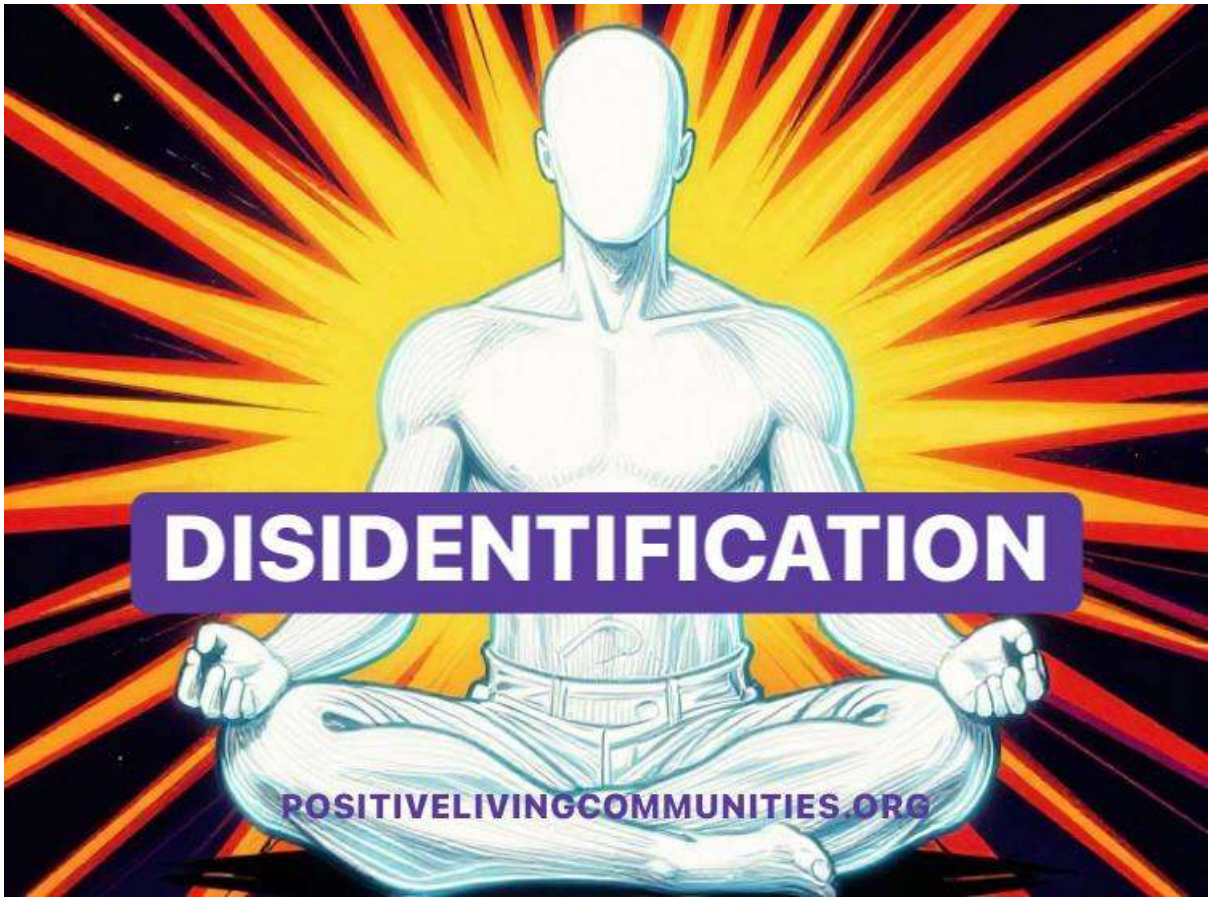


Disidentification

Attachment & Detachment

- **You are not your name**
- **You are not your age**
- **You are not your nationality**
- **You are not your body**
- **You are not your thoughts**

- **You are the awareness of those from your consciousness.**

Identity

What you identify as yourself, how you define who you are, your values, beliefs, habits, thoughts, words and deeds. It is the concept you have about you in your mind.

Everyone has a personal set of concepts or ideas or thought about who they are, and who they are not, which is their identity. About whom they want to be more like, and who they don't want to be anything like at all, or who they think is a bad or a good influence. Who's cool and who's not. This concept of the self evolves over the period of a person's

lifetime. It changes constantly throughout a person's life and depending on the individual it can be a very limited and long, or a very transient and quick set of many life changes to the identity.

You are not your name

That was decided for you before you could speak by your parents or guardians. It was something you grew up with accepting as your name, a label given to you by others.

You are not your age

Not many people know the exact moment of conception or of their own birth. There is no way of knowing the exact moment your mother's egg was fertilised by your father. Not many hospitals have exact time of birth, it is generalised, because the time you pop out to the time you come out are two different times. Also, your birth certificate is representative of the day you were born and not the day you were conceived. So there is a period of around 9 months missing from your exact age. You are almost a year older than your birthday date.

You are not your nationality

You are a human on planet earth; the place and location you grew up in has been given a name before you were born. Someone somewhere or a group of people decided to consider that location once and give it a name. It was decided by other people, and you now call yourself by that nationality or province's name.

You are not your body

Every cell in your body has a life, it is generated and it expires. You are a process, a conglomerate of many things flowing and working together. Your entire body, including your skeleton is completely renewed every 7 years. A completely new set of cells generating your entire body. You have grown older and developed into an adult and still getting older. You are not the same body as when you started, it's progressed.

You are not your thoughts

You are not your thoughts, those are like weather and your mind just translates those frequencies in the quantum field, and they flow through your filter biases. You identify with them and think that these are your thoughts, yet they are just frequencies of variation that you attach a meaning or concept onto. Through this filter you choose what it is you are thinking as a thought you claim as generated by you, from you. No, it was just frequencies that you interpreted through your perception filters and gave it a name, concept and gave it reality by attaching your energy and attention to that thought.

The greatest skill is to be able to see thoughts like the weather, cloudy, stormy, rainy, and sunny etc. Be the observer and just entertain them, but without entangling yourself with and swimming in them, and identifying them as your own. The thoughts all come and go, they will pass soon enough for a different set of thoughts.

Try not to attach to them and watch them pass. Observe what you feel like responding to when they pass through you. You get to see what triggers you, and how your emotions are manipulated. Yes, be careful what your mind translates as some of these frequencies are generated programmes and artificial narratives designed to be self-destructive.

When you think a thought, do you hear it as spoken in your head by you? Can you hear yourself thinking? Say the word “think” in your mind. Who said that? If it was in your mind then no sound came through your ears, so you are the awareness of you.

Disidentification

Is a process of separating oneself from an identity, label, or dominant cultural expectation rather than blindly accepting or directly opposing it. The term has distinct meanings across cultural studies, psychology, and spiritual practice.

Cultural and Queer Theory (José Esteban Muñoz)

In cultural and queer studies—most notably developed by theorist José Esteban Muñoz in *Disidentifications: Queers of Color and the Performance of Politics*—disidentification is a survival and resistance strategy used by minoritarian or marginalized subjects.

- **Working on and against:** Instead of total assimilation (embracing dominant norms) or counteridentification (strictly refusing them), disidentification works from within the dominant culture.
- **Recycling codes:** It takes cultural texts, signs, or stereotypes created by the majority, "scrambles" them, and re-engineers them to empower minority identities.
- **Example:** Using mainstream media or historical archives (like 1950s physique magazines) to uncover and reclaim hidden queer or marginalized meanings.

Psychology and Psychosynthesis (Roberto Assagioli)

In psychology, particularly in Roberto Assagioli's system of Psychosynthesis, disidentification is a mental tool for self-mastery and emotional regulation.

- **Core principle:** *"We are dominated by everything with which our self becomes identified. We can dominate and control everything from which we disidentify."*
- **Separation of the observer:** You consciously separate your core observing "I" (pure self-awareness) from temporary contents of the mind, such as physical sensations, roles, or intense emotions.

- **Practical application:** Instead of saying "I am angry" (which means you are trapped *by* the emotion), you practice saying "I experience anger, but I am not my anger".

Spirituality and Non-Attachment

In spiritual practices, disidentification means letting go of ego-based attachments to thoughts, the physical body, and social roles.

- **Illusion of the ego:** It recognizes that identifying too tightly with temporal labels or mental states creates unnecessary suffering.
- **True nature:** By observing thoughts and feelings pass by without clinging to them, individuals touch a deeper, more peaceful sense of self.

Samadhi

Meditation Exercise

The Airport Lounge Analogy
You have to start distancing yourself from all that you thought “is me”.
That is the real process of samadhi (deep meditation). It is not closing your eyes, mental relaxation for 20 minutes, that's not samadhi.
Samadhi is learning to stand as the witness that remains unaffected by thoughts, feelings, sensations, perceptions.
He does not say “go away”, he does not say “come”. He does not say “let them sit and talk to me”. No, he has no desire. The witness simply knows what is. There is no objection to what is. There is no attraction and grasping towards any of the perception, sensation, thoughts or feelings. Just knowing they are moving.
They are moving, they are moving, they are moving. Okay they are moving.

And suddenly, at midnight at the airport what happens? The movement slows down. Suddenly the airport is empty. You’re just sitting there. That, that is the void. The void. Suddenly empty.
You’re just waiting for that moment.

How is this created?
Try to practice looking at any given object and think about what it took to make that object now in your attention.

Matt Bell
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