



clarity
&
connection

yung pueblo

author of *inward*

Also by yung pueblo

[*inward*](#)

clarity &
connection

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Andrews McMeel
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all human beings
are united by
birth,
life,
death, and
every emotion
in between

the biggest shift in your life happens when you go *inward*.
you step in and observe all that you find with acceptance;
the love you bring lights up your self-awareness;
you start seeing how the past is packed into your mind and heart—
patience, honesty, and observation start the healing process.

with time, intention, and good healing practices,
the past loses its power over your life.
you continue the process—stepping in, feeling, understanding, and letting go.
and then you start noticing the results; you are not the same anymore.
your mind feels lighter and develops a new, sharper *clarity*.
you start arriving into your life and relationships ready for deeper *connection*.

self-awareness

heal yourself, but don't rush
help people, but have boundaries
love others, but don't let them harm you
love yourself, but don't become egotistical
stay informed, but don't overwhelm yourself
embrace change, but keep pursuing your goals

next time you feel agitated
because you are falling back into past patterns,
remember that simply being aware
that you are repeating the past
is a sign of progress

self-awareness comes before
the leap forward in
your personal transformation

it is not easy

healing yourself

building new habits

observing reality without projection or delusion

this is work that takes effort

but if you persist

the fruits of your labor will

have an immensely positive

impact on your life

maturity
is knowing that
when your mood is down
you should not trust
the way you see yourself

throw away the idea
that healing is forgetting

the real result is no longer
reacting to old triggers
with the same intensity as before

the memories are still there,
but they do not have the
same power over your mind

i spent years unaware
that i was running away from myself,
always seeking company or entertainment
so that i would not have to face
the dark clouds storming inside of me

every moment was an opportunity for diversion;
friendships were a means of escape,
pleasure a temporary relief from pain

i did not notice that my relationships were shallow
because of how far away i was from myself

i did not understand why solitude felt unbearable
and why “fun” could not permanently settle turbulent emotions

for far too long i was unaware
that the only way for life to improve,
for my relationships to feel rich,
and for my mind to finally experience ease
was for me to explore and embrace
the anxious unknown that dwelled within

you can change your location,
meet new people,
and still have the same old problems.

to truly change your life,
you need to look inward,
get to know and love yourself,
and heal the trauma and dense conditioning
in your mind.

this is how you get to the root.
internal changes
have a significant external impact.

i kept getting crushed
by my own expectations

barely present
thinking but not feeling
speaking but not listening
interacting but not noticing

smiling to continue the performance

my heart struggled with gratitude

never feeling satisfied
always missing what was in front of me

because my mind kept jumping
into imagining what more i could want

which made everything i was given
never quite as special as what i had envisioned

(disconnected)

after the trauma
i shifted into survival mode

unknowingly, i shielded my being with numbness

numb to letting others in
numb to my inner turmoil
numb to accepting what happened

unknowingly, i fell into a cycle of craving

craving safety
craving nourishment
craving no more pain

my reactions were large and loud
anything that did not go my way
was perceived as a potential threat

my focus centered on protecting
my delicate sense of self
i had little energy to place myself
in anyone else's shoes

it took the constant feeling
of dissatisfaction
and the exhaustion of never feeling
at ease
for me to start pulling myself out of my
dissociated way of living
and finally say "enough" to
a constant state of defense

(before awareness)

the friction
inside your mind
will keep overflowing
into your relationships

until you process
your emotional history
and understand how it shapes
your ego, perception, and reactions

do what is right for you.
do it over and over again.
lean into the light.

keep going even when it is hard.
especially when it is hard.

do not let doubt stop you.
trust the process when your mood is low.

let growth be your mission.
let healing be your reward.
let freedom be your goal.

everyone can benefit from self-healing;
even those who have not
experienced serious trauma
have at one point or another
felt the sting of heavy emotions

the mind feels these moments sharply
and they tend to ripple outward
impacting how we think, feel, and act

though we may learn to cope with mental tension
and the unexpected changes that cause turmoil

by taking a deeper look inward
we may be able to mend old hurt
and release old pain

by taking a deeper look inward
we may gain the courage to *evolve*

into greater mental clarity
into greater happiness
into greater patience
into greater honesty
into greater love

essentials to remember on tough days:

practice patience

accept what you feel

do not punish yourself

make sure you get good rest

give yourself ample kindness

accomplish smaller goals that day

do things that will calm your mind

a bad moment does not equal a bad life

struggle can be a space for deep growth

this current discomfort is not permanent