise we have been looking in all the wrong places... and go within.

Unit 2: Self-Worth

A strong sense of self-worth is crucial to our well-being. When we base our self-worth on what others think of us or how others view us, we become addicted to pleasing them. Find freedom to become yourself... the real, authentic person you were created to be.

Unit 3: Identity

When we discover our true north, our true identity, we find peace and tranquillity no matter what our circumstances. Discover your unique identity and be free to live it!

Unit 4: Understanding Triggers

What are triggers, how do they affect our lives and how can we overcome them? Be free from the emotions of the past... forever!

Unit 5: Thoughts Create Habits.

Our thoughts are like seeds and every thought-seed we plant in our minds grows to form habits which produce the circumstances in our lives. If we want to change our circumstances, we must start by changing what we think about!

Unit 6: The Power of Our Words

If we knew the power of our words, we would never speak another negative word again. Identify your negative self-talk and discover how to change it!

Unit 7: We Change Our Lives Through Our Choices

Do we really have the ability to make our own choices or is our past programming dictating to us how we live our lives? This revelation will change your life!

This course was written by Skye McKenzie and it is available for you to download for FREE!

www.rechartyourcourse.com