

Social Identity and Core Identity

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One of the biggest subjects of modern-day society, or any society for that matter, is the distinction between social identity and core identity. In this paper, I will only slightly touch on this subject; it is, in a way, an introduction to the subject as a whole.

Understanding Social Identity and Core Identity

One foundational aspect that we need to grasp and understand is that we live within duality: the social and the core. Understanding the difference between the two is instrumental; if one fails to understand, they may suffer needlessly for the rest of their life.

Social Identity

Social identity is formed based on perceived experience, environment, and what the person thinks they are and what the world is. The social identity is an aspect of the person that allows them to navigate social reality. However, there is a difference between using and understanding, and existing within, the projections of oneself and others around them.

The necessity to receive validation, the overwhelming care of what other people think and perceive you, and the necessity to fit into the box of what you think you should be or should not be, are all part of social identity. This boxed thinking is full of rules and regulations about what is and what is not, driven by the desire to pursue a perfect picture of oneself based on thought processes.

Validation and what people think are significant because they matter, yet they don't. A person needs to recognize that what they think they are and what they are in reality may be very different pictures. It is important to grasp this picture and, under no circumstances, suppress the core essence of oneself. Understanding and living by one's core is where fulfillment, dreams, and deepest desires reside. That's where the potential for all too manifest in a person's life is located.

Core Identity

If a person lives life through the social identity rather than the core—the true self—they may experience disappointment on a large scale, even if they get what they think they want. Even if they get the perfect picture, there will always be an underlying sense of unfulfillment, anxiety of some sort, disappointment, and potential sadness.

Living through the social identity binds one to a life that is foundationally not theirs. Only by living through the core can one live their actual life, not someone else's. Actual development of a person is possible only through evolving perception via the core, not the social identity.

The fullness of life needs to reside within the person, where a sense of sensation and peace is present, where ultimate calmness and joy reside. Where dreams manifest, they fill the person

with sensations they could never have imagined to be able to experiencing. Life becomes as expansive and joy-filled as one allows it to be.

The Mind and Brain

The conflict between two identities is very much related to the aspect of the mind. Most of the time, we are so locked within our brains that we forget the brain is not everything. The brain is just a processor and receiver of information; it doesn't generate it. There is no point in constantly being in it, as it will only generate thoughts and outcomes we already had. It exists and processes a very small fraction of reality. Thus, it is a fool's game to try to operate solely through it.

The mind and the brain are two different things. The brain is located in the head; the mind is not. The mind generates thoughts and either sends positive thoughts to the brain or negative ones, relying on the polarity of the mind itself. This is a significant aspect and the reason why most people live within the social identity because modern society operates negatively and pushes the mind into that trajectory, dooming people in some instances to lives full of inner conflict and disappointment.

Achieving Balance

The core identity is internal and heart-space-oriented. Our hearts are connected to the universal field and can process information far beyond the brain's or mind's capability. However, accessing it in some instances is a different subject, as there can be quite a few barriers to access based on multiple factors.

Unwiring the complexities of internal limitations and issues that hold a person in the brain's static, bringing a person into the position of actually accessing the mind and being able to use it in a way that is strategic and purposeful, connecting it to the heart and soul, is crucial. This symbiosis is needed to reach a point of balance where effortless creation and ultimate joy reside.

Rules and Fluidity

The mind in our world, as mentioned prior, is negatively oriented. What a negatively oriented mind needs are rules and regulations to create a false sense of security on one or the other level. The ultimate reality of the world is that we operate within a very small fraction of what is approximately 0.0035% can be detected by the physical eye. Thus, there is no point in putting rules on situations as a whole. The perception of a person has to be incredibly fluid, meaning it can't have rules that prevent it from evolving yet have a strong foundation to operate from. The moment you put limitations and boxes on yourself, you become non-fluid. This rigidity in perception is foundationally what creates most issues, as people can't expand their perception of the world.

Our understanding of the world needs to be able to not only evolve and be fluid which means means we are okay with things being ultimately transient whilst again have a sense of a strong foundation, meaning what works for you right now or what is true for you right now may not be true in the future. Transience is crucial. When a person solely exists within the social identity, it

makes growth-oriented aspects difficult and can lead and leads to almost all psychological illnesses.

Unlearning and Exploration

You can't rely on the rules projected to you or interpreted by you from the world because, foundationally, they are not yours. That's why, in many instances, people say to unlearn everything you have learned. This is a reference to understanding that the rules you live by are creations of your perception. Each person interprets information differently, depending on where they are in the width of their perception.

You shouldn't take yourself too seriously. Let yourself change and explore aspects of yourself that may be new to you. Do not shy away from yourself, as what you understand to be you may very much be someone else's aspects that you just adopted.

The Unconscious Mind

The unconscious belief systems that we operate within are filled with things people do not understand, yet they foundationally operate from them.

What we believe is rarely the case.

Unwiring the spider net of belief systems in the unconscious mind is crucial, as usually one belief or limitation is correlated to others and they can all be emotionally wired, forming a spider net of limitations and beliefs that provide an illusion of security on a mental level. The reality is that the ultimate security is in a person's ability to expand their perception and consciousness and their connection to their core essence, as that is the primary driver for a person's success in life, success that is constructive and fulfillment oriented across all the life dynamics. Many have heard the phrase, "success is formed by a person's reaction." Unpredictable situations, or familiar situations that we are presented by that we react too, are aspects of a person's overall life trajectory. If a person has strong unconscious belief systems that are too closely correlated, it results in static and the inability to be agile and respond to situations in very different manner which locks persons trajectory. A person's ability to expand perception is what gives them the ability to increase the quality of their reactions, actions, and overall perception of situations, which literally dictates everything that happens in their life.

Personal Growth and Reality

The world begins and ends with you. You have to learn to determine what works for you through successes and failures. The problem with education and work environments is that they are rarely related to the reality of the world. In fact, these incubators often shield people from the reality of the world, leading them to adopt nonsense about what life is. This only works out because the job provides security, but usually not the good kind of security "the bubble that floats above the ground" this security is widely miss-used and misunderstood in a horrible way combining with a very extrinsically locked and oriented perception only benefits the social identity.

We live in a world filled with mental garbage that creates static in the mind, locks people in the conscious mind, and cuts them off from what world actually is. What works or doesn't work for one person may be completely opposite for another in the end there is also a subject of your relationship with the world and not with people there is a difference which I will not be covering in this paper, simply because there are huge amounts of factors that determine that, which most people cannot perceive with their perception of the world. This results in a world in which people constantly interpreting each other's experiences. Combined with the negative polarized mind in the world, it leads to confusion and overall misunderstanding on great many levels.

Grasping Reality

Grasping the correlation of how scenarios and situations get attracted to you is one foundational aspect of learning how to create. Your thoughts, actions, and overall behavior dictate your reality. Expanding from there and keeping your focus on it, keeping your focus on your reality, and ensuring you do not turn psychotic, is key.

Do not edit your thoughts or feelings. Do not try to rationalize or suppress them, as this will lead to more inner conflict and suppression of your essence. The ability to accept, observe, and ask yourself deeper quality questions without judgment is very important. Ask yourself where the feelings and thoughts come from and start to understand what's yours and what is not. Fundamentally, determine what of that is progressive or regressive which is crucial in order to start to grasp the core and unveil it. Learn to work with yourself, not with the social identity, as doing so will never lead to true development.

Opportunities and Perception

Missed opportunities for ultimate happiness can stem from our limitations and limited perception. The world around us is as beautiful as we allow it to be. When operating within the social identity, we are doomed to miss or not even be presented with opportunities of a lifetime, whether they be business opportunities, job opportunities, friendships, or the ultimate romantic soulmate. Many treasures may be hidden from us, not because they are hidden, but because we simply can't perceive or recognize them. Which is probably arguably one of the worst things you can do to yourself. If you do come across this paper do yourself a favor and try to take it in, as it maybe a determining point of your life.

Conclusion

Personal development is only truly possible through the core identity. Everything else is a very surface-level approach and will not lead to drastic life changes that are truly fulfilling. Living through the core is crucial. The longer you do not, the more time you waste and the deeper you sink into what will eventually fall apart. Things that are built through the social identity do not have a tendency or the ability to last in the medium to long term in sustainable manner without harm. The medium and long term is where you will find clarity, peace, prosperity, and joy.