

Mind Identity

How to Gain the Universe

by alex brady

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Overview

Overview: Why You Should Stick Around

Learn how to personally experience a transcendental level of yourself by understanding the identity principles covered herein and then seeking the experience.

I will cover basic principles here and give you The Only Step necessary to seek the experience of mind identity.

Thinking of it as waking from the lucid dream is not off point. In fact, it is very accurate.

Stick around for some fun stuff.

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Overview: Sneak Peek

The Only Step:

Remember that you are a
mind, not a body.

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Overview: Current Understandings

You think you are a body that eats and breathes and dies. This is all you think you are.

Many of us are starting to understand that there's more to life than this daily grind until we die. There is more to life what the physics we have can explain right now.

Spirituality has been the discipline that kept these ideas, but mainstream religions are simply not teaching these ideas coherently. I'd say barely teaching it at all.

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Overview: "Mind" in Mainstream

This level of identity defined herein consists only of mind and mental constructs.

Mind is synonymous with spirit is synonymous with "the stuff that is not in time and space". The stuff religions deal with when not furthering political agendas.

This branch of knowledge has fallen out of mainstream understanding. Likely, it is simply not understood by current religious leaders.

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Overview: Mainstream Misunderstandings

In preserving the ideas, though not the understanding of those ideas, spiritual organizations often wrapped the profound identity ideas discussed here in theologies, myths and ritualistic behavior. Or worse, business practices.

This blatant misunderstanding of sacred truths has only served to hurt humans' desire to approach this subject matter. I didn't go through a church to discover this myself.

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Overview: Secular Abstraction

Here, this mind identity knowledge is presented in as secular an abstraction as possible.

The Truth of What Is simply *is*, no theology necessary.

Overview: Potential Understandings

Again: You think you are a human body that engages in earthly relationships over the span of [average_human_lifespan] years.

Can you imagine with me that there is another level of your identity? One Level Up. Or in or out. It's a dimension of yourself that you haven't intentionally experienced yet.

Yes, dimension of *yourself*. You already have access to this frame of mind, you just aren't realizing and using it.

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Overview: Mind Identity, First Glance

You can feel this dimension right now by taking a moment and realizing that you ARE, you are being. This Being, "beingness", is unextractable from your experience; it is who you are. The thing you remember starting at birth.


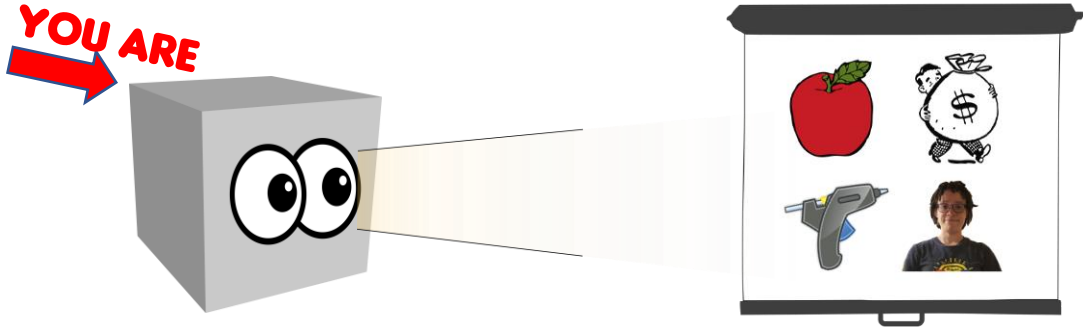

This is a fundamentally inexplicable phenomenon from your frame of reference in time and space. Ostensibly, there was a time when you were *not* being, but you only ever remember being.

Thus far, humans have settled this discrepancy by assuming that if we cannot see a moving/breathing body on Earth, there is no Being. We call this death.

The identity philosophy discussed here presents a different solution which, taken to its furthest extent, can be considered a New Horizon of human evolution.

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Overview: Illustrations

state	occupation	visualization
Body identity	Conventional human affairs	
Mind identity	Understanding	
The plot thickens...		

Body Identity

Body Identity: Body Identity Beliefs

There is nothing inherently wrong with believing the beliefs in this list. From the perspective of mind identity, though, these beliefs are not the truth end-all-be-all about who you are. You will not understand this immediately, but you will over time.

This is not meant to be an exhaustive list.

To believe you are a body is to believe the following things about yourself:

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Body Identity: Biology and Security

You believe that you are flesh and blood; an earthling, a mammal, a human.

You believe you began when you were born, perhaps as early as conception.

To sustain yourself, you maintain homeostasis through eating, hydrating, and excreting.

You, who started at birth, will end at some point in death; a cessation of your identity.

You strive to maintain good health and safety measures or else you may die sooner.

Despite your efforts, you have little to no control over actual external circumstances.

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Body Identity: Society

You believe you live with other humans in a society.

You believe you have many roles within society - student, parent, child, employee, citizen.

You believe that to live an appropriate life is to properly fulfill roles according to societal expectations.

Your primary concern is your own safety and well-being as this guarantees your identity's continuance.

You think everyone else is a separate being whose primary concern is their own safety and well being.

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Body Identity: Perception and Learning

You gain your information through four physical senses - sight, sound, touch, smell.

You believe knowledge takes the form of the facts and figures you learn in school.

You believe objects you interact with will behave the same as they did in the past.

Your reactions to events you gathered through the senses are based on reasonable judgement from past knowledge.

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Body Identity: Emotional State

Your life experience is a series of reactions to events outside of your control.

Your emotional response to these events are justified by the events themselves. There is a proper emotional content to have in response, and you are doing that one.

Because you are not in control of the events that justify your emotional response, you are not in control of the emotional response.

Because your emotional state is the collection of your emotional responses, your emotional state is out of your control.

You hate yourself. But you also love yourself, right?

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Body Identity: Mental State

Your thinking happens *to you*. Your mental space is a barely recognized, continuous stream of ambient chatter.

You believe the thoughts you think are accurate representations of the world around you.

You use thought to analyze past events to better predict future events.

You are your opinions. A condemnation of your opinion is a condemnation of you.

Fear is your primary motivator. Fear of loss, fear of stress, fear of humiliation.

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Body Identity: Review

Take a moment to consider your identity of yourself right now.

Your name, age, sex, location. Your job and family. All of your history.

You may already have spiritual ideas about yourself. Bring those, too.

All of this is Body Identity.

We will talk more about the specifics at a later time.

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Mind Identity

If I am not a body, what am I?

Mind Identity: Intro to Definitions

It is imperative that we define "Mind" and supplemental terms. What will be defined here is going to be the definition used throughout this presentation.

You have come to and may leave here with your own definition of "mind", etc. That is irrelevant for my explanations. For this presentation, the following definitions will be used:

Mind Identity: Definition of Mind

Mind:

An entity that has and operates on understandings. It gives/receives understandings via experience.

It consists of the full and complete understanding of itself and other understandings.

Functionally, a mind can be aware of expressed understandings (experiences).

Example:

A perceived state of being is an experience of the mind's understanding of a sense of self.

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Mind Identity: Definitions cont.

Mind:

Understandings do-er; gives/receives understandings via experience.

Understanding:

An idea so truly believed that it becomes part of the sense of identity.

Experience:

Awareness of an expression of understandings. This includes perceived physical, mental, and emotional content.

Being:

The experiential expression of full and complete knowledge of an idea of self.

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Mind Identity: The Mind Identity Equation

Mind is a collection of understandings and the experience of those understandings.

Mind = Understandings + Experience of understandings

$$M = U + E(u)$$

The mind identity equation

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Mind Identity: Power of the Equation

$$M = U + E(u)$$

mind is understandings and experience

The power of mind identity equation is achieved when you understand you are a mind that is experiencing understandings instead of thinking in terms of the stories of body identity.

Experience is a function of understandings.

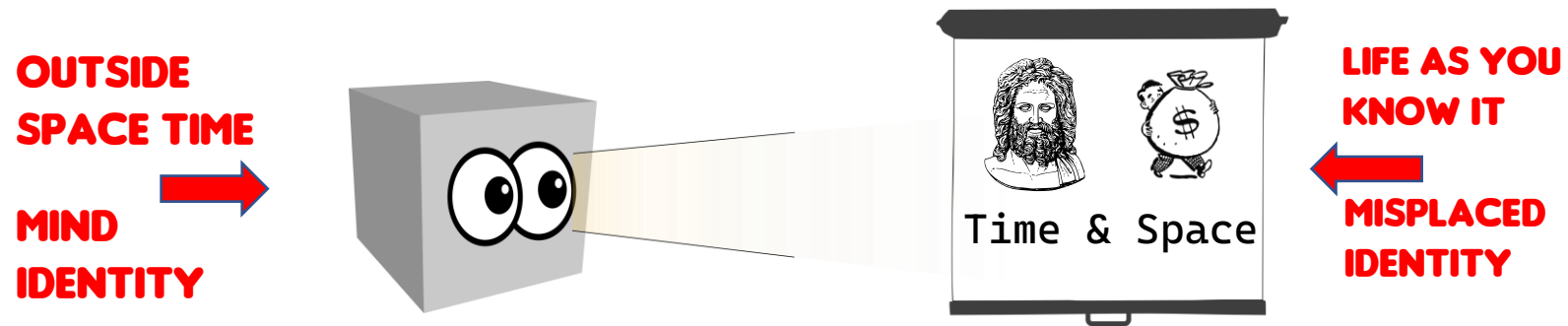
Change your understandings, change your experiences.

The power available when you are in determination of experiences that unfold should be clear. While it may seem like you are at the mercy of external events in your life, taken to the logical extent, mind identity belief leads to the understanding that you are WILLING these events to yourself. And can will new experiences.

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Mind Identity: Recap.

While body identity is the view that the events that your human life, drastically and measurable alter your life – they are your life – mind identity places you outside of the fray.



You are an observer first. A repository of understandings second and a creator of experiences next.

You can cower from this conclusion or you can embrace it and master the art that puts you in control of your life. Not from the power of who/what you think you are and have been, but from a source heretofore untapped.

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Mind Experience

First steps in a new direction

Mind Experience: Intro.

Now that you have the words, let's experience mind identity. Ready?:

Think about **your ex**.

(If you've never had an ex, think about that.)

Give yourself some time for thought before continuing.

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Mind Experience: Body Identity

Chances are most of what you remember from that last exercise was **body identity**.

If you thought about that person's look and smell, how things left off and how things might pick up in the future, you are thinking in **body identity** terms.

Don't fret. **Body identity** is a valid experience of a mind. A mind can believe an understanding that it is a body and create experiences of that understanding.

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Mind Experience: Why Move Past Body Identity

Being in a state of mind identity is being in a state of remembrance that you can modulate your experience by modulating your understandings.

Again: the power available when you are in determination of experiences that unfold should be clear.

The question of utmost importance to you right now should be

How can I achieve this?

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Mind Experience: How to Achieve It

The Only Step:

Remember that you are a
mind, not a body.

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Mind Experience: The Only Step – Frequency

The Only Step:

Remember: “I am a mind, not a body.”

Remember this idea as frequently as possible.

The more often you can keep this one thought in mind, the more readily you see benefits of this philosophy.

Benefits of this philosophy include increased happiness and peace of mind. You want that.

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Mind Experience: The Only Step – Belief

The Only Step:

Remember: “I am a mind, not a body.”

Remember this idea with as much belief as possible. Simply trying is enough belief to show initial results.

Over time, you will become convinced this idea is true by virtue of experience being a function of understandings:

$$E(u)$$

Experience is a function of understandings

Though rote repetition may seem inauthentic at first, belief will genuinely become stronger as you experience the truth in the statement.

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Mind Experience: TOS and First Hand Exp.

The Only Step:

Remember: "I am a mind, not a body."

E(u)

Experience is a function of understandings

You will have first hand experience.

You will have first hand experience that you are something infinitely grander than every single idea you have ever held about yourself.

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Conclusion

Conclusion: Introduction

You have made it to this presentation because you decided to reach a level of mental enlightenment that could free you of doubt, pain, grief, sadness, insecurities, and lack of hope.

Here it is: You are a mind, not a body. Up to this point, you've had *no idea* about this dimension of yourself or how to harness its power. Now you know *about* it.

This principle, practiced even infrequently, will provide a foundation for a more peaceful life.

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Conclusion: Northern Star

Practiced frequently... Well.

Jesus of Nazareth practiced frequently. Until he understood perfectly that he was a mind and not a body. Think what you want about Jesus, but you must admit he made a big splash. What did he know that the rest of us didn't?

$$M = U + E(u)$$

mind is understandings and experience

Taking this equation to its logical extent, can you see how an understanding that death can be overcome can lead to the experience of overcoming death?

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Conclusion: Which would you prefer?

Body Identity	Mind Identity
Life that begins and ends	Life not constrained by time
Decision making distorted by illusion of choice	Effortless decision making based on one principle
An understanding of yourself as a victim of the world	An understanding of yourself as an active participant of your world
Helplessness and hopelessness of being trapped in a world you didn't choose	A power to choose greater than the known universe
Given the choice, which would you prefer?	

Conclusion: Seek Personally

The information contained herein has been distilled from years of personal spiritual seeking culminating in the experience of mind-identity discussed.

Mystics, spirit scientists, and religions have been saying this knowledge for years, but have not been able to extract the foundational abstractions from what is now tangles of theology, self-serving behaviors, and other trappings of body identity.

These trappings only serve to HIDE mind identity, a state foundational of normal human affairs.

The Only Step presented here is a good place to start seeking experience, but if you wish to fast-track your realization, I recommend an intentional spiritual practice.

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Conclusion: What Does This Have to do with *A Course in Miracles*?

While the understanding presented here has been influenced by many spiritual paths and teachers including Christianity, Buddhism, Hinduism, Eckhart Tolle, Krishnamurti, Yogananda, etc...

The foundational principle discussed here is THOROUGHLY dissected in the book *A Course in Miracles*.

ACIM's text 31 chapters explaining *how* we got to a point of body identity, how to recognize body identity, and how to extract our minds out of this state.

ACIM also contains a workbook that's expressed goal is to walk you step-by-step, day-by-day to experiencing your identity as a mind.

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Conclusion: ACIM Terminology vs Abstraction

ACIM used Christian terminology to describe the state of mind identity. The understanding is still there, but it's tucked into a theology to carry the message.

This is the fundamental understanding: You are more than your perceived state of affairs and triumphs and troubles. You have a part to play in the creation of the experiences of yourself and others.

If you'd like to fast-track your realization of these deeper truths, you will read *A Course in Miracles* or find your own path. ACIM is not the only one, but it is the most thorough and direct I've found. And there's no religious stipulations attached.

I can't recommend it enough.

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Conclusion: Seek Until You Find

As always, run all new ideas through your own intuitive filter.

If you're happy doing what you're doing, keep it up.

If you're tired of the futility of life as you know it and are ready to try something new, and if you're here you most certainly are, here is a better way:

$$M = U + E(u)$$

I am understandings and experience.

It doesn't hurt to try. And if it works you gain the universe.

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Conclusion: The Only Step

The Only Step:

Remember that you are a
mind, not a body.

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Mind Identity

"if it works you gain the universe"

by alex brady

(IT WORKS!)