

The Identity Trap: How We Forget Who We Really Are

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And Why the Bhagavad Gītā Says Our Real Self Is Far Greater

The Modern Problem: We Wear a Thousand Masks

Every day we wake up and immediately put on identities:

- *I am successful.*
- *I failed.*
- *I must achieve this.*
- *I must enjoy that.*
- *I must protect my family.*
- *I must save more.*
- *They are enjoying more than me.*
- *They are rich, beautiful, powerful.*
- *I am poor, weak, behind.*
- *I did everything – I deserve the result.*
- *I am the shelter for my family.*
- *I must keep up with news, movies, politics, travel.*
- *I must satisfy my senses.*

We spend hours scrolling, comparing, competing, worrying, hankering, protecting, proving.

And in the middle of all this noise, one truth gets buried:

These identities are temporary. None of them are the real “me.”

The Gītā's Shockingly Simple Reminder

Krishna gives one of the most liberating statements in the entire Bhagavad Gītā:

“The soul is eternal and cannot be destroyed.” (Gītā 2.20)

Meaning:

You are not the anxious achiever. You are not the frustrated protector. You are not the political observer. You are not the sense-enjoyer. You are not the body you decorate and compare.

You are **eternal**, untouched by the ups and downs of material life.

And then Krishna says something even deeper:

“All living beings are My parts and parcels.” (Gītā 15.7)

This is the real identity we forget.

We are **not** the temporary labels. We are **not** the mental chatter. We are **not** the social roles.

We are **Krishna's own energy**, connected to Him like a spark to a fire.

Why We Forget Our Real Identity

Because the world constantly pulls us into:

- anxiety about goals
- obsession with enjoyment
- endless comparison
- attachment to results
- fear of losing
- pride in winning

- scrolling through news, movies, politics
- judging others
- judging ourselves
- protecting, saving, controlling
- hankering for more, more, more

This is the cycle of **material identity formation**.

Every identity is fragile. Every identity is temporary. Every identity is exhausting.

And every identity hides the real one.

The Result: A Life of Endless Hankering

When we forget our spiritual identity, we fall into the trap of:

- *I must enjoy.*
- *I must achieve.*
- *I must protect.*
- *I must be recognized.*
- *I must be better than others.*
- *I must fix everything.*
- *I must be the shelter.*

This is why the mind never rests.

Because the mind is trying to secure identities that **don't belong to us**.

The Gītā's Solution: Remember Who

You Are

Krishna's message is simple:

You are **not** the temporary identities. You are **not** the mental noise. You are **not** the material labels.

You are **His part and parcel** – eternal, blissful, conscious.

When we remember this, something beautiful happens:

- Anxiety softens.
- Comparison fades.
- Attachment loosens.
- Sense enjoyment loses its grip.
- The mind becomes peaceful.
- Life becomes simpler.
- Relationships become sweeter.
- Purpose becomes clearer.

Because the soul finally stops pretending.

The Real Identity: A Child of Krishna

You are not the achiever. You are not the protector. You are not the enjoyer. You are not the controller.

You are the **beloved child of Krishna**, supported by Him, guided by Him, sheltered by Him.

And when you remember that, the temporary identities fall away like old clothes.

You finally breathe. You finally rest. You finally live.