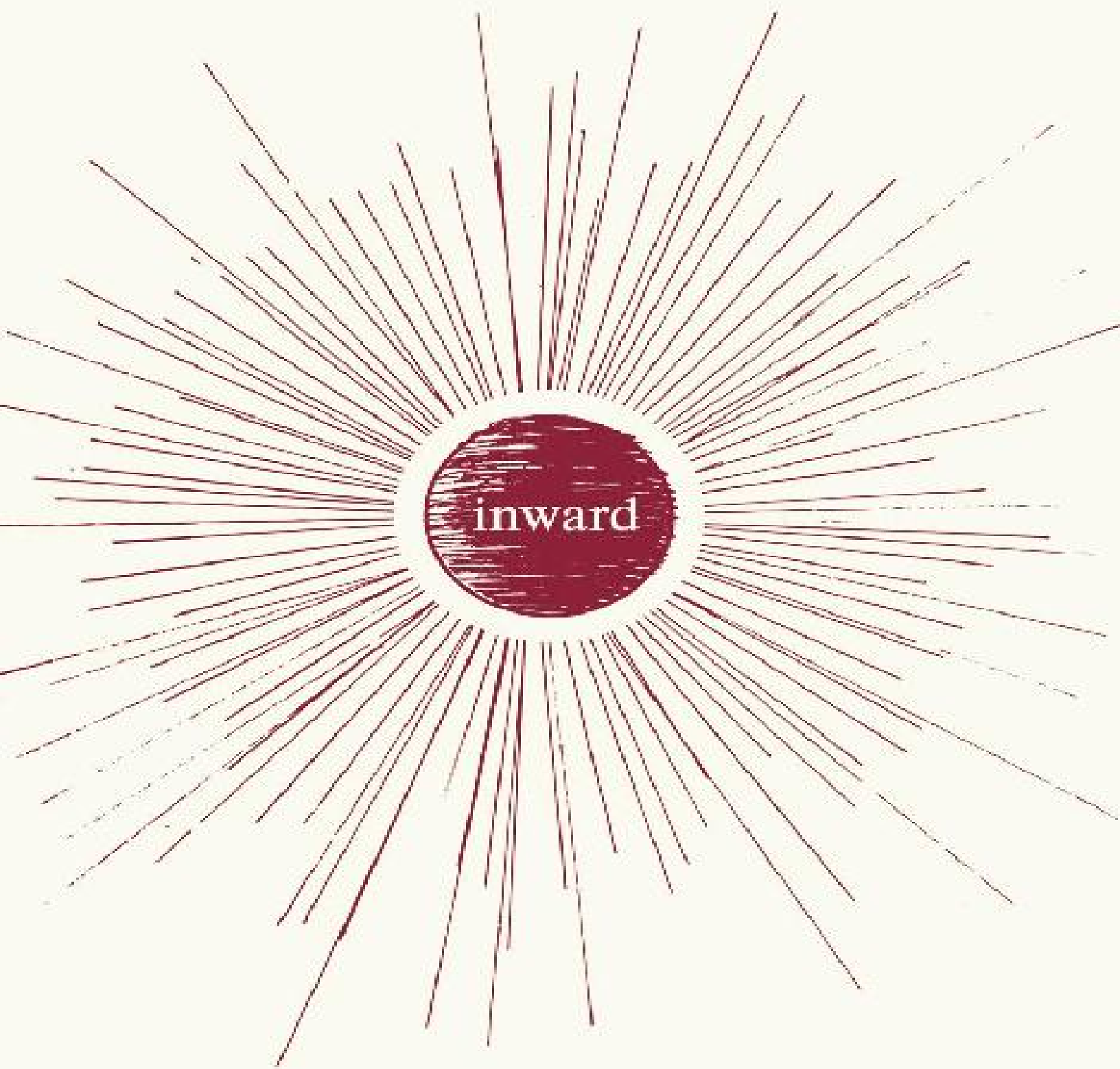
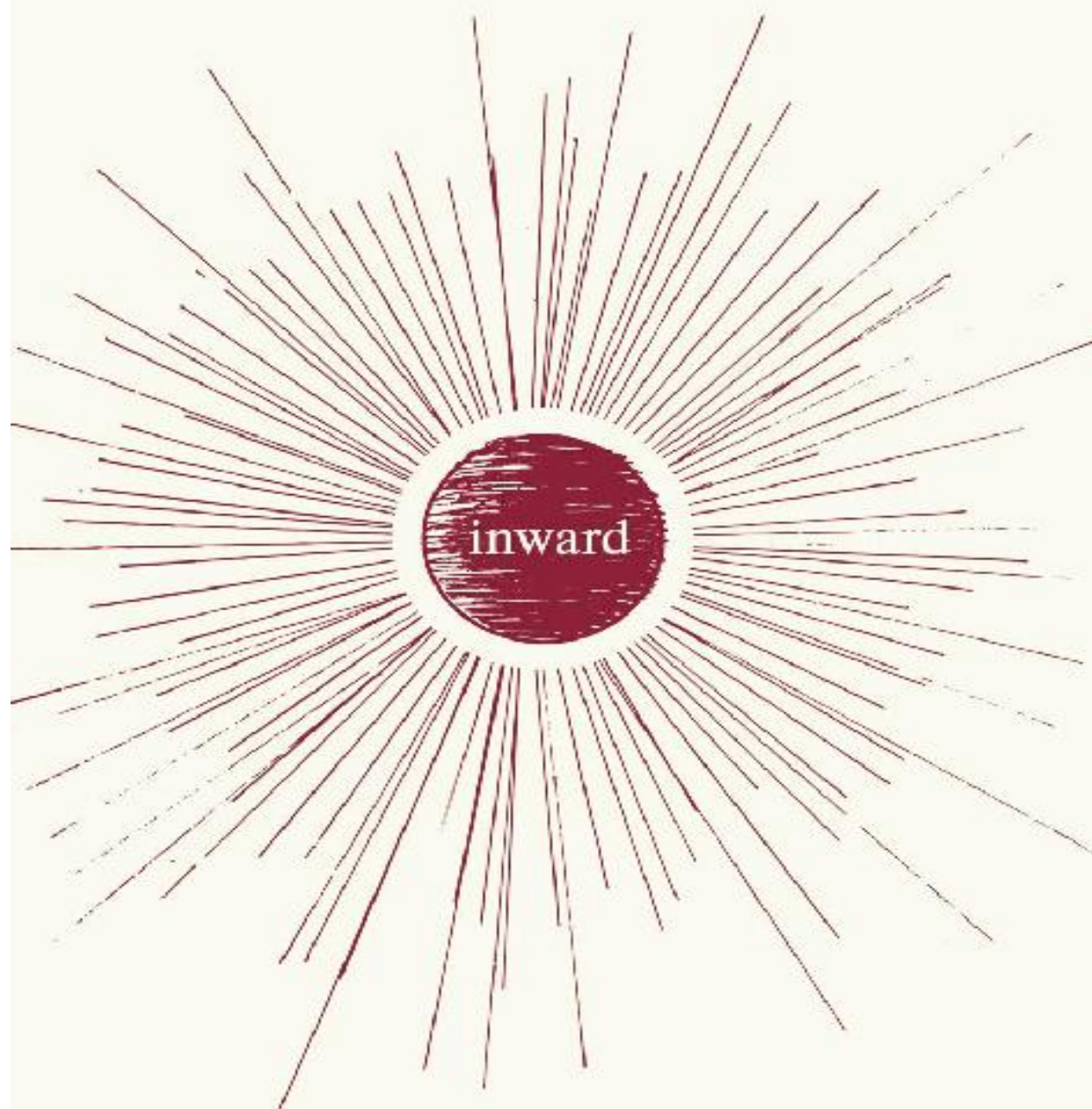


REVISED AND EXPANDED



yung pueblo

REVISED AND EXPANDED



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inward

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two of the great lessons humanity

will learn in the 21st century will be:
to harm another is to harm oneself
when you heal yourself, you heal the world
reclaim your power,
heal yourself,
love yourself,
know yourself—

these phrases are becoming
more and more common. why?
because they are the pathways to
our own freedom and happiness
contents

distance

union

interlude

self-love

understanding

distance

before i could release

the weight of my sadness

and pain, i first had
to honor its existence
i was never addicted
to one thing;
i was addicted to filling
a void
within myself
with things other
than my own love
to solely
attempt
to love others
without first loving yourself
is to build a home
without a strong foundation
three things make life harder:
not loving yourself
refusing to grow
not letting go
i lived so long

with a closed heart,
not because
i was afraid to get hurt
but because i was afraid
of the pain
i had hidden away
before we can
heal and let go,
what ails us
deeply
must first
come to the
surface
i spent so much time
creating versions of myself
that were far from the truth,
characters i would perform
depending on who was around
layers that could hide
the inner dance of turmoil,

between my lack of confidence,
the pain i did not understand,
and the uneasiness that comes
with reaching out to others for the
love that i was not giving myself
(before the healing)
i kept running away
from my darkness
until i understood
that in it i would
find my freedom

many of us walk the earth as strangers to ourselves, not knowing what is true, why we feel what we feel, actively working to repress experiences or ideas that are too jarring for us to observe and release. it is a paradox occurring in the human mind: we run away from what we do not want to face, from what brings feelings of pain, and from problems we don't have answers to, but in our running away from ourselves we are also running away from our own freedom.

it is through the observation of all that we are and accepting what we observe with honesty and without judgment that we can release the tension that creates delusions in the mind and walls around the heart. this is why the keys to our freedom lie in our darkness: because when we observe our darkness by bringing our light of awareness inward, the ego begins to dissipate into nothingness and the subconscious slowly becomes understood.

the mind is full of shadows, but shadows cannot withstand the patience and perseverance of light — our minds can become like stars, powerful united fields of pure light. but unlike a star, the healed mind will dwell in awareness and wisdom.

when we disconnect

from our pain

we stop growing

when we are dominated

by our pain

we stop growing

freedom is observing our pain

letting it go

and moving forward

(middle path)

it is not love

if all they want

from you

is to fulfill

their expectations

one of my greatest

mistakes

was believing
that another person
could hold together
all the pieces of me
make sure
the walls
you build
to protect yourself
do not become a prison

changes in the external world can cause great misery when we do not know how to engage and heal ourselves. moments of pain and discomfort, or encounters with ideas that may break the mental images we have created of the world, are normally things we not only run away from but also things we build walls to defend ourselves from. these walls we build in our minds and hearts make sense when we don't know any better. we all have the right to protect ourselves from pain, but be aware that these walls can turn from protection into prison — the more walls we build around ourselves, the less space we have to grow and be free. we have a harder time releasing the habits that cause misery when we are surrounded by the psychological walls we have constructed, causing us to stagnate and fall into a rhythm where we are always running within a space that is slowly growing smaller.

the opposite of this mode of being is to have a practice that helps us go deep within ourselves to dissolve the walls, to heal the patterns that cause us pain, to release burdens and traumas, and to discover the universe that dwells inside each of us. when we journey inward and release the blocks that we first built as walls, we naturally begin to create a new and wider space of awareness. now when things happen in the external world, we have

more space and time to examine how we would like to respond as opposed to reacting blindly and reinforcing old patterns.

the body contains

our past emotions

healing work

creates space

for the release

of what we felt

long ago

don't run away

from heavy emotions

honor the anger;

give pain the space

it needs to breathe

this is how we let go

reminder:

when the body is tired

the mind will often create

worries to focus on

ask yourself often:

am i observing the situation

accurately or am i projecting how
i feel onto what is happening?
sometimes
we feel like exploding —
not because of anything
or to hurt anyone
but simply
because we are growing,
releasing,
letting the old parts die,
so that new habits,
new ways of being,
have space to live
(shedding)
sometimes deeper mental clarity
is preceded by great internal storms
healing yourself can be messy
seeing yourself through honesty
can be jarring and tough; it can even
temporarily cause imbalance in your life

it is hard work to open yourself
up to release your burdens
like removing thorns from your body,
it may hurt at first, but it is
ultimately for your highest good
the dark clouds of rainfall are
necessary for new growth
an apology to past lovers:
i wasn't ready
to treat you well
i didn't know love
was meant to be selfless
i didn't know my pain
had control over my actions
i didn't know how far away
i was from myself
and how that distance
always kept us miles apart
(blind heart)
when passion

and attachment

come together,

they are often

confused for love

i spent most

of my life

trying to prove

to myself and others

that i had no pain

and felt no sorrow

some people hit rock bottom before

they change themselves drastically

because at that distance they can

best see who they really want to be

questions:

am i being honest with myself?

am i allowing myself the space to heal?

am i being compassionate and patient toward myself when i am not meeting my goals as quickly as i had intended?

am i doing what i need to do to thrive?

ego is

self-doubt

self-hatred

anxiety

narcissism

fear of others

harshness

impatience

a lack of compassion

and illusions

ego sees problems

consciousness sees solutions

ego is not just the idea that we are better and more important than others; it most often arises in the form of fear-driven emotions that grip our mind when we no longer believe ourselves capable of great things, when we look down on ourselves and treat ourselves harshly.

ego makes us see the world through fearful illusions; it makes us give the same punishing treatment we give ourselves to other people.

ego is a cloud that surrounds consciousness and disturbs its clarity. when we grow our self-love, our ego diminishes; when we purify ourselves and let go of mental burdens, the ego loses its power. as we learn to heal ourselves, we do not hate our ego, nor do we become complacent with the limitations it imposes on our lives. the highest happiness, the deepest sense of freedom, an unshakeable peace is possible when the ego no longer reigns, when the love of consciousness can flow without interruption.

the world itself is currently shifting from being ruled by the fear of ego to being liberated by the love of consciousness; what we face internally is a microcosm of what humanity faces globally — this is why growing our self-love is a medicine for our earth.

if you measure

the length

of your ego,

it will equal

the distance

between you

and your freedom

if you

are far away

from yourself,

how could

you ever be

close to another?

what is happening within us

will reveal itself in the energy

of our actions and words

honesty creates intimate connections