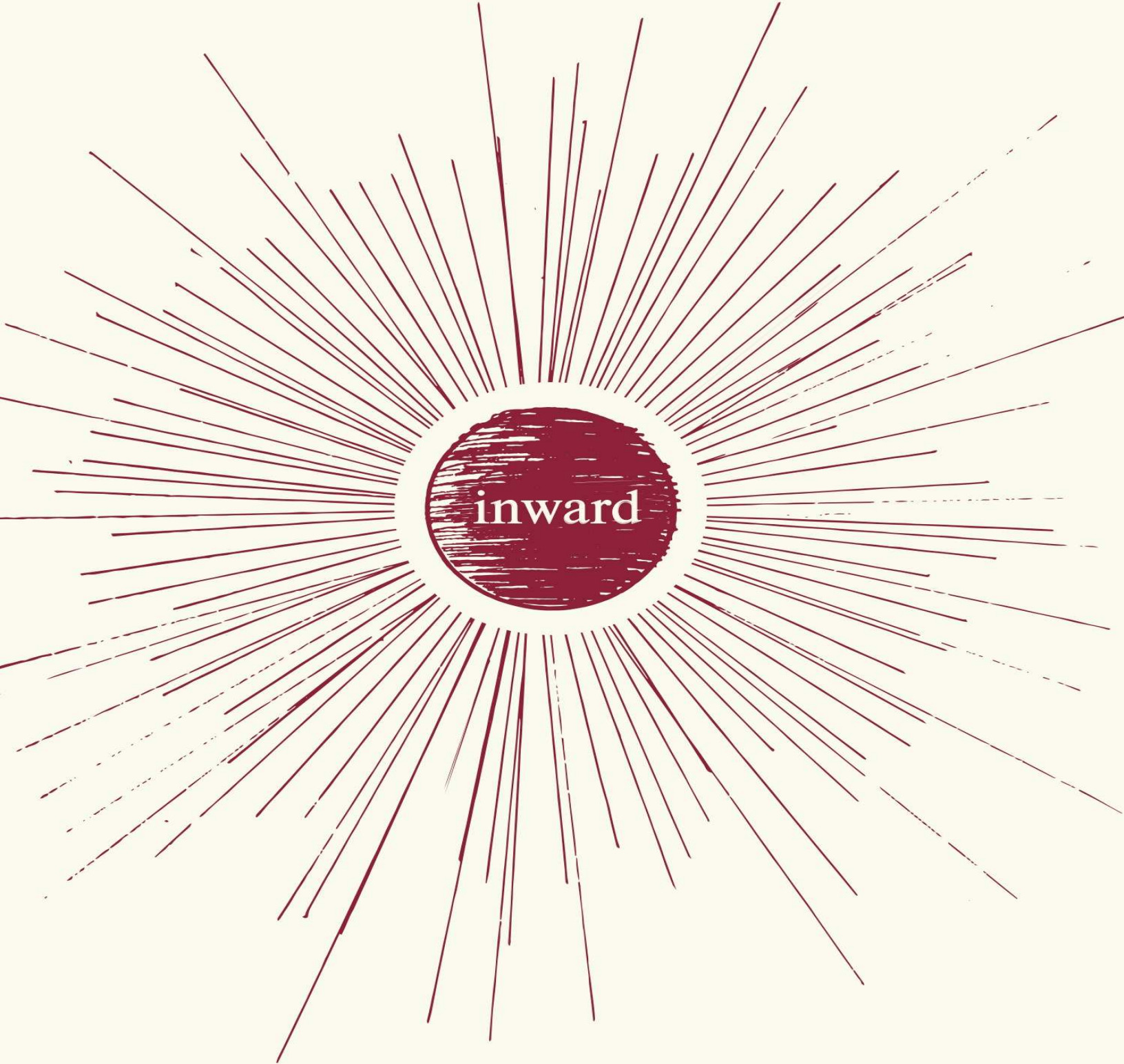


REVISED AND EXPANDED



yung pueblo

inward

yung pueblo

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.