

Showing Up As Love

A Journey Through Six Keys to Reclaim the Self



Based on the Poetricity Live Experience conversation.

We've been sold a narrow story about love.



The dominant narrative, shaped by a 'romantic Hollywood' lens, often makes us feel that love has passed us by if our lives don't fit the fantasy.

This tunnel vision prevents us from exploring love in its wider, more profound context.

'It's a bit like myth-busting... it shatters the fantasy. There's a lot of comfort that we're all being fed in some shape or form... and sometimes it can make you feel if you ain't doing this or you ain't got that... you have no experience of love.'

Key 1: The False Prophecy

Eyes looking at me
minds thinking of me
looking into my future

Speak over me

This is all you can be

Here lies the mystery

When did the universe abdicate my destiny
to their world filter

render me powerless in my own story

Answer so simple

when I believe their fallacy



We often abdicate our destiny to a world filters of our own creation.

The Trap: The Projected Narrative

- We believe others' thoughts and **judgments define** our future, rendering us "powerless in my own story."
- Often, this isn't an external influence but our own mind behaving like one. We project our own **self-beliefs** outward and then internalize them as others' opinions.

The Liberation: Reclaiming Power

- The power is **abdicated** only "**when I believe their fallacy.**"
- The key is to **question these beliefs**, whether they come from others or our own projections. The liberating question is: "Do you believe that, and is it serving you?"

"The narrative that the mind sells us is oh all these people are thinking of me this way... the diagram and the schema for all that is more our own beliefs about ourselves that's been projected outwards and then being brought back in again."

Key 2: The Egocentric Burden

I am the reason all things exist
The root of every hurts
the cause of every reaction
the feature of every failure
the source of all success
the center of the universe
It all depends on me

What a weight to carry



The mind's survival instinct can create an isolating, self-centered reality.

The Trap: The Ego's Weight

- When the mind believes we are unsafe, it becomes egocentric. Its focus narrows to self-preservation, leaving little bandwidth for others.
- We internalize everything, from success to failure, creating an immense internal pressure. 'If you have to wake up and carry carry pick up that and carry that every single day... it is a battle.' "

The Liberation: Questioning the Weight

- The feeling of being 'under the weight' is a trigger to ask: 'How much of this is true?'
- By creating space to observe the mind, we can challenge these beliefs. 'Is it true that I'm the root of every hurt? ...Is it true that I'm the feature of every failure?' This questioning allows us to see what is and isn't in our control.

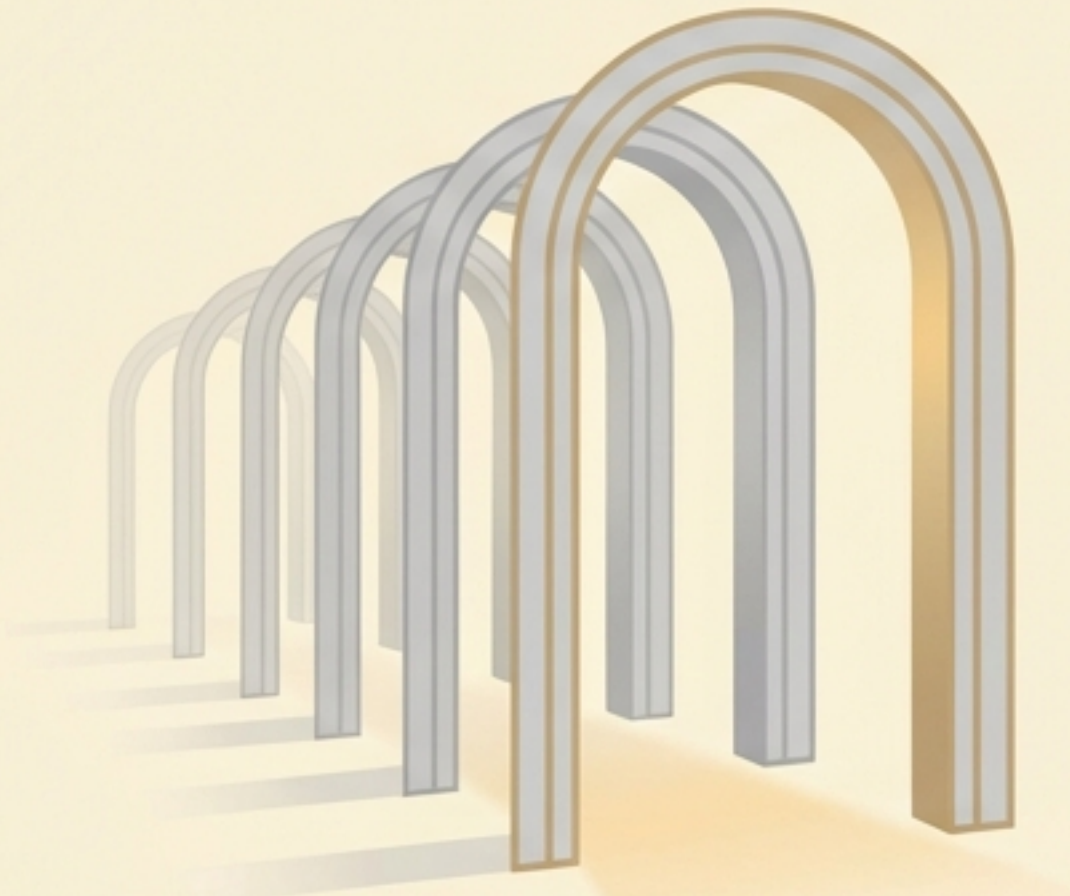
Key 3: The Many Invitations

Many invitations I bluntly refuse
Don't judge me as rude or take me as a party prude
Some parties are just not my kind of groove

The chance to reminisce about all I missed...
Nor do I ponder at length all that could have been...
I have had my fill of self-induced suffering
entertaining my mind with all that's remiss...

I'll gladly pass on that level of self-brutality...
politely saying thank you while giving this one a miss.

I'm good where I'm stood
Living life with joy infused



Your mind offers you many invitations. You have the power to RSVP.

The Trap: Self-Induced Suffering

- Our minds constantly issue invitations: to reminisce on misses, ponder “what could have been,” or loop on thoughts that add nothing.
- Engaging with every thought leads down paths of “self-induced suffering.” You can’t control what thoughts pop into your mind, but engaging with them is a choice.

The Liberation: The Observer on the Riverbank

- Mindfulness teaches us to see thoughts as objects flowing down a river. We can stay on the bank and simply observe them pass without jumping in.
- “The choice is that I don’t have to engage in any of it.” This isn’t about fighting thoughts, but noticing them and deciding what is helpful. This is personal sovereignty.



Key 4: No Ordinary

Ordinary

Please define it for me

I asked the Oxford dictionary

With no special or distinctive features

that's what came back to me

Hope you see what's confusing me

No two persons exactly the same

left me scratching my head

how anyone gets called ordinary

Love in all its wisdom

already knows what we've been missing

Asks not for you to be extraordinary

cuz that's exactly who you already are

Comparison is pointless because uniqueness is absolute.

The Myth: I am Ordinary, Others are Extraordinary

- We tend to see ourselves as ordinary while exalting others, placing more value on how they are different from us. This fuels feelings of being “less than.”

The Truth: Difference is Equidistant

- “You are as different to someone as they are to you. There’s no elevated ground from which to measure difference.”
- Since no two people are the same, the label “ordinary” is a false descriptor for a human being. Love asks us to welcome ourselves as we are: already extraordinary.

Equidistant (e·qui·dis·tant): Equally distant.
Your uniqueness is as profound as anyone else’s.



Key 5: Kindness For Me

For you

This one is for you
I want it for you
Makes me feel good to give it to you

For me

Why give it to me
i don't deserve it
My story too real to give it to me

Kindness for me

No matter if you give
a struggle to receive
until I give to me
treating me no less than you

You cannot receive what you do not believe you deserve.

The Trap: “My Story is Too Real”

- We struggle to receive kindness because we are intimately aware of our own failings and limitations. We project sainthood onto others but know our own “real story,” creating a subconscious feeling that we are worth less.
- This creates a loop: “a struggle to receive until I give to me.”

The Liberation: Treat Yourself No Less Than Others

- Self-kindness is a practice. It can be as simple as asking, “Why don’t you take yourself out for coffee?”
- This practice reinforces the notion “I matter” and builds the foundation of self-worth required to accept kindness and love from the outside.

“Would people who love you want you to set yourself alight just so they could keep warm?”

Key 6: Authenticity

You do you
How you do
Let the doing speak for you

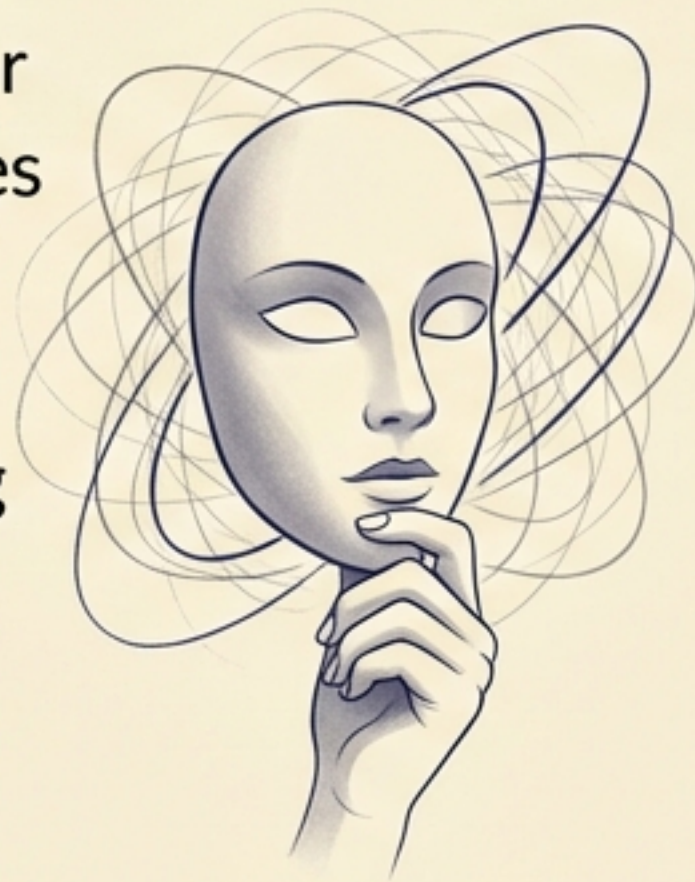
That you can do
What needs doing
doing it how you do

with energy to spare
from not doing how they do
rewashing a poor copy of you

The most loving thing you can do is be yourself.

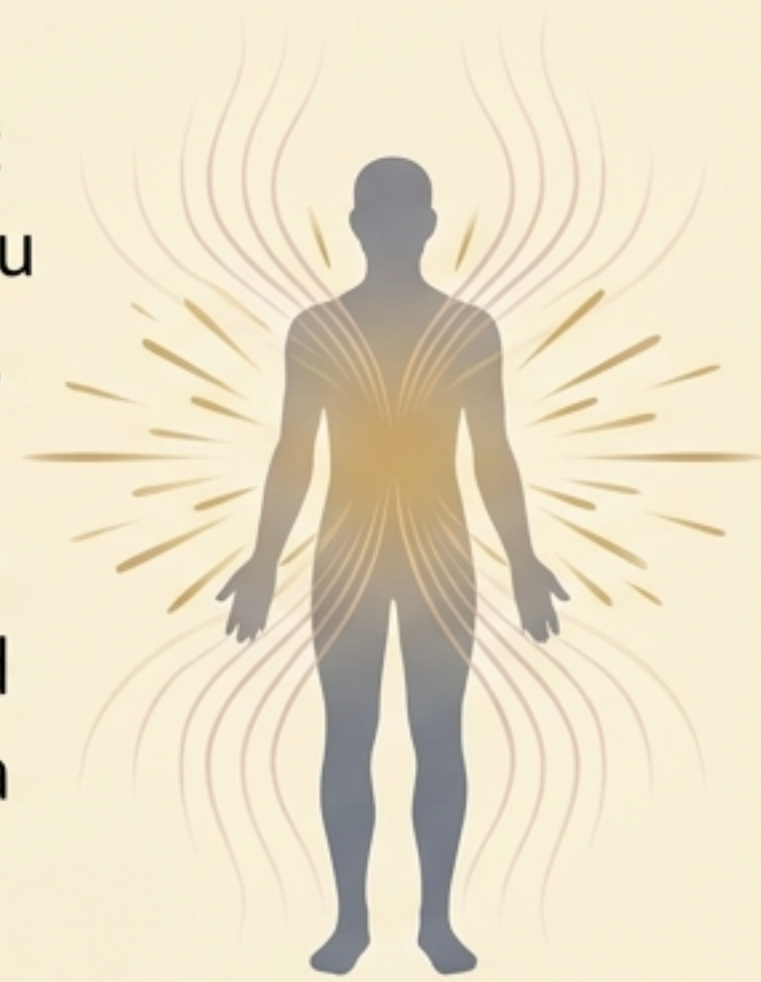
The Trap: The Energy Drain of Inauthenticity

- Trying to copy someone else—“rewashing a poor copy of you”—consumes a massive amount of energy in being what you’re not and masking who you are.



The Liberation: The Energy of You

- Authenticity releases that energy. When you accept your uniqueness and treat yourself with kindness, you can “do what needs doing, doing it how you do.”
- This is the unique essence you bring to the world and to your relationships. It’s a celebration of self that creates “energy to spare.”



The Foundation for Love is You.



The journey to show up as love doesn't start by looking for it somewhere else. It begins by dismantling the myths that keep us from ourselves. By owning our story, shedding unnecessary burdens, choosing our focus, and celebrating our unique worth, we build a foundation of *self-love*.

**“The biggest thing you’re taking away from today?
The importance of accepting and loving self.”**