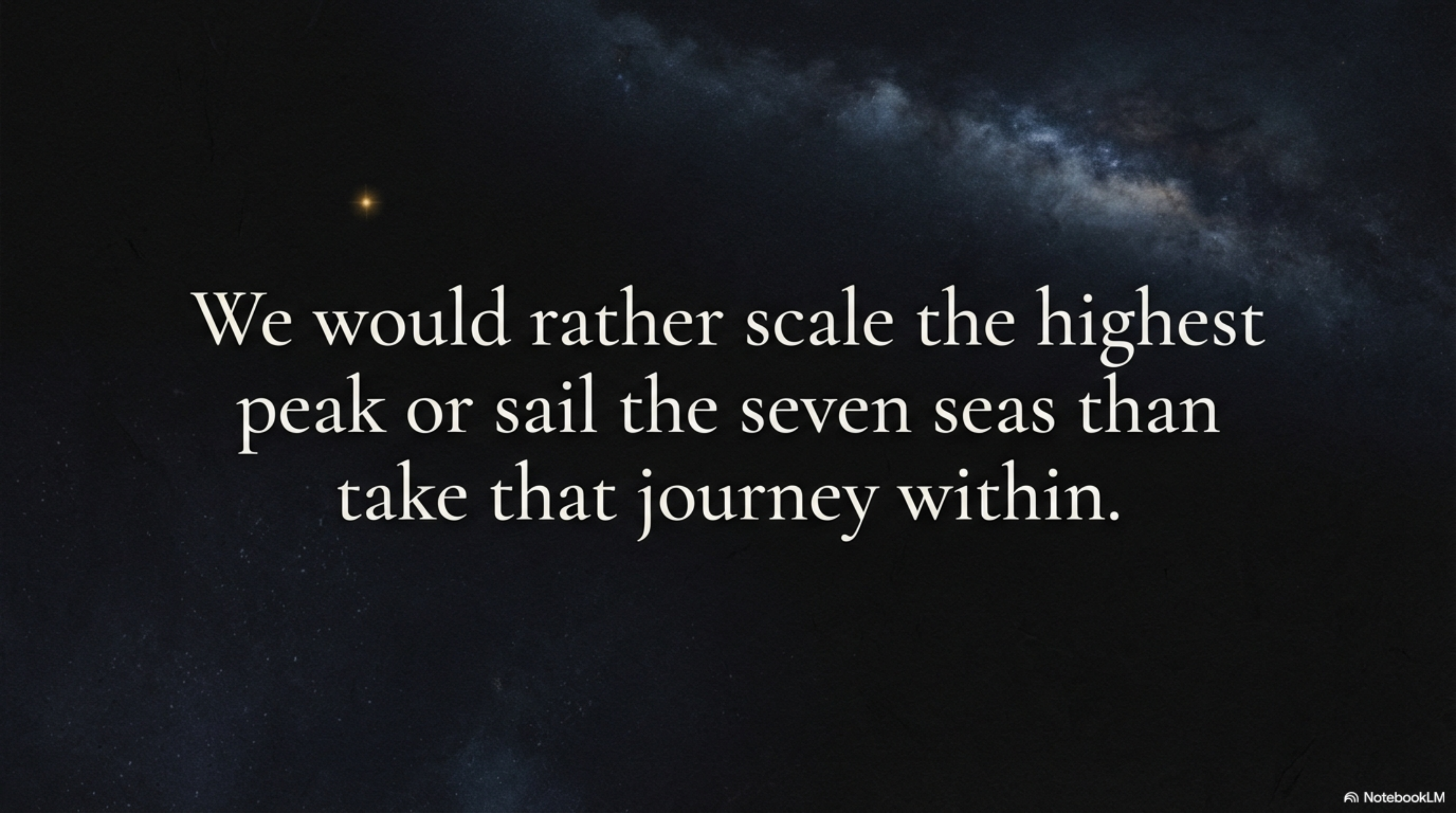




Space for Your Brilliance

A Journey Within to Discover Your True Essence



We would rather scale the highest peak or sail the seven seas than take that journey within.

Know Thyself

True wisdom begins with knowing thyself, so Socrates said.
Much easier to say than it is to do.
We would rather scale the highest peak or sail the seven seas
than take that journey within.
... Stop hiding from yourself afraid of what you may find.
Delay no longer, infinite love awaits.

We Are Externally Focused, Scared of What We May Find

“We fill ourself with television or social media or music...
anything to avoid being alone with ourselves.”

“Society tells you that you
have to be someone else.”

“The journey within is the perfect
antidote for fear, which stands in the way
and obscures the love that we are.”

*“I realized success is what
makes me happy.”*

Mistaken Identity

Helpless born, flesh and bones.

Identified by my color of skin.

...

Slowly reborn, cell by cell, every 10 years.

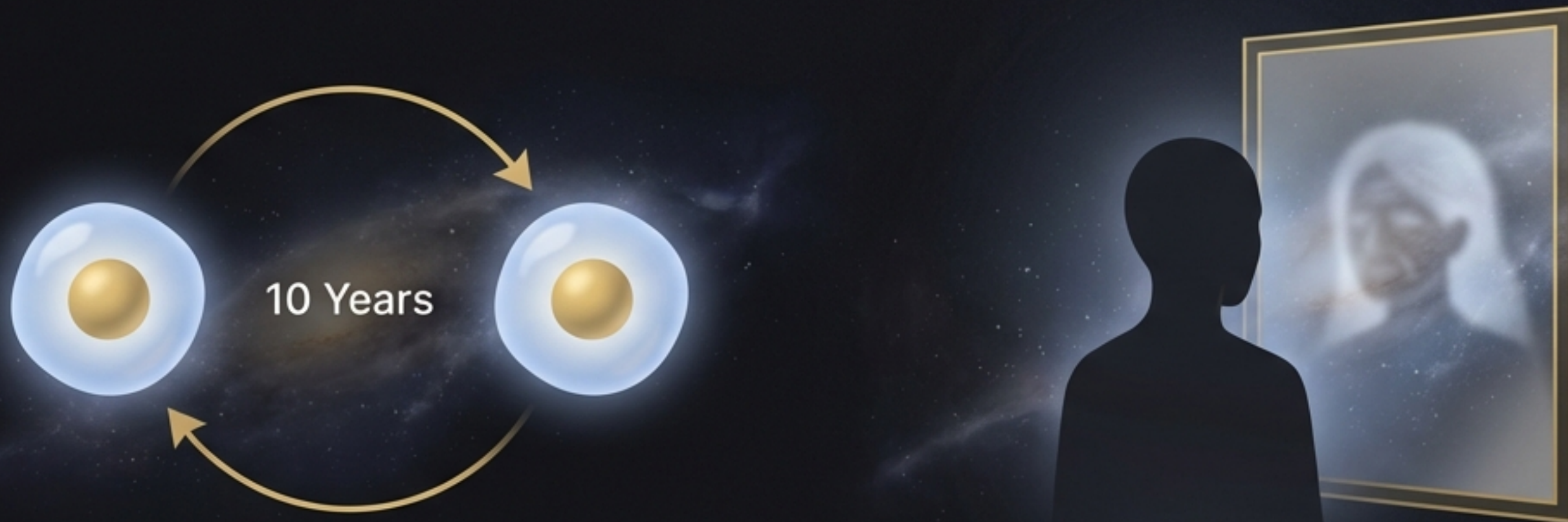
Weight that piles on and perchance may fall.

Eventually all this will falter and stall.

I the one constant through it all.



Science says every 10 years, every single one of your cells has been replaced. Yet the sense of self, the sense of being, persists. We are the constant, not the vessel.



*“My mother used to say when she looked at the mirror,
‘That’s not me... I don’t know who that old lady is.’”*

The Many Selves We Inhabit



My highest self,
my inner self,
my best self,
my true self,
my real self,
my original Self...
my no holds barred self.

Which one is me?

We Are a Certain Person to Different People

> “When my husband died, so many people knew him differently... Everybody said something different about him and I was like, ‘Wow, I didn’t know he was like that.’ It made me realize that even when we are married to a person, we don’t really get to know the totality of who they are.”



Key Concept: These selves aren't false; they are context-driven filters. The mind's job is to filter out all other possibilities so you can be focused. The goal is to step back and become the observer.



Poetic Anchor: I the one who observes them all.

The Framework for Self-Discovery



A simple, life-transforming framework to create space to embrace life fully, from the upcoming book, *Space for Your Brilliance*.

How We Create SPACE



S: Seeing the true essence of who you are.



P: Being Present to the source of our confusion and suffering—the mind.



A: Ascending beyond that confusion, rather than resisting it.



C: Connecting back to the present moment and what's actually happening.



E: Experiencing and making the most of that connected, present moment.

Authentic is the one who shows up as
me when the fog departs to reveal only
love.



Your Journey Continues

- This has been a glimpse into the Poetricity conversations that will shape the book, *Space for Your Brilliance*.
- Join us for our monthly live events to explore these ideas more deeply.
- Look forward to the book, where we will dive into the framework that can transform your experience of life.

