

# Meeting of Minds



## What are the potential individual implications of embracing one's Prior Identity?

interconnectedness with all existence. This shift in perception fosters empathy, compassion, and a sense of oneness with the universe. Separation can then be experienced as the illusion that it is.

### *Personal Transformation:*

Embracing Prior Identity leads to a fundamental shift in one's perspective and relationship with existence. The distinction between the transient, egoic identity (the 'little-self') and the cosmic, enduring essence (the 'Big Self') can help dissolve barriers of fear, anxiety, and existential concerns. This transformation can bring about inner peace, clarity, and a deep sense of purpose.

### *Freedom from Existential Concerns:*

By seeing the human brain as the intelligence of the universe, individuals can experience liberation from existential concerns such as isolation, mortality, and the search for meaning. The understanding of being an intrinsic part of the cosmic fabric offers a profound sense of belonging and purpose.

### *Shift from Subject-Object Relationship:*

The realization of Prior Identity transcends the conventional subject-object relationship with the world. Instead of perceiving oneself as separate from nature and others, individuals recognize their

### *Impact on Psychological States and Behaviour:*

Embracing Prior Identity can reshape fundamental aspects of human psychology and behaviour. Existential concerns identified by Experimental Existential Psychology (XEP) are reframed in the



# Meeting of Minds

context of a universal identity, leading to a deeper understanding of what constitutes the 'self.' This shift may cultivate psychological well-being, resilience, and a sense of intrinsic meaning.

## *Educational and Societal Implications:*

Integrating the concept of Prior Identity into education and societal discourse can revolutionize how individuals perceive themselves and the world. By teaching children from an early age about what their brain actually is, educational institutions can nurture a generation of individuals who live authentically and harmoniously within human society.

## *Daily Practice and Integration:*

Achieving lasting change requires consistent effort and practice. Understanding a new concept is only a first step to it becoming an experience that permeates our lives. Daily contemplation of one's Prior Identity strengthens the connection to this deeper reality, enabling individuals to navigate life's challenges with grace and authenticity. This ongoing integration fosters a profound shift in consciousness, impacting thoughts, emotions, and actions.

Implications for Individuals



## *In summary...*

The realization and integration of Prior Identity within individuals, offers a transformative pathway toward personal well-being.

By cultivating Prior Identity, individuals can navigate life's challenges with wisdom, compassion, and a profound sense of purpose within the grand tapestry of existence.

With such a monumental shift in perspective within individuals, Prior Identity has the potential to reshape society through redefining education, psychology, and societal discourse, fostering a more harmonious and enlightened world. It offers a real chance for Humanity to see "The Great Improv" for what it is, and for a profound sense of common Humanity to overcome the divisions that are now threatening the very existence of our species.