

# Living in Vivid Awareness of One's Prior Identity within The Great Improv

## Introduction

Living with the constant awareness that life unfolds within The Great Improv where everything is “all made up,” can profoundly alter one’s experience of reality. When coupled with a vivid understanding of one’s Prior Identity—as the conceptual brain of the universe—the shift in perception has the potential to permeate every aspect of daily life, changing the way one interacts with situations, emotions, and relationships.

## The Great Improv:

### Sincerity vs. Seriousness

Seriousness implies a rigid, high-stakes attachment to the constructs of life: societal expectations, roles, and personal goals. To take life “seriously” in The Great Improv is to forget its improvisational nature, believing the roles and narratives are absolute truth. Sincerity, on the other hand, implies a wholehearted engagement with life without mistaking its conceptual constructs for ultimate reality. The distinction between the two creates vastly different experiences:

#### In ‘Positive’ Situations

**Seriousness:** A promotion, a new relationship, or an exciting project becomes a source of pride or anxiety. You might overly invest your self-worth in the event’s success, fearing its loss or failure.

**Sincerity:** The same situation becomes an opportunity to celebrate, learn, and grow without clinging to the outcome. You embrace the joy without over-identifying with it as part of a “fixed” identity.



#### In ‘Negative’ Situations

**Seriousness:** A setback, such as losing a job or facing rejection, feels devastating because the “story” you believe about yourself is under threat. You may spiral into despair, believing the narrative is definitive.

**Sincerity:** The same event is seen as part of the play, a momentary improvisation rather than a defining failure. It becomes easier to pivot, learn, and adapt, knowing that no single event defines the unfolding improvisation of life.

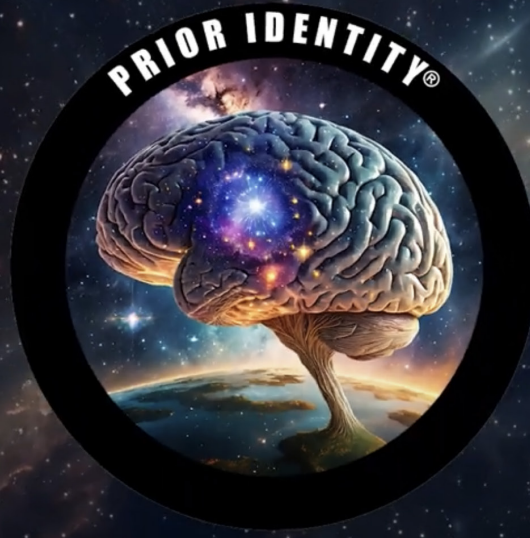
#### In Neutral Situations

**Seriousness:** Mundane tasks (waiting in line, doing dishes) feel like necessary chores in service of a serious life agenda. They are endured rather than experienced.

**Sincerity:** Neutral situations become opportunities to observe, reflect, and even play. You might approach a dull task with curiosity or creativity, transforming it into a moment of mindful engagement.



# Meeting of Minds



## ***The Vivid Awareness of Prior Identity***

**W**hen one lives with the vivid awareness of being the conceptual brain of the universe, it transforms not just one's perspective but also the emotional and psychological texture of daily life:

### ***Expanded Sense of Self***

Instead of seeing yourself as a small, isolated individual moving through life, you feel deeply connected to the cosmos. Your brain—both physically and conceptually—is understood as the product of 13.8 billion years of evolution. Every thought, action, and interaction becomes a reflection of the universe coming to know itself.

### ***Reduced Fear of Mortality***

Death, failure, or loss no longer hold the same gravity. If you are part of the cosmos itself, then your “little self” is not truly separate from the whole. While pain and loss still occur, they are experienced against a backdrop of cosmic continuity and oneness.

### ***Freedom from Conceptual Illusions***

You no longer mistake roles, labels, and societal structures for ultimate reality. For example, the pressure of achieving social status diminishes when you realize these hierarchies are fabricated within The Great Improv.

This awareness can free you to prioritize authenticity, creativity, and compassion over conformity and competition.

### ***Heightened Compassion***

If every human brain is part of the universe's brain, the separation between “self” and “other” dissolves. This can lead to greater empathy and kindness, even in difficult interactions, because you see the shared humanity and cosmic purpose in everyone you encounter.

## ***Daily Life in The Great Improv with Prior Identity Awareness***

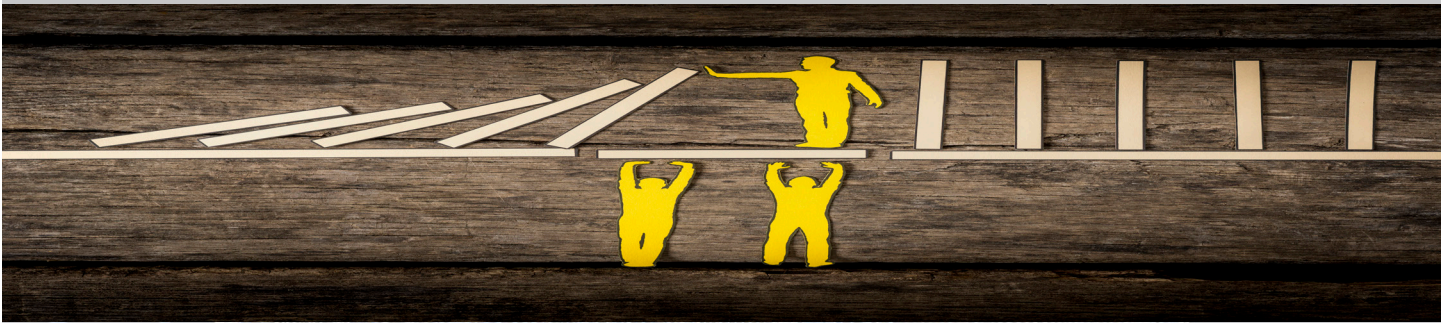
### ***Morning***

**I**nstead of waking up with anxiety over the “seriousness” of the day's to-do list, you approach the day as an unfolding improvisation. There's an inherent excitement: What will the universe express through me today?

A vivid sense of gratitude permeates, knowing that the atoms in your body and the thoughts in your mind are the universe experiencing and knowing itself, and that against all odds, you have become this.



# Meeting of Minds



## Work and Interactions

At work, challenges are less overwhelming because you see them as part of the ongoing play. You might even laugh at setbacks, realizing how fleeting and fabricated they are.

Interactions with others are colored by an awareness that their struggles, joys, and thoughts are expressions of the same cosmic brain. Even difficult conversations take on a tone of curiosity and empathy.

## Moments of Joy

A moment of laughter with friends or the beauty of a sunset feels deeper and more expansive. You recognize these experiences as the cosmos delighting in its own creativity, and you feel both humbled and exalted by your

role in it.

## Moments of Pain

Pain is still real, but it's contextualized within the improvisational nature of life. You may think, "This is a difficult scene, but it's just one act in the larger play." The awareness of Prior Identity adds a layer of resilience and perspective that is inconceivably amazing.

## Evening

Reflecting on the day, you don't evaluate it based on achievements or failures. Instead, you might marvel at how the universe improvised through you and others, taking note of lessons learned and areas for growth.

Aspect	Seriousness	Sincerity + Prior Identity Awareness
Self-Concept	Small, isolated individual	The universe's brain, interconnected; expansive
View of Problems	Overwhelming; catastrophic	Challenges within the play, opportunities to adapt
Source of Meaning	External achievements	Internal awareness of cosmic significance
Emotional reactions	Reactive; rigid	Adaptive; flexible
Relationships	Transactional or adversarial	Compassionate; empathetic; unified
Daily Tasks	Mundane; obligatory	Playful; curious; mindful





# Meeting of Minds

## Conclusion

Living with a constant awareness of The Great Improv and Prior Identity transforms life from a rigid narrative to a dynamic, creative process. It shifts focus from fear, attachment, and ego to curiosity, gratitude, and connection. Taking life sincerely rather than seriously allows one to embrace each moment as a scene in an improvisational play, with a deep recognition of humanity's shared cosmic origin and purpose. This perspective doesn't deny the difficulties of life but reframes them as transient and meaningful parts of the universe's evolving story.

