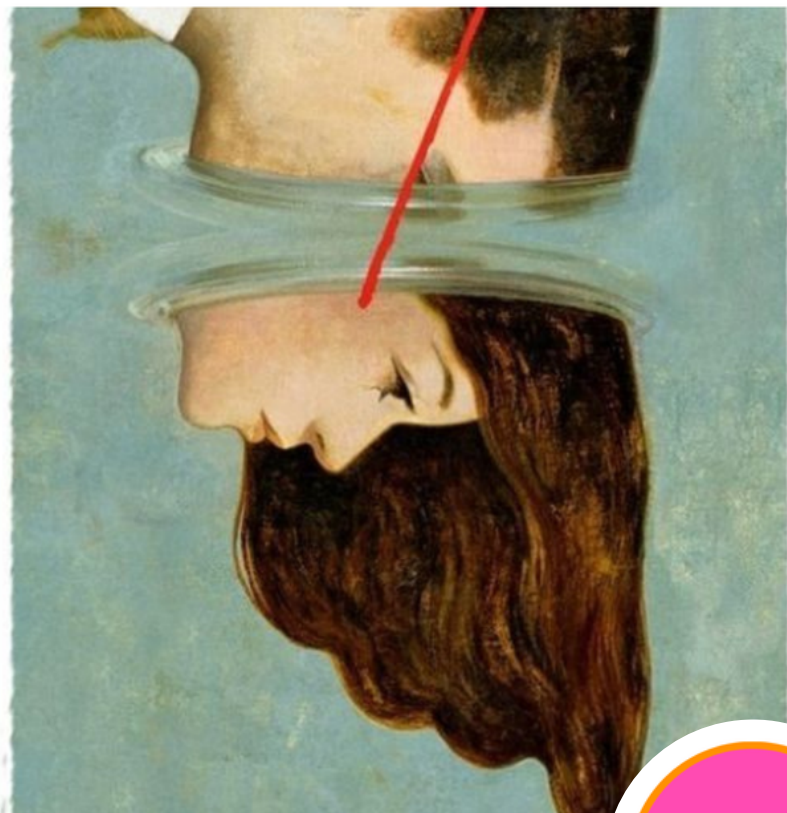


A HOW-TO GUIDE REMEMBER WHO YOU ARE

“HELLO, IT’S ME” IDENTITY SPECIAL



Written and hosted by Kathryn
Asher and Loic Marzin

HUMANOLOGY
HR
★★★★★



INTRO

I am Kat

I am 45

I am a White English Woman

I am a Wife

I am a Mother

**I am a Psychologist / Philosopher /
Writer**

**I am pretty deep, often hilarious, a really
good cook**

I am Loic

I am 52

I am a French / Iranian / English Man

I am single

I am not a Father in this lifetime

**I am a Lawyer / Philosopher / Ethics
writer**

**I am also pretty deep, love photography,
love languages**

I AM a singularity

I AM a collective member

I AM a NOUN

ORCould I be a verb?

Welcome....

Oscar Wilde said that if you know what you want to be, then you inevitably become it...that is your punishment, but if you never know, then you can be anything. There is a truth to that. We are not nouns, we are verbs. I am not a thing...an actor, a writer...I am a person who does things...I write, I act...and I never know what I am going to do next. I think you can be imprisoned if you think of yourself as a noun

Hello everyone,

This is coming to you by writers and philosophers Kathryn Asher and Loïc Mouradi Marzin. We have been working together for a number of years now through our studies and research in the fields of Philosophy, International Relations and human understanding.

We have designed this course as a way for you to further know yourSELF by looking at philosophical reasoning, theory and design, which we feel is far better at SELF HELP and recognition than any form of spiritual counselling, psychological counselling and the likes of.

Philosophy is infused in our everyday and a lot of modern self-help books are diluted interpretations of philosophical input and rationality yet they mind bend and keep you trapped in a constant loop of over thinking and over analysing, whereas Philosophy is an expansive way of observing perspectives and shifting your mindset and reality in a way that is existential, beneficial and pretty enlightening without getting stuck in new age traps and nuance systems that further distort the human experience

If you're someone that is having an **IDENTITY CRISIS, MIDLIFE CRISIS, SEXUAL CRISIS, MORAL CRISIS, EXISTENTIAL CRISIS**, then philosophical considerations and perspectives are WAAAAAAAY better at getting you to see alternate perspectives or versions of reality that aren't necessarily fact but allow you to move through the queries you may be having in a way that allow you to breath, grow and release old patterns and blocks

So, if this sounds like something we can help you with, please read on!

DISCLAIMER: This course will look at some very deep angles, opinions and theories but hopefully in a way that might break down whatever blocks are standing in your way and please know throughout that THIS IS ALL ONLY PERSPECTIVE but do prepare for this as we will be:

- **Asking some deep questions**
- **Looking at some far out possibilities**
- **Observing some alternate perspectives**
- **Coming up with new ways of considering our reality**

So, if you're ready to start, let's have a look at **WHO YOU ARE** in all its shine and glory!



THE EXISTENTIAL QUERY

Have you ever wondered, what on earth the point of all of this is, where are we, why are we, how are we? How has it come to be that we are walking around this place called earth in these human bodies, with these human minds, with these.....SOULS?

And in the odd quiet moments that catch you and interrupt your thoughts and whisper, 'WHO ARE YOU?', you stop for a moment and think, feel, lean into that very question and the only thing that comes up are...yet more questions.....

Our human mind thrives on information and we seem to get lost in the vast web of expansive possibilities and answers, never actually finding truth, just perspectives

But it is those perspectives that build us, shape us, mold us and turn us into who we are but if you're not careful and don't consider the perspectives for yourself, then you won't 'become yourself' you will be made into something else. Something decided by the world around you, not the one within you.....



THE EXISTENTIAL QUERY

So let's begin shall we and ask the question

WHO ARE YOU?

Well, in light of this year, 2025, being the year that fans and flames the question 'WHO ARE WE?', it doesn't come as much of a surprise that this very topic will boast some flavourful subcategories. Ones that really dig deep into the realms and layers of identity and offer us mirror reflections on how some of our most challenging questions or queries can be answered or at the very least, given a variety of differing perspectives that can hopefully help those of you on your quest for self-discovery and truth.

It is via this selection of bitesize mini-portals that we are going to really ASK THOSE QUESTIONS and get some options out there because nothing in this world is merely black and white and our whole mission is to paint the world in colour so.....

LET'S DIVE STRAIGHT IN!

THE SELF

Kat here,

Back in 2019 when I sat my finals in Philosophy, there were 6 major components to the program and they were (in no particular order)

- **Mind consciousness**
- **Ethics**
- **Knowledge**
- **Religious philosophy**
- **Political philosophy and**
- **SELF**

The SELF was actually the first component we dived into and it also, much like mind, focused a lot on consciousness alongside various other extracts and sub-categories such as identity, the hidden self, liberation from the self, the continuity of the body, psychological self, self-consciousness and the SELF and freedom

YOU CAN VISIT THROUGH MY INSTA STORIES ON THE PHILOSOPHY BOARD [HERE](#) FOR SOME VISUALS OF HOW THIS ALL UNFOLDED

But one of the very first things I personally looked at was from the lens of the Dutch Artist, Rembrandt who, if you didn't know, was

KING OF THE SELFIE

THE SELF

He famously created almost a hundred self portraits during his 63 years – over 40 of them oil paintings. Very few artists painted so many throughout their life, from youth to old age. You can almost watch him grow up through his art.

Rembrandt's self portraits can be divided into three broad phases. He first used them to study his own facial features and expressions, later to advertise his skill, and then in his last years to create art of self-scrutiny.

Youthful exuberance





IMAGE CREDIT: WALKER ART GALLERY – PORTRAIT OF THE ARTIST AS A YOUNG MAN
C1630



SELF PORTRAIT AT THE AGE OF 63 1669 ONE OF HIS FINAL PIECES

THE SELF

His works spanned his lifetime and when we ask why, what was his message? It becomes apparent that he was attempting to speak of posterity. A life lived and one that will continue to do so through his expressive self interpretation and creative self-preservation through art

He spent the last decade of his life impoverished, bankrupt, alone yet his works of art now stand in galleries and museums listing him as one of the greatest artistic heirs of his generation because he channelled himSELF through his works so that we could all see the man throughout all his stages
As I stated back in a post on social media in 2019, he was painting himself looking out at all of us – This could be both considered vain and egotistical but also conscious and observing, witnessing his own life through his paintings but also, witnessing us

POST BELOW FROM SOCIAL ON THIS EXACT PIECE



[CLICK IMAGE TO HEAD TO SOCIAL](#)

Before we move on, another quick artistic reference though this time through literature with the query of self and complex dilemmas of the self, the famous book 'The picture of Dorian Gray' is another fascinating piece that looks at the connections of works of art, consciousness, self and personas through the ego self and the transcendental self and in case you're interested in doing some deep diving this one is definitely worth a read and a watch from the 2009 version that my eldest daughter loves - It is a horror / mystery (not too horror) but it is FASCINATING!

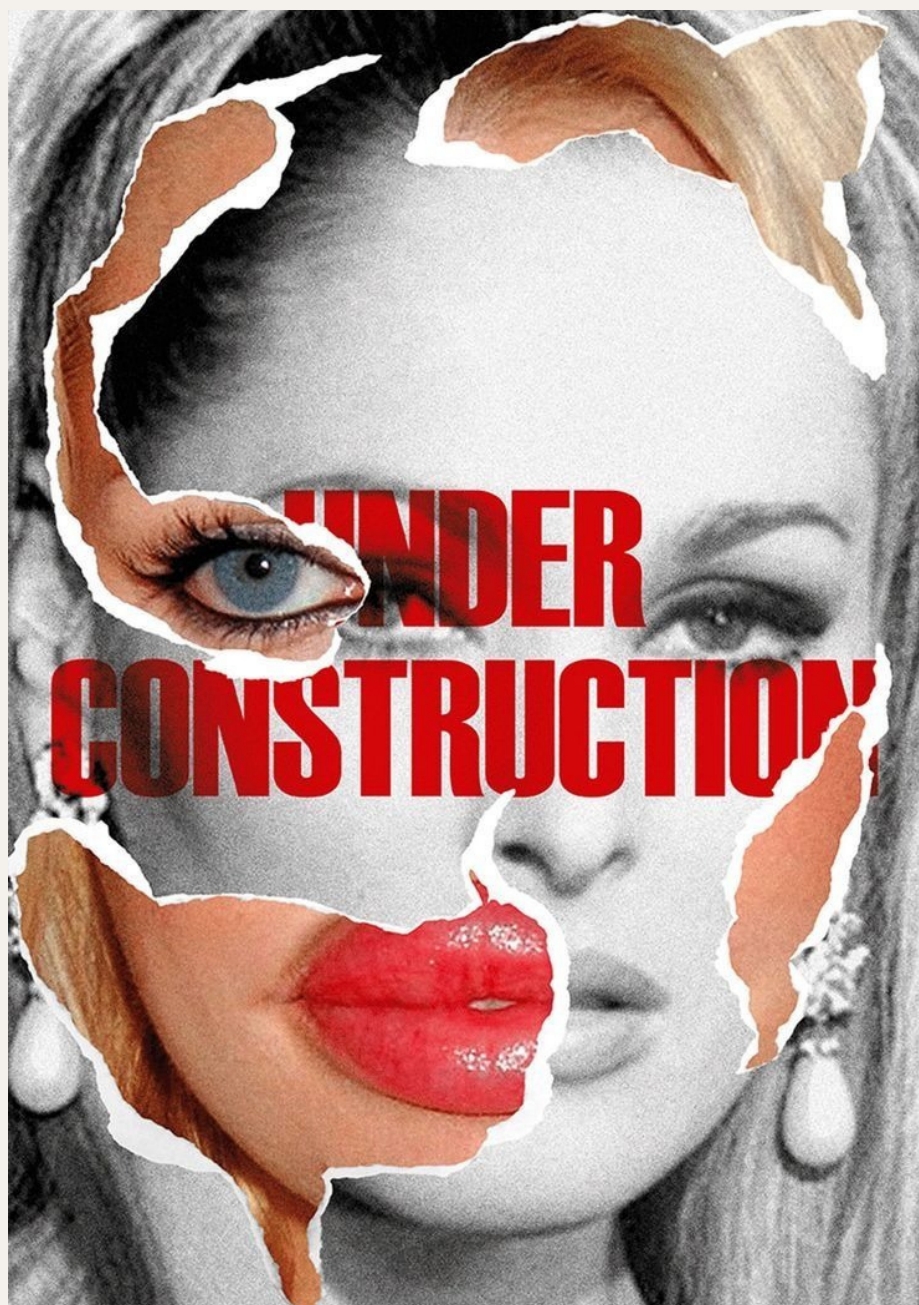


But now that we have scratched the surface of THE SELF query so that you can really start to understand WHO YOU ARE, let's begin!

LET'S LOOK AT:

- **THE WHO, WHAT, WHERE, WHEN WHY**
- **A DEEP DIVE INTO OUR PORTALS WITHIN THE PORTAL**
- **And then a little finish off with the HOW.....**

We hope you enjoy!



WHERE ARE WE?

I suppose if we're going to want to find out WHO WE ARE, then maybe the best place to start is to ask the question, **WHERE ARE WE?**

WOAH, this is a deep end question right? And one that NO-ONE actually has the answer to.

It will directly fork straight into biblical narratives and that in itself is one of the main domains by which we as humans have forged our reality (or had it forged for us) based off the texts, commandments, and then with them created laws, principles, protocols and structures that hold together our modern moving world

Like it or not, this is the basis of pretty much everything we as humans live by whether we know it, agree with it or not

HOWEVER, we also have to consider the science of where we are

**SPINNING BALL, FLAT EARTH, REALM, TORUS
FIELD, DIMENSION, SIMULATION.....**

Everyone has their own theory and really, that is all it is: A THEORY and that is fine.

I ask my colleagues and the most common feedback seems to suggest that wherever we are is recursive, layered, harmonic, alive

WHAT DO WE MEAN BY THAT?

To make sense of the world around us and interpret it in our own way is our human privilege and given that to date, no one has the 100% definitive answer means that whatever your consideration is of this is absolutely 100% fine to have and 100% no one else's place to judge or criticise as they don't have the answers either!

But what we can say, is that given that we know how the universe works in terms of physics, biology and chemistry, we can pretty much establish that everything is made up of **LIGHT AND SOUND** and that much like whatever created this mad place we live in, **SO ARE WE!**

If it is said then that we live on an electromagnetic spectrum of **LIGHT AND SOUND**, then let's just start with this....

Though actually, we're going to finish with this as the grand finale is going to be probably one of the deepest considerations of this piece so let's hold back a little.....

WHY ARE WE?

Loïc here,

Much like above, there is so much philosophy and theology thrown into this query

Finding out WHO we are first needs to know WHERE we are and then also, WHY we are

When I studied philosophy way back when, I was a bit bummed that so much of the course content was studying empirical data and cross referencing the differences between Eastern and Western philosophies in a very contextual manner and having to structurally decipher who said what and why as opposed to analysing actual philosophers and their theories

Though we did do a lot of work to do with David Hume as he was the main guy that highly influenced empiricism and the queries of the metaphysical and psychological basis of human nature

But my favourite of all philosophers has and will always be Friedrich Nietzsche as he looked deeply into the query of EXISTENTIALISM and one of my favourite quotes by him was

**“HE WHO HAS A WHY TO LIVE CAN BEAR
ALMOST ANY HOW”**

Now, this is one of the deepest yet simplest quotes there is regarding our human existence and its potential so when aiming to discover SELF and uncover the surrounding layers of that query aka

**WHO WE ARE
WHERE WE ARE
WHY WE ARE
HOW WE ARE
WHAT WE ARE.....**

The best place to start is allowing yourself to query these queries

EASIER SAID THAN DONE given that most of our thoughts, behaviors, actions and so on come from programs installed in our external environment aka schools, churches, political structures, curriculums, workplaces, laws, courthouses, doctors offices, hospitals, media structures, SCRIPTS and all the rest that LITERALLY dictate to us how our environment is structured.

We are **PROGRAMMED** to believe a certain reality and we are encouraged to follow the herd so thinking for ourselves has been heavily discouraged and those that dare to are often too afraid to speak their truth, share their thoughts or ideas for fear of scrutiny and shame

And when we speak of programs, this then feeds into the possibility that the place we live in is a giant computer simulated reality that many PHILOSOPHERS not scientists have attempted to prove could be the case. Nowadays many scientists are also attempting to fact prove this though again, even if they could, there's so much RED TAPE around whatever truth is available and how much of that truth should be shared with the general populous AKA YOU, ME, YOUR NEIGHBOR, THEIR NEIGHBOR, THE ENTIRE HUMAN COLLECTIVE

WHY SHOULD THE TRUTH NOT BE SHARED?

But, what is the truth?

As a lawyer and prior student of philosophical law, International law and ethics, let me ask you, that when you stand in front of a jury in a courtroom and put your hand on the book, the other on your heart and swear to tell the truth, the whole truth and nothing but the truth, what exactly does this mean?

I have spent the past 17 years exploring the topic of Ethics. Once you go down the road of looking into philosophical ethics and morals you quickly come to realise that, based on the theories from worldwide, time historic philosophers who questioned the principles and reasoning of ethics, they cannot unanimously agree on whether we should have morals, what morals even are and how they should be applied throughout society yet we have based our entire system of law and ethics on a structured principle that runs the world based on the TRUTH yet we still don't really know what this means

When it comes to questioning who we are, morally and ethically, **WHAT IS THE TRUTH?**

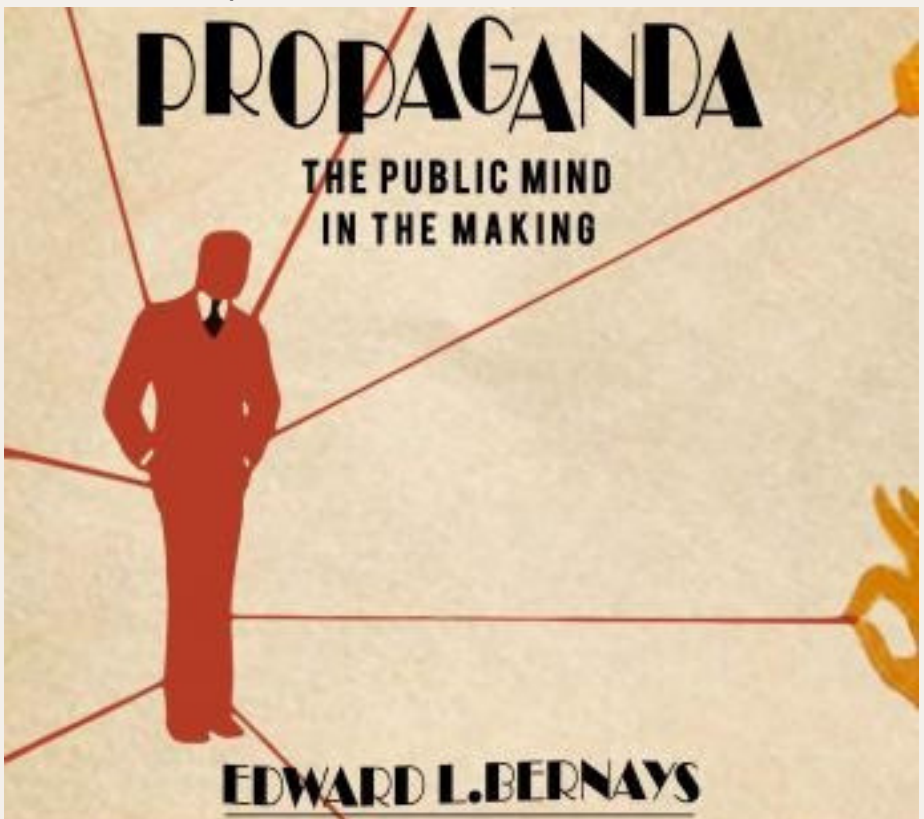
And to put hand on heart and swear to God and a book, is the truth in there or inside us? And if we can seek truth in either, what might that look like?

In terms of SELF, the only one that knows the TRUTH about who you are is YOU

But, **WHO ARE YOU?**

Ok, let me tell you a story about another study I did and as someone that has done a lot of research and continues to do so into human behavior, this has been one of my most favourite however dark encounters with the 1% V the rest of us but an interesting look at our reality over the last 100 years +

When I was doing some research into the subconscious mind, I studied a lot of Sigmund Freud's work. For the unconscious mind I absolutely went to Carl Jung but the 2 are poles apart; however, when doing some deep dives into Freud, I ended up writing a piece about his nephew Edward Bernays.



Bernays was an American born in the late 1800's and he was the pioneering figurehead of PUBLIC RELATIONS. His entire professional career was built in PR and he was absolutely incredible at what he did, to the point that in between world wars and somewhat before and definitely somewhat after he literally invented the identity of CONSUMERIST CULTURE through his PR networks using a simple yet highly effective technique called.....

PROPAGANDA!

He literally looked at what people WANTED not needed and sold them a dream. He tapped into their desires and created empires to fulfil their wishes. Starting off seemingly subtle and with good intention, he set about creating the world we live in today and each passing decade it got amplified and amplified

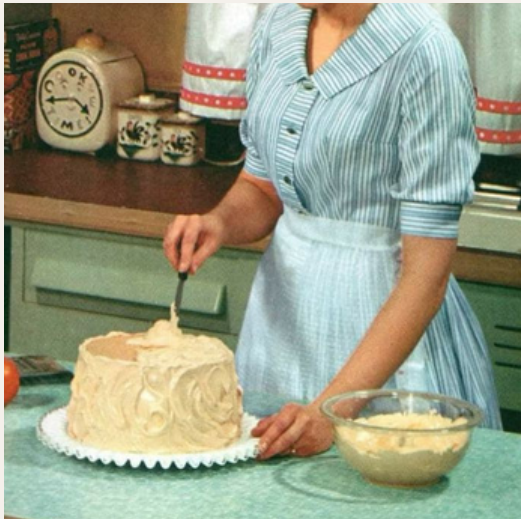
One of his 1st consumer product testing was with the Betty Crocker cake mix where he set up FOCUS GROUPS (much like what we do in HR and human behavior studies) and he targeted the female population of the UNITED STATES and asked the women of America what they thought of the pour and mix cake packs.

To his disappointment, it didn't do well. Women didn't want to settle for a ready mix that disempowered their ability to perform as kitchen queen that prepared wonderful treats for their family and the results of this were evident throughout the focus group. So what did he do?

He went back to the drawing board on how he could sell this product to his consumer base and he **CRACKED IT!**

And with one simple add in, he hit the jackpot

ADD AN EGG!



He told the American housewives that the cake mix PLUS EGG was all they needed and gave them the **ILLUSION** of kitchen empowerment by getting them to add an 1 simple ingredient therefore convincing them that the convenience was there but they were also still able to put their skills into practice



CUNNING HEY!

So he sold an illusion for the sake of profit and with that profit grew an entire generation of consumers, commerce and BUSINESS!

In the late 60's when the freedom rebellion started and everyone began to break the molds and want to form their own identities, the consumer product platform started spinning because where in the 50's everyone was sold one type of house, one type of car, one type of luxury whatever (he literally sold cigarettes to women as the freedom flame to trigger the female freedom movement and proudly told the world that he had done so by getting them to suck on phallic objects all day long omg) but all of a sudden, the next gen were all about **INDIVIDUALISM!**

THEY WANTED TO BE THEIR OWN UNIQUE, INDIVIDUAL PERSON

So the consumer production line went into overdrive! New cars emerged, new foods, diners, accessories, clothes, music you name it and this guy was behind it all!

He used PR and the media to steer the human market into the consumer market without us ever knowing that it was all to make them a buck by selling us an illusion

NOW LOOK AT US!

WE'RE CONSUMED TO THE MAX!

His empire created such high levels of propaganda (and let's not even go to where it steered the likes of the Nazi regime or politics to follow by controlling us to the max) but it was all based on studying people's behaviors, reactions and controlling them into submission, obedience using high end yet simple techniques of mind control.

His notion was indeed correct however and that's the scary part, in that he said

" That humans are irrational creatures unable to think for themselves. They are unable to critically think therefore they must be steered"

He isn't wrong. Sadly! But what started off as a gentle way to give the people what they wanted and build back empires after world wars turned into a heavy mind control program using propaganda as a weapon against us that clearly went too far!

And today, it's 2025. While we are far more advanced with our intelligence, sentience (some of us) and our ability to critically consider the world around us (few of us), only a small percentage of us dare to challenge the narrative. The rest of us are still fixed in a box and either dare not climb out or have no idea that they're in a box

THE REASON FOR TELLING YOU THIS – THE MORAL OF THE STORY is that we are FAR MORE than our consumer / material selves. If only we could take the blinkers off, lift the lid and dig a little deeper that by starting to think for ourselves, we just might see that the world created for us is only a happy place for those that have no desire to grow.

Very much like Nietzsche stated in his brilliant quote

“HE WHO HAS A WHY TO LIVE CAN BEAR ALMOST ANY HOW” is pretty much saying that in questioning why we are here, we can't help but also come to the how and the how is often not a very pleasant reality when we look at it square in the face

To know that we have been steered like cattle and herded like sheep into consumer markets, wars, factories, realities set up for us without our approval or permission is a very scary outcome. It's a very sad reality and one that can cause depression upon realisation and deflate the hero from every wanting to actually go on his journey if all we find is that we don't have freewill or the ability to chose, create, design and empower our own lives

BUT

Freddie Nietzsche wrote his works of SELF-CREATION which he developed from Schopenhauer as educator (another great philosopher on the will and the world) where he depicted THE BECOMING being the CREATION OF SELF where man must learn to create his own values, believes, identity, will and use it to empower him at all costs because only then will man truly know himself and be able to change the world he lives in

He gives rise to the notion that we must de-program ourselves of beliefs, dogmas, systemic influence and herd mentality in order to free our minds and re-create our own ideals and authority

He was opposed to tyrannical leadership by means of propaganda (remember above) and tried to make it clear that **MORALITY** is preached in a very harsh way which meant that in order for a society to be morally complicit, 'they' were steering it so by tyrannical force and boundary which meant that if anyone stepped out of line, THE PEOPLE would rebel (often against each other)



and the outcomes and consequences would be catastrophic because people, the masses, have been herded to be obedient and good or else.....

When one person steps off the line to think for themselves, it has become the norm now that we all police and punish each other for doing so but Nietzsche advocated for people to do so because he knew the reality we live in is an enforced lie. Yet still, nobody quite sees it like that :(

Fast forward to 2020 and there has been a huge shift in this mindset and we are starting to slowly see that there is an uprising with people no longer willing to donate their freewill and power away to those in charge. And rightly so

And might I remind you that in standing up for yourself and your freedom in no way makes you immoral. On the contrary!

Nietzsche was very outspoken about religion and he rather promoted people to learn art, literature, theatre, philosophy and history as tools for living. Not from an academic consideration I might add but from an enriching perspective.

He felt that people amputated their creativity, dreams and goals because they are insecure and threatened and anyone that dared to be fearless and creative needed to have their individuality limited and get pulled back into the herd

He went on to say that man must embrace the difficulty in discovering and creating himself, famously stating that

"NO PRICE IS TOO HIGH TO PAY FOR THE PRIVILEGE OF OWNING ONESELF"

And that once we step away from the herd and walk our own path, may we do so with confidence and shine our light so bright that it lights the path for those to follow

TO BE FREE MEANS ALSO TO BE FREE OF PSYCHOLOGICAL AND PHYSIOLOGICAL NEEDS

He stresses that the freeman that he liked to call the **UBERMENSCH** (**SUPERMAN** – OR **SUPERHUMAN**) must develop one's own discipline, values, moral compass and identity and not be forced or steered in any way



He said THIS was the goal for humanity. To rise up and out of shackles and form their own principles in order to self-govern and command their own lives with very clear ethics and morals in tact

Sounds simple right?

So, we're coming up to Easter 2025 and I write this part with the query of religious belief in mind. Another set of dogmatic principles to obey and as someone that has always loved scripture, theology and the beauty of the allegorical story, its sad to realise that any 'Christian' in this modern world doesn't truly know the meaning behind much of what was written

Hands up if you read the books? Extra brownie points if you know what they mean?

I only point this out because, we have yet again been sold a version of a story read out to us and mostly unread by ourselves and with that we form beliefs and realities etc.

I was chatting with Kat yesterday about this very query. I know she loves theology and understands scripture far more than me so I wanted her take on this. What was the message of Jesus? Well, it wasn't too dissimilar to that of Nietzsche.

Christ was a messenger. The sacrificial lamb. Well, he walked away from the herd and shone the light. Became the beacon of eternal light for those to follow. If anything, Jesus was one of the most rebellious, anti-religious hellraisers out there. He flipped tables, called out the pharisees (those in charge) and waved his middle

finger at the establishment, oppressors and anyone that aimed to exploit and divide the people

He was the **HOLY LAMB OF GOD** because he was sacrificed for daring to leave the herd and with his disciples encouraged the herd to follow him, yet not many know this because of the twists and overlays to stop you from remembering

**TIME TO LIFT THE LID, FLIP THE SCRIPT, OPEN
YOUR EYES AND CLAIM BACK WHAT'S
YOURS....**

YOU!

WHY?

**BECAUSE THAT'S
WHY YOU'RE HERE!**

WHAT ARE YOU?

Let's start with a mention on our final section here before we move on to portals, as it really requires its own domain but before we get ahead of ourselves, let's have a little examination of WHAT WE ARE, because how fun is that?



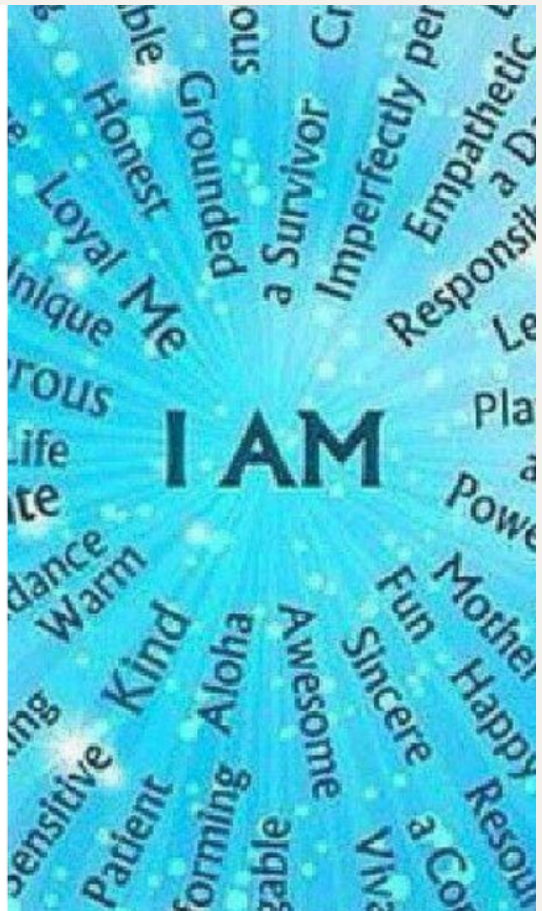
I'M NOT WHO I WAS BEFORE.

WHAT ARE WE?

**Let's aim to keep this simple
and digestible....**

What you are:

A personality
A character
An identity
A walking talking body
brain
A thinking feeling
being
A work of art
An individual
A shared belief
A part of the collective
A hero
A villain
The light and shadow
Consciousness itself
A dream



And all of what you are and what makes you YOU, is dependent on so many factors should you chose to let them in, let them define you, let them mold you, steer you, create you

Your time and place of birth

Your gender and your biology

Your parents ethnicity and race

Your DNA

Your physical looks and appearance

Your environment and the culture you were raised in

The language that you speak

The school you attended or didn't

The job you went on to have

The people you blended with and now do

Your networks and your community

Your spouse and or children or not

Your interests and hobbies

Your sexual orientation

Your beliefs and opinions

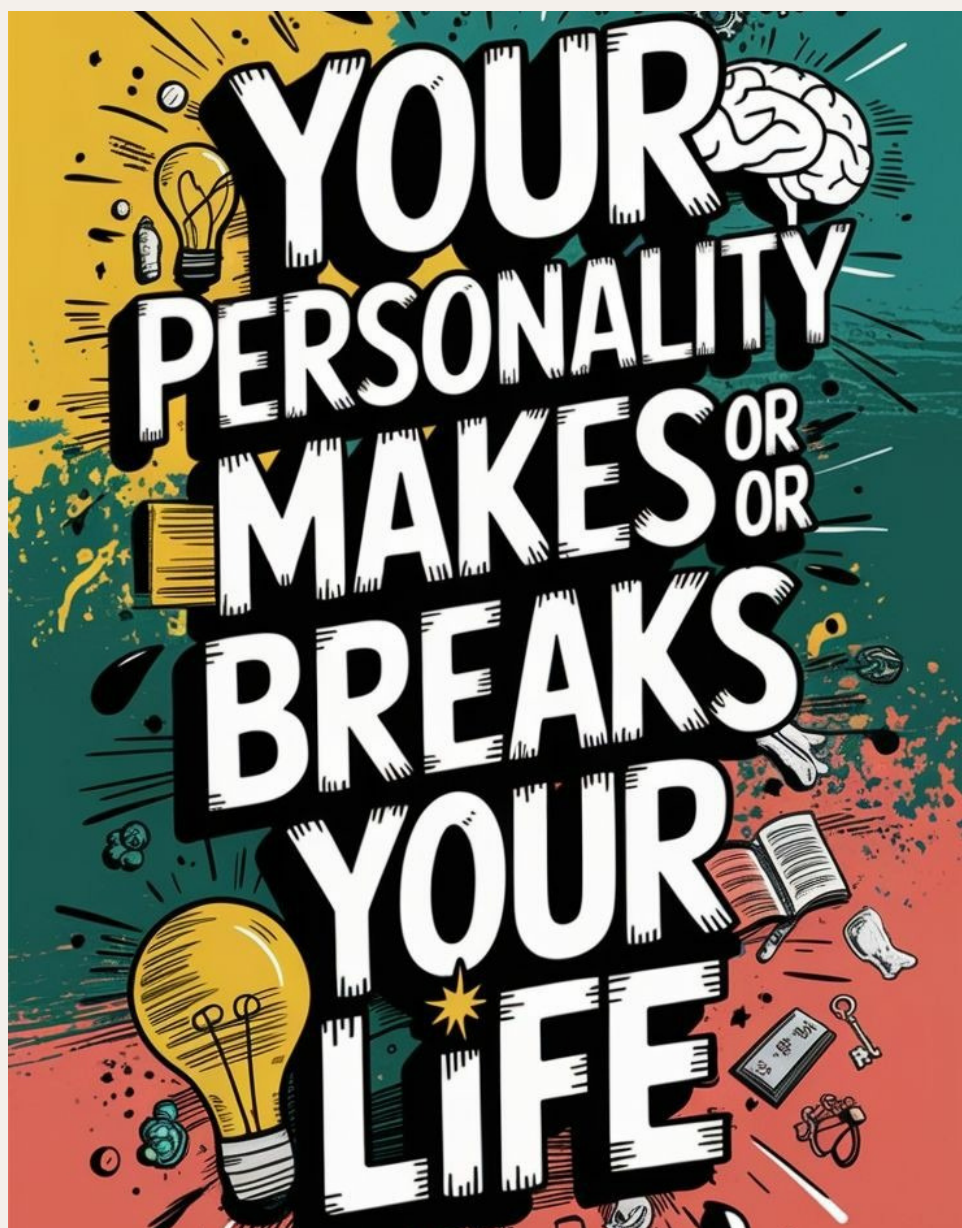
Your hopes and desires

Your thoughts and feelings

Your pains and sufferings

Your existential self in all its ever changing facets

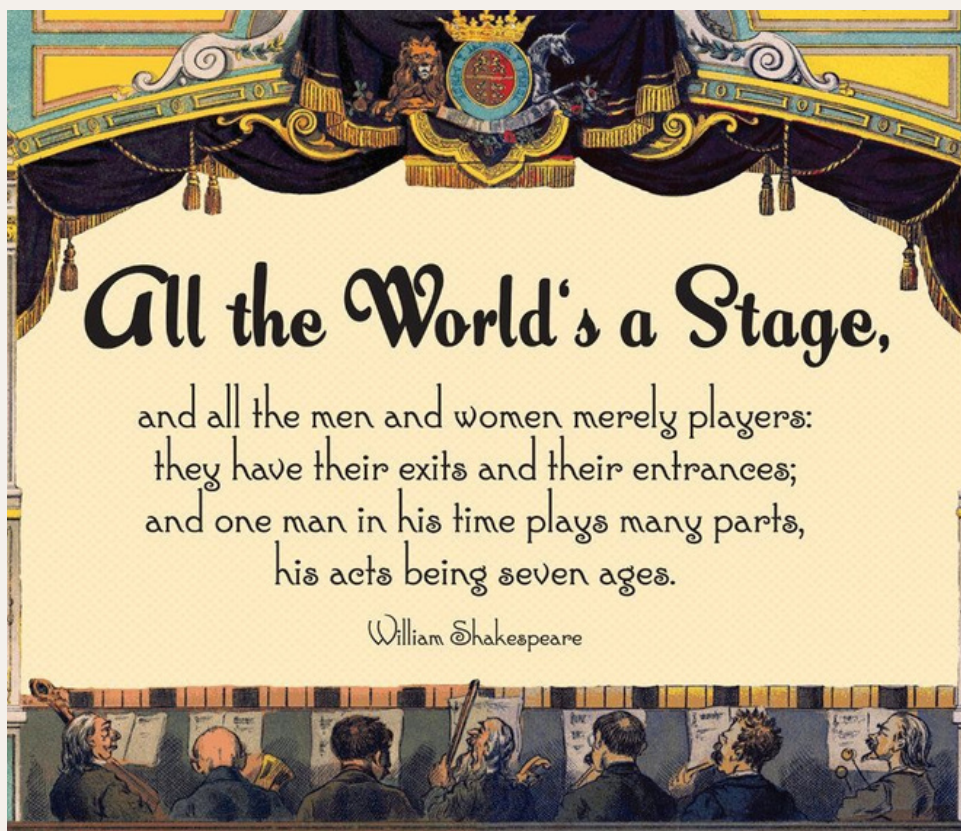
I AM A PERSONALITY



WHY ARE YOU DIFFERENT TO ME? WHY AM I DIFFERENT TO YOU?

What makes us so unique? And do we have the ability
to change HOW we are?

Shakespeare said:



If this is so, then the roles we are here to play in between the time we enter and the time we leave are to be determined by us!

YOU GET TO CHOOSE!

The beauty of actors playing roles is that they adopt the persona, become the character and put it all into action!

LIGHTS – CAMERA – ACTION!

When a part is played well, it is done so through the understanding of the persona, the development of the character and the execution of the role.

The actor knows the script however therefore, can make sure to embody the persona and character into the play.

Depending on the role, he / she can become a terrifying villain, a pitiful victim, a valiant hero, an amorous lover, an accomplished businessman, a prophet, a King

But.....

WE ARE NOT GIVEN A SCRIPT.....

And most of us have no clue WHO WE REALLY ARE!

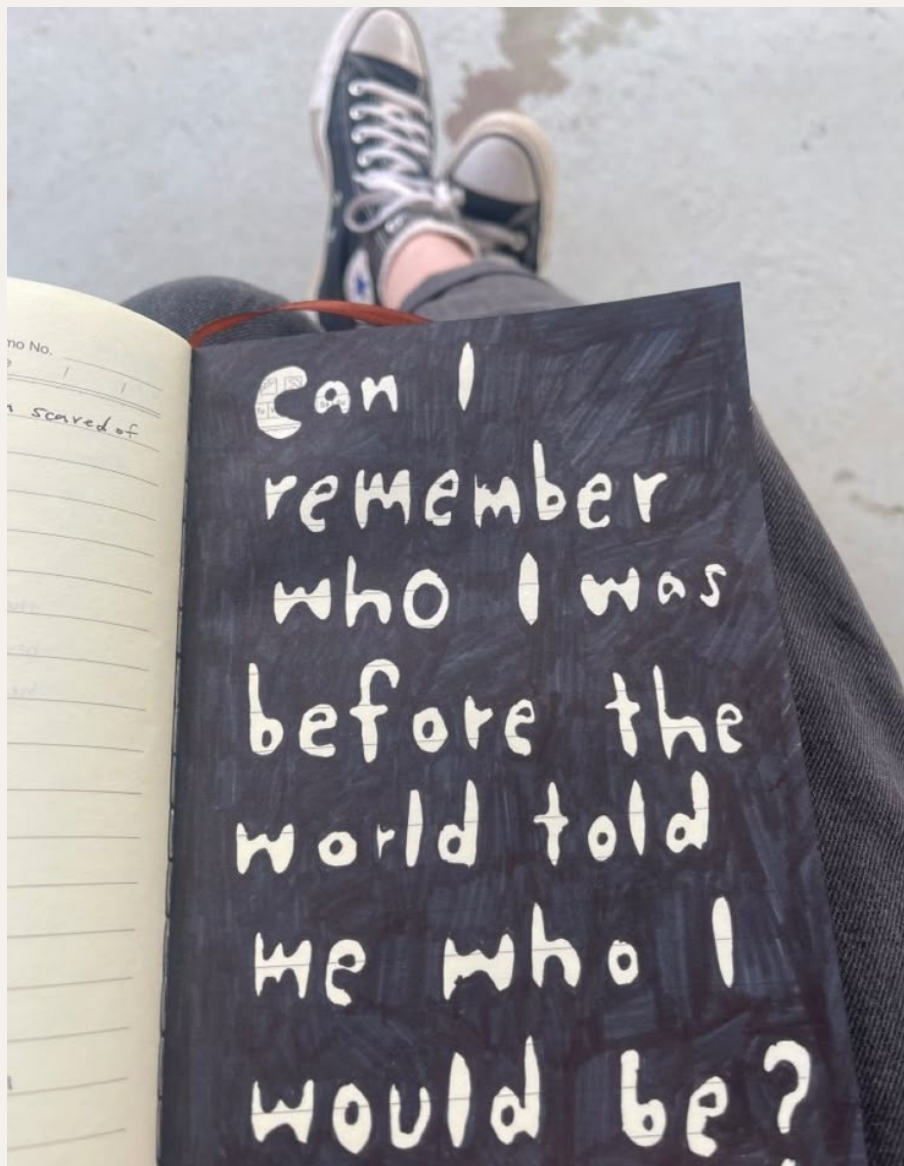
Do we build our character or does our character grow?

On the image link below is a questionnaire that looks at SELF AWARENESS OF OUR PERSONALITY – Please go give this a read and a listen as it is deeply insightful. I recorded a piece for you that hopefully gets you to see yourself from the full 360 and offers insights into ways to develop self-awareness through observation, even of the things we might not really like about ourselves and then ways in which we can overcome them and adapt into better versions of who we want to become!

Click the image of ME AND MY BESTIE below – I am me, she is she!



We have written various segments that could accompany this that will give further clarity into certain unfolding parts of the existential self enquiry but, let's start with the obvious.....



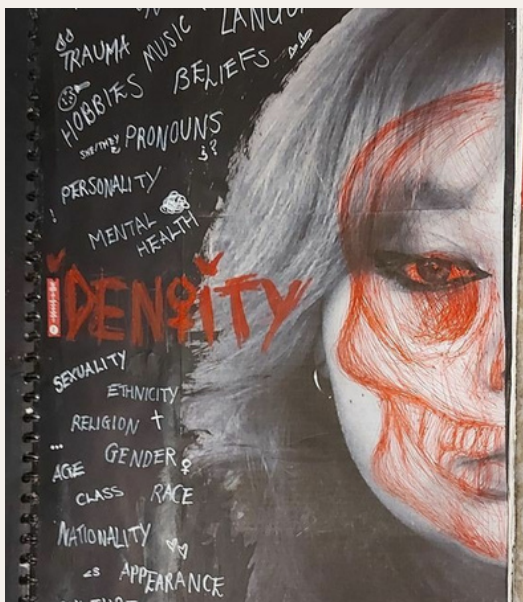
LET'S GET PHYSICAL

Hi there, Kat here!

When I was younger, I was a really skinny, pale, funny looking kid. I was called names such as 'Alien features' '5 head - cos my forehead was pretty big', my sister used to call me matchstick legs, yeah I was a gangly, googly thing that felt awkward and acted awkward in my everyday life.

My best friend Claire, who I met when we were 5 and are still besties 40 years later was not. She was a doll. Gorgeous, long flossie hair, cute little squidgy face, everyone thought she was adorable. I was just a little bit of a weirdo.....

IDENTITY CRISIS



IDENTITY CRISIS #1 – MY CHILDHOOD LIFE

I deeply wished I could hide away and blend into the background but for some reason, I always attracted attention and got into trouble so when I reached my teenage years, I figured, well if everyone has somehow made me into a trouble maker, I might as well be one, so I became a total little shit and formed a rebellion, grunged myself up and turn the weird into wonderful....(my parents might disagree but....)

Then in my early 20's when I was truly finding myself away from my old time friends and conformist archetype etc, I stopped being grungy and started to try to be 'pretty'. I had a hot boyfriend, a cool city apartment in Barcelona, a good job, funky new friends so I chopped off my hair into a Mia Farrow blonde pixie crop, went uber girly in a retro glam sort of way and bagged myself some flattery and attention of the kind I'd never received before....

I spend my 20's as a pretty girl, super figure and I showed it off at any opportunity, great fun, high on life, extroverting my way through Europe and then in my 30's change came again when I reinvented myself and became a wife and mother
The wife part was a little weird and I tell you these stories in case you relate.....

IDENTITY CRISIS #2 – MY ADULT LIFE

When the hubs and I got married back in 2008, I had this weird feeling of **'WHO AM I?'** that I truly never expected. Such a beautiful ceremony but there was this undertone of 'wtf is going on?' from a ritualistic perspective that made me uncomfortable. I guess it was my independent streak blasting through. To be given away from one man to another didn't really feel romantic or cutesy, it felt really bloody odd!

'Do you take this person.....' yes yes yes that's all fine but the giving away from my Father to my Husband felt like a farming exchange. I was an Isherwood one day and the next, I needed to go into government offices to have my Surname changed through 'legal, official channels' because I am NO LONGER my Fathers daughter, certainly not by name and I am NO LONGER the person I had spent 28 years identifying as

I HAVE A NEW NAME NOW! NEW ME.....

Through the church, deed poll, registry and through ritual marriage.

It was, I'm not going to lie a very strange transition for me and one that wasn't made easier by my own Father immediately stopping any financial transactions I had had in place before I 'became someone else's' – which is absolutely fine, he was never obliged to still be giving a 28 year old woman £100 a month just for pocket money but it was more the point of the matter. 'You're not mine anymore, you're someone else's' – The name to go with the switch.

Men don't seem to have this bizarre swap of their identity. They gain a wife, a lover, (a new mother). Someone else to daily dote on their manhood while women get lost in the background yet still have to play the man's game in the forefront.....I never belonged to myself like a man does. I am owned by someone else. Swapped about for a new role to play in a world that was starting to seem out of sync with my identity or my identity was out of sync with it.....

STRANGE!

IDENTITY CRISIS #3 – MOTHERHOOD

So the party days came to an end. My fashion / physical appearance turned into the stereotypical 'Mum look', I put on a little weight, slowed down and didn't have the financial assets I'd always had whilst living in Spain with a high paying job so downsizing and becoming a Mum hit hard in that department. Gone were the days I could spend £200 on a pair of mega heels just like that (Oh and I did) and instead it was sneakers and kids stuff from Asda and Next.....

Oh, but I wouldn't have changed those days for the world. They were the best of times! I BLOODY LOVED MY IDENTITY AS MUM while the kids were little. They're teenagers now. This stage isn't so fun I am going to admit! Or it is, but the stress is real!

IDENTITY CRISIS #4 – 40+ – MIDLIFE CRISIS

And now, into this stage.....45! I found my 30's hard in the sense my new body and image took a hit from that of my thriving 20's but come on, I look back at pics of me in my 30's now and I can't believe what I worried about! I really wasn't that bad.....

I AM NOW! HAHAAHAHA No, just kidding but also not. I have put on weight I really can't get rid of now. I have got that stuff around your eyes people speak of that you need to get cut and tucked away. I now do have a dimply butt, saggy boobs, wrinkles, jelly belly, crows feet, forehead lines, grey hair.....

**So do many of my friends now. It's hardly a surprise.
We're coming up to 50 soon it's sort of to be
expected!**

And I've got friends botoxing themselves to the max,
adding fillers, popping ozempic, swigging alcohol to
numb their depression and finding it hard to sleep
because the black hold reality of what life looks like now
has smacked them hard in the face and they can't
escape it

IDENTITY CRISIS #EVERYONE OVER 40

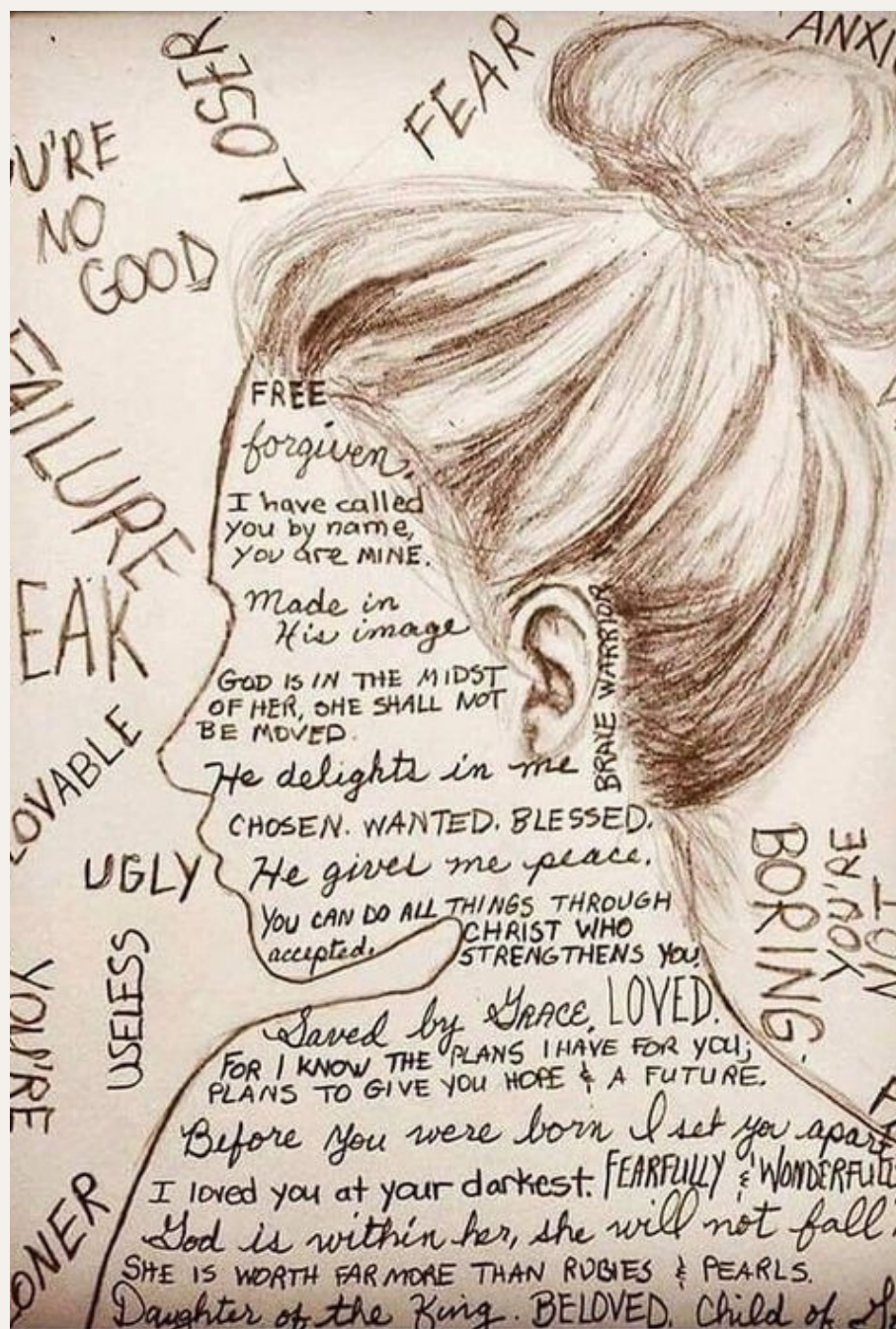
We're finally at that stage, that bench mark we never
thought would come that quick where we're realising
now in real time what the MIDLIFE CRISIS looks like, feels
like and all the rest

It's VERY real!

**Why do so many of us have an identity crisis at our
mid age?**

THE MIDLIFE CRISIS IS A REAL THING – But, I happen to
think it's like a midlife awakening. A pivotal point where
our life is allowing us to move in a different direction. We
have come of age therefore, with our wisdom and
maturity in check, what now will we become?

AN AWAKENING TO OUR HIGHER SELF



This identity crisis is now hitting so many of my friends, male and female!

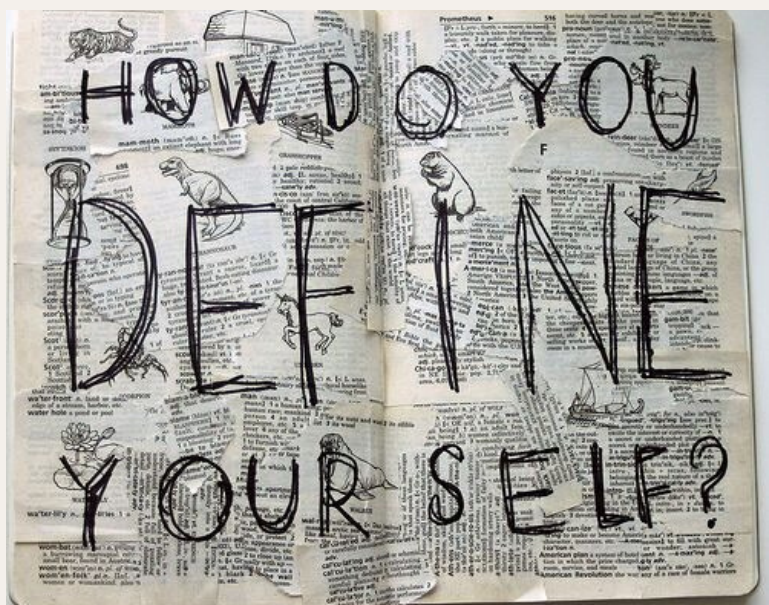
The tears from friends because they no longer recognise themselves physically, emotionally, mentally, spiritually in this world where money, business, productivity is spinning on still and we're expected to still show up and keep up as if we're still in our 20's but we're really not in our 20's. We're 40 fucking something and keeping up is hard but, you've got to because the world isn't geared for 40 somethings to slow down.....

But we need to slow down. Tap in, connect to ourselves, our homes, our kids, make sure they're all ok, make sure our mums and dads are all ok.

The older gens finally get to rest a little, the younger ones are as busy as bees but us in the middle carrying it all.....



And we've still got to be cute for our husbands or else they'll run off with little missy over there (Oh I know plenty of 'men' that run around with the younger ladies) and our Mum bodies, that we should be proud of, start to weigh on us....Don't they just...So the midlife pain of 'SELF IDENTITY' smacks a little! We remember when we were young and hot. Noone else does. They just see this..... spread out in the now.....and the realisation of that is tough because it's rather diminishing and disempowering.....



OR IS IT?

I HAVE TO SAY, IN THE LAST YEAR OR SO, I SEEM TO HAVE MASTERED A SWITCH! JUST TO SAY, THERE IS SO MUCH TRUTH TO BE TOLD AND HELD IN THE LOVE YOURSELF SELF-CARE WORLD AND THE 'SWITCH YOUR MINDSET' AND RIDE THE ABUNDANCE WAVE.....AND THIS LAST YEAR WHEN THINGS HAVEN'T REALLY FELT IN PLACE, I FOUND MAGIC IN THE FACT THEY WEREN'T IN PLACE.

WHY?

So that I had the freedom to restructure things the way I want and re-direct things to bring purpose and value into the now and all of a sudden.....

IDENTITY HOLDS MORE VALUE, MORE PURPOSE, MORE LOVE!

So, I said to myself, REMEMBER, you are not your bad decisions or poor values. You are the compass that shifts the dial towards making better choices and having higher values. You are the compass that decides to have a more positive, gratifying, uplifting day instead of a heavy, woeful, victimhood day and lo and behold what happens when you realise that **YOU ARE THE SIGNAL, THE COMPASS, THE DIAL?**

You STOP carrying all those things that you thought belonged to you and you just become the thing that got to choose what you want to experience instead!

How many tattered coats, hats and masks do we dare not remove? Identities we have long outgrown but keep wearing out of fear of being exposed to elements we don't yet understand? That we would rather wallow in our own decay than expose ourselves to fresher scents or cleaner open spaces where we can expand into something new. Where we can lean into what it is we were truly supposed to become. Many of us can hear this person calling in the distance but the sound becomes an echo that disappears into a far away whisper out of fear of change, abandonment, self-denial

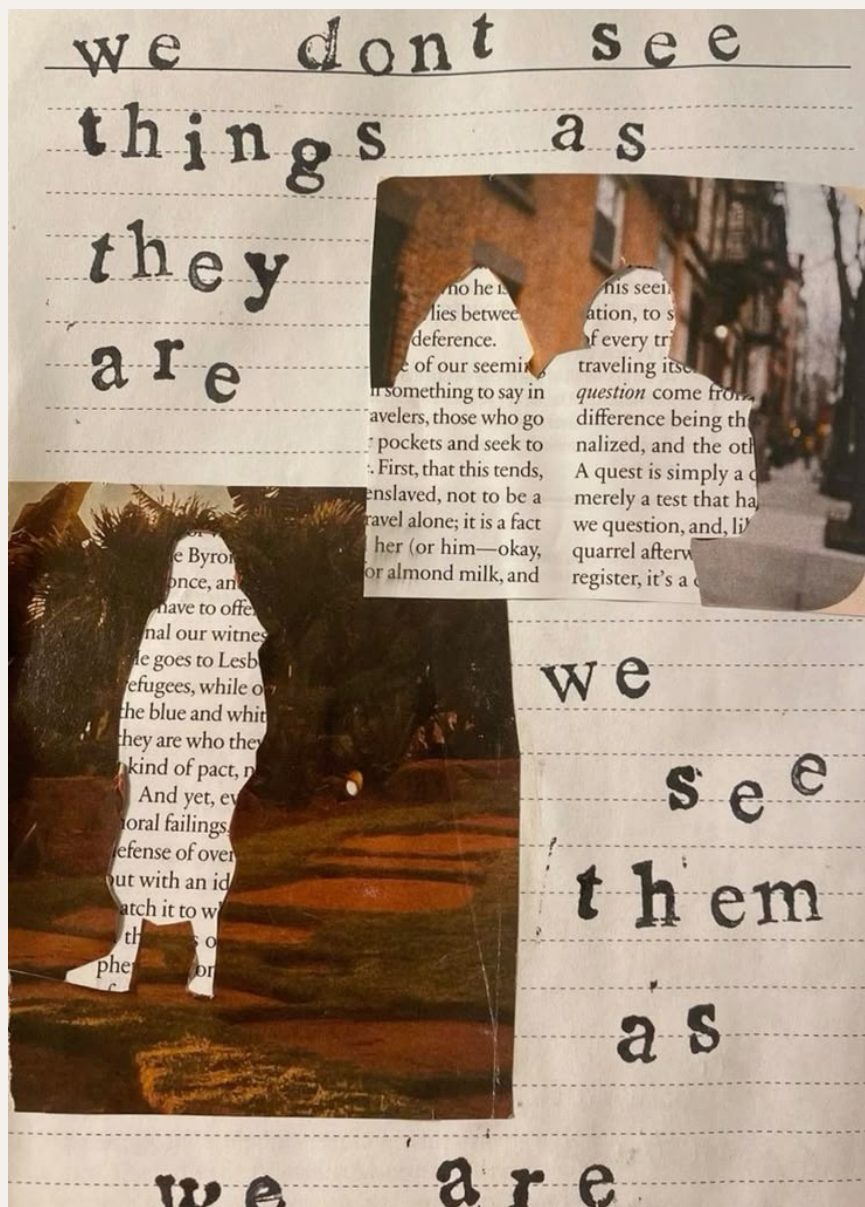
Most of the time it isn't our BODY we don't like. It's the thoughts we have, the moods we're in. The bad company we chose. The wrong decisions we make. The unhappiness we feel that weighs us down. The moment we start to be more conscious of our choices, our actions and our decisions the better we feel about ourselves and this shows in our bodies whether you're a skinny minnie or a muffin!

I know, when I have a shower, get clean and free and shake off energy I don't want around me, get my paint brushes out, listen to good music, make a cup of tea, open the windows and start to get creative, **I FEEL GREAT!** I feel like if someone were to walk into my house to do a documentary about my life, I would feel like I was in a palace, with my gorgeous garden, my cutesy outfit, my artsy hair in a bun with wispy bits curling out at the sides, my 'oh so good vibes **LOOK AT ME!**



I welcome in the camera crew.....

" Hello, welcome to my wonderful life, Isn't it just great!"

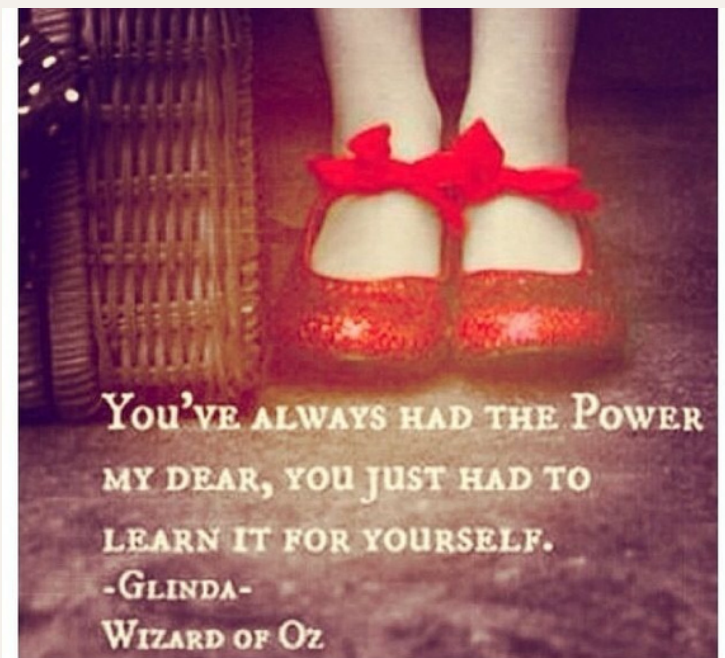


But in reality my gardens a mess, I don't live in no palace and I probably don't actually look how I feel BUT I FEEL HOW I FEEL and that good feeling is what turns your life into what you want it to be!

The little touches, the surroundings you live in, the way you treat yourself make such a difference once you allow yourself to be happy and to love the NOW MOMENT of you simply being YOU!

Your physical body IS BEAUTIFUL in any age, stage, weight or dimension because you're so damn lucky you got to have one in the first place so, whatever it looks like, feels like or what you think about it, give it love. Be gentle on yourself but be connected to yourself.

YOU ARE the most incredible person that **YOU NEED**



So, whatever AGE OR STAGE you're at, how do you
IDENTIFY to yourself?

ARE YOU YOUR JOB?

ARE YOU YOUR CONTRACTED FAMILY ROLE?

ARE YOU YOUR OUTFITS?

ARE YOU YOUR AGE NUMBER?

ARE YOU YOUR EMOTIONS?

ARE YOU YOUR FAITH?

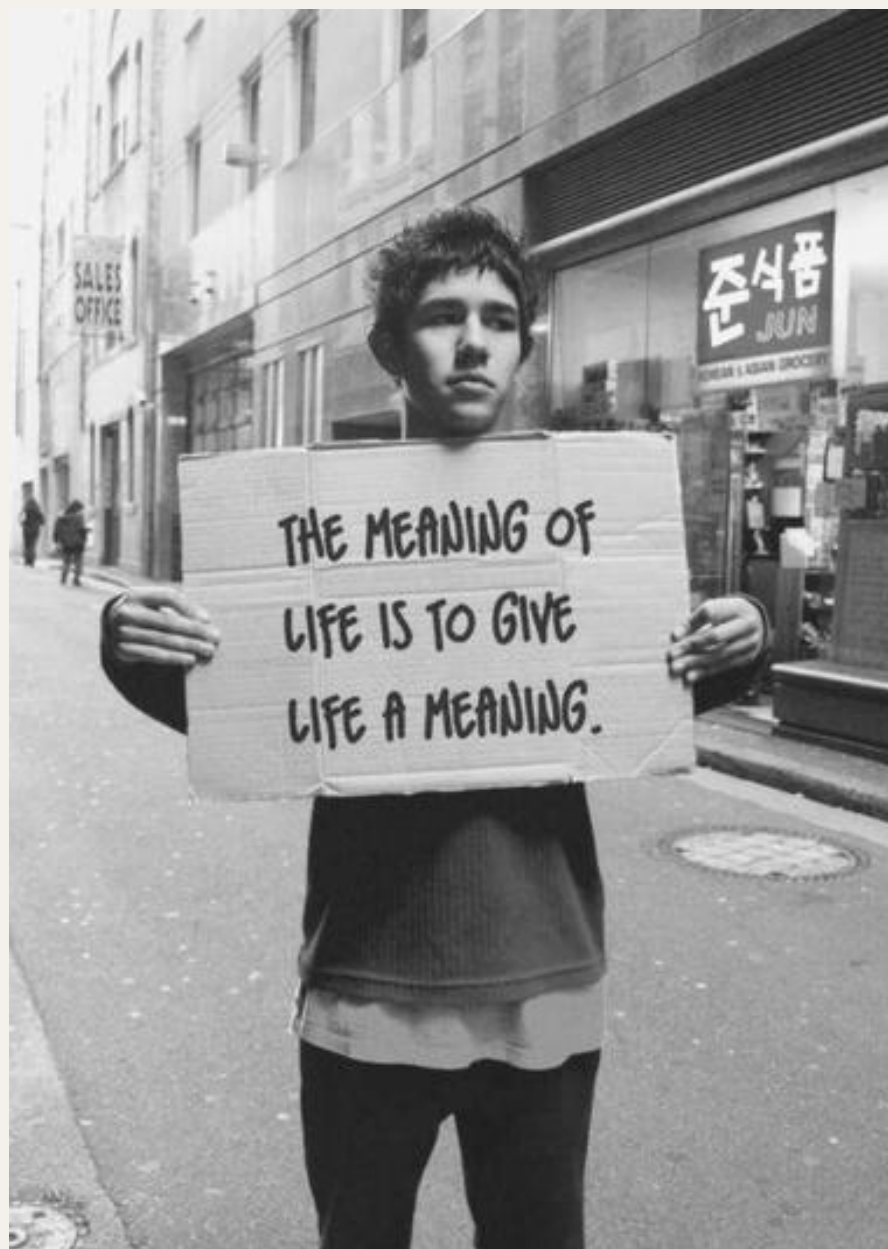
ARE YOU YOUR SALARY?

ARE YOU YOUR TITLE?

ARE YOU NONE OR THESE THINGS OR ALL OF THEM?

ARE YOU WILLING TO CHANGE TO BECOME THE PERSON
THAT YOU REALLY, TRULY WANT TO BE?

BECAUSE, YOU CAN BE!



PORTALS WITHIN PORTALS

OK friends! Listen up, we have a few mini portals within this portal to get through that are further subcategories of WHO WE ARE and what make us who we are and we're going to take these online so we can add some music, links, audio and extras and really get partying here!

- We're going to look at the **GENERATIONS** of where we come from and the magic of DNA and our ancestral past
- We're going to look at our **BELIEF** systems and why we believe certain things that attach to 'who we are' and what we can do to shed old layers of beliefs or limited mindsets
- We're going to look at our **SENSES** and how our emotions and feelings embody who we are and how we can tap in deeper
- We're going to look at the **OLD AND THE NEW** in terms of self and those around us across the ages and how we can 'reverse age' ourselves
- We're going to look at **NATIONAL IDENTITY** and what it means to be proud of where you come from and / or where you are going. The blessing of heritage but also the blessing of far away cultures

- We're going to look briefly into **RELIGIOUS IDENTITY** stemming from National Identity and how each corner of the world has its own spiritual interpretation and representation of what is religion and what that means
- We **ARE NOT** going to be looking at the SEXES as we have a whole separate portal for this towards the end of the year as it's by far the most currently triggering topics but something to look forward to that looks at what makes us so different and are those differences healthy? Do they define us? Are we comfortable with our choices and are we who we want to be in our sexual gender bodies?
- We're going to be looking at our **POLITICAL SELF** and why we sway more towards one way or another and what it means to hold such a stigma and attachment to political identity
- And then finally, we're going to be looking at the **SOUL** through the WAVE – contrasts of the Orgs and the Mecs – AI world V organic world and the differences of each – This last part is going to be quite far out but, all of it is really because there's no real way of addressing any of this as if it's an episode of Friends!

BUT, there is one other category we've missed out, and that is the story of our Racial identity and we have done so with some deliberation because, we think a lot of our **PHYSICAL BODY** identity as we spoke about above and our National Identity, which we catch up to shortly covers enough about that, the only obvious difference being the colour of anyone and everyone's skin which is really quite self-explanatory and quite frankly irrelevant as it is part of your physical identity and appearance and we've already covered that

However, we will have a short moment to look at this below and as we have done in every single portal, we have included a theme

song that goes along with the tone of each category so for this one of 'race and ethnicity' we are choosing the song.....

SOMEWHERE OVER THE RAINBOW

For all the colours and creeds out there wherever you are from, as mentioned above and continuing in further depth later, the spectrum we all live on is what is otherwise known as 'a rainbow'

We all come from wherever we come from in all our shades, shadows, contrasts and brightness to play a part on this colourful rainbow spectrum but, somewhere over it, way up high, is a land we can all dream of where one day we can sit together there without violence, hate and division, where our troubles will melt away like lemon drops and we can watch the bluebirds fly.

A place where dreams really do come true!



Somewhere
over the rainbow
skies are blue
and the dreams
you dare to dream
really do
come true

A FINAL WORD FROM KAT BELOW

Kat here,

Just very briefly while we're on the subject of Racial Identity, a really interesting perspective here offered by one of my year 8 12 year old girls, let's just call her K, who is a Ukranian Russian at our school offered an insight one day during a PE lesson that I really want to throw in, so for those of you open enough to consider this as an even higher aspect to our racial identity.....Remember, she's 12 so if she can go this deep.....

PE seems to be a real stigma at our school at the moment. Some want to join in, others absolutely not and for those that sit on the side lines, given I am there as an external observational resource, I also sit on the sidelines....

So we got to chatting. There were 5 of us and the others were all playing volleyball and this lovely girl K looked over at one of the boys and called him yellow. The Chinese girl in our group (international school, no 2 kids the same) said 'Dude how racist, X isn't even close to looking Chinese' and we all kind of laughed and explained that is so not what she meant, so then we (or rather K) needed to colour code every child to explain....

A is brown
B is a selection of pastel colours
C is orange
D is yellow
E is also yellow (There were a lot of yellows)
F is black
G is red with a bit of yellow
H is also brown.....

K is a mixture of introvert extrovert quite like me and is highly observant and tuned into the emotions and behaviors of her peers so based on what I know these colours to mean (sort of, I'm no expert but)and based on how I know these kids, I would say she's more or less SPOT ON with her interpretations and energy work here...
Go K, who is only 12!

Oh, we also had 2 deep blues and a light blue....

I asked what she thought I was and she said " Miss, you're white with a very subtle hint of iridescent pink." Now, she didn't explain the colours, she just called it. I know what that means and I now understand based on this why she chooses to come and sit with me on the bench whenever she gets the chance. She often asks if she can so we can talk. She feels comfortable and safe

The main colours we picked out were yellows and browns. The browns are often the lower vibe people on a selfish mission whose colours have all got mixed up in the paint pallet and can't reset easily back to a brighter version. I was the only white

I can remember when these kids were in year 5 and we were doing a piece about the 'CAMERA OBSCURA' aka the dark room where we looked at the light spectrum and how our eyes and brain interpret light coding. I wrote an entire book about it called 'GUIDING LIGHT' - Which now knowing I'm a white aura makes total sense hahaha but it goes deep into this field and I remember taking a photo in the dark room of the kids which obviously I can't share but I swear, each and every one of them was looking at the teacher and in the flash their eyes had literal light beams coming out of them and every single one was a different colour! I must actually go back and have a look to see if they match K's version of her colour analysis but it blew me away!

So I guess the moral of this little piece is that, while we are all human in our funny human bodies with different tones, shades, colours and textures, that's only surface level compared to the field around us (more on that in the final chapter), that really interprets our race and colour! Kind of like a high vibe United Colors of Benetton advert 🌀



**SOMETHING TO PUT THE RACIAL
NARRATIVE TO SLEEP A
LITTLE....SEE, THERE'S ALWAYS A
DEEPER PERSPECTIVE!**

LET'S ACCESS PORTALS

YOU CAN CLICK ON EACH ONE VIA THIS WORKBOOK
THOUGH THEY DO FOLLOW ON FROM EACH OTHER
ONCE YOU ARE INSIDE THE PORTALS.

DO BE AWARE, SOME CONTAIN AUDIO CONTENT, SOME
ARE LONGER AND MEATIER THAN OTHERS AND SOME
QUITE FAR OUT BUT, WE HOPE YOU ENJOY!



A LOOK AT
GENERATIONS

HOW WE'RE ALL
SO DIFFERENT

A LOOK AT
BELIEFS

WHY WE
BELIEVE WHAT
WE BELIEVE

A LOOK AT

SENSES

THE NODES AND SIGNALS
THAT TAP US IN

A LOOK AT

THE OLD AND THE NEW

THE PAST AND
THE FUTURE

A LOOK AT
NATIONAL IDENTITY

RAISE YOUR FLAG

A LOOK AT
WHO IS GOD?

RELIGIOUS IDENTITY - FAITH

A LOOK AT
POLITICAL IDENTITY

I'M WHAT'S LEFT - I'M WHAT'S
RIGHT

A LOOK AT
THE WAVE - THE SIGNAL

I AM MACHINE - I AM SOUL

A FINAL POEM

Gerard Manly Hopkins

As kingfishers catch fire, dragonflies
draw flame;
As tumbled over rim in roundy wells
Stones ring; like each tucked string
tells, each hung bell's
Bow swung finds tongue to fling out
broad its name;
Each mortal thing does one thing and
the same:
Deals out that being indoors each one
dwells;
Selves — goes itself; myself it speaks
and spells,
Crying What I dó is me: for that I came.

With so much love and gratitude from Kat and Loic – We hope you have loved this piece. It has been created from our hearts to yours in the hope that for all of you struggling to find your place in the world, the meaning in your life, the love for yourself, the courage, faith and conviction – We are all on this journey together and we've got you!

LOVE FROM BOTH OF US YOU
CRAZY DIAMOND!

