



Dr. K's Guide to Mental Health

Practice | What is Self? | Notes

Much of our suffering comes from our sense of identity. The yogis discovered that an important source of our suffering comes from identification with false attributes of the self. So in order to be free from that suffering, we must discover the true nature of ourselves.

To be clear, we aren't advocating for not participating in life – by all means participate. There is a subtlety to what you identify as - that is separate from what you are. The two are not one and the same. The gap between your identity and what you are is where suffering lives. And unfortunately, this is a discovery that cannot be learned from reading words, only through experience and understanding.

Practice Instructions:

- In many meditative practices, we'll ask you to sit silently in the space after the practice.
- During those moments, try to find the aspects of your identity within you
 - In those quiet moments of meditation, what are you?
- In this state of meditation, pick out attributes that you think you are
 - Such as being a failure, a success, smart, stupid, gender, unloveable, lazy, brilliant, etc.
- Look for those within you, during the quiet moments of meditation.
 - Where is laziness within you? Where does it come from? Can you feel it?
 - For example, if you identify as a man or woman, try to find, where the "man-ness" or the "woman-ness" is within you. Where is the man? Where is the woman? If your only experience of life was the quiet moment of meditation, what would you be? Would you still be a man? Still be a woman?

See for yourself whether they are real or not. You may be quite surprised... that these things don't exist, they are thoughts, abstractions, or constructs of the mind.