



Present To The Source Of Confusion

A Guided Reflection from the
Poetricity Live Experience

Content for Your Brilliance to Inner Flow

From the work developing the upcoming book, "Space for Your Brilliance to Flow."

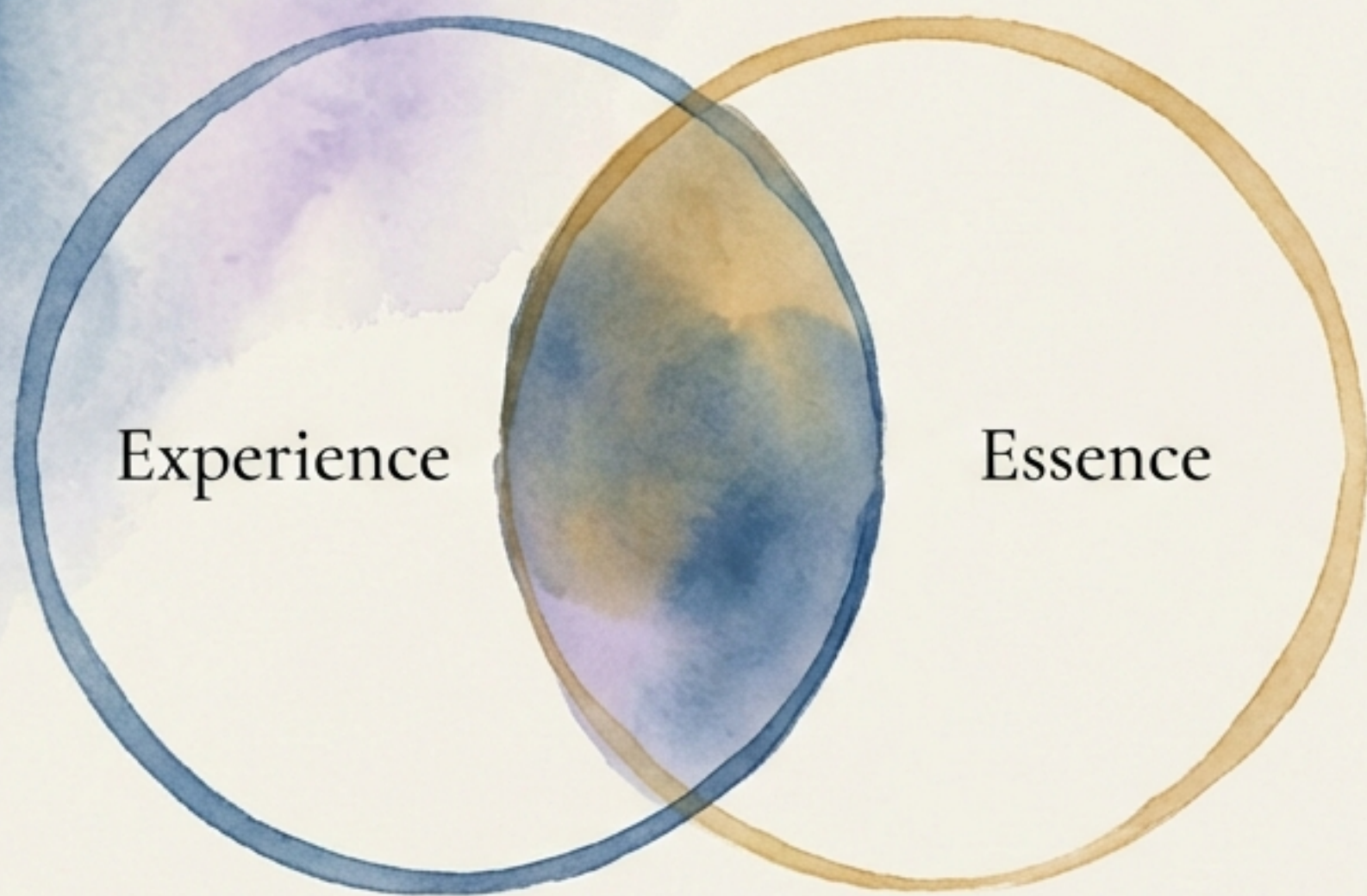
An Illusion

a person is what you experience
is it who you are

figment of a self-imagined effigy
illusion of I
a single self parading in many guises

your body unaware of its true self
the journey is illusory

welcome home to what is real
the awareness that sees it all



A Person Is What You Experience. Is It Who You Are?

The poem invites us to question the nature of our identity. We live as a “single self parading in many guises”—a different persona for work, for home, for friends. If these personas change with context, which one is the real you?

“The whole invitation here is to see that the mind is able to create the idea there’s a single self but at the same time actually manifest different facets of that self... Are you any of those, or is something at play here?”

The Danger of Becoming the Role

Case Study: The Head Teacher

A participant shared the story of a head teacher who tragically took her own life after her school's official rating was downgraded. Her identity had become so fused with her professional success fused with her professional success that its perceived failure felt like a personal annihilation.

"How much of that person's identity was caught up in that role for them to feel it's not worth living just because that had happened?"

We suffer when we try to preserve a certain self. But what if that self is an illusion to begin with?



The Weight of the Mask

in Cormorant Garamond, soft charcoal



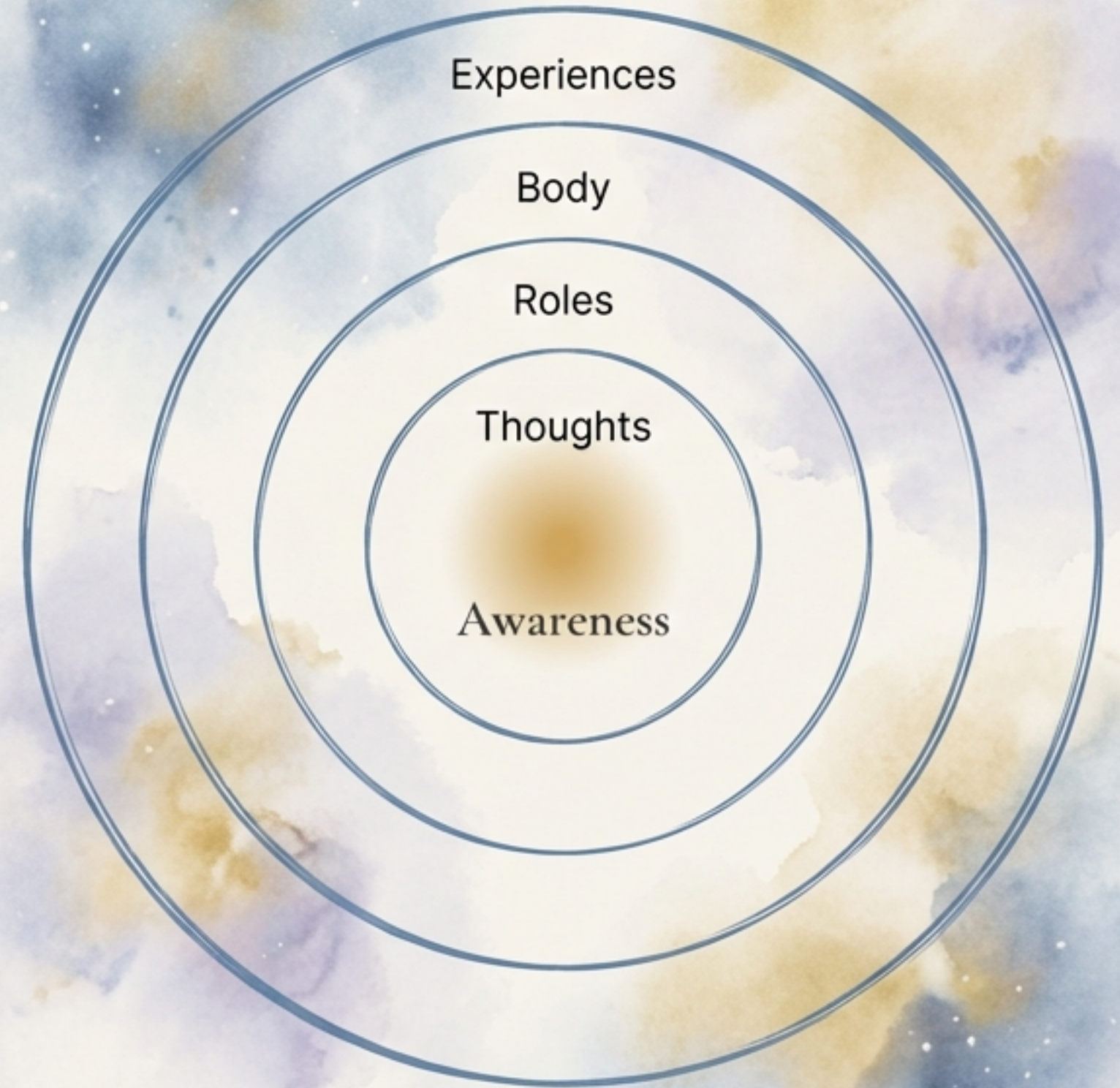
“I was in a very tough job for a number of years and it almost broke my physique... it wasn't the work itself that broke me but the fact that I had to pretend... keeping that mask on.” — Maria

This “pretending” is the mind creating stories about who we should be in a specific role. We buy into these stories so deeply that we lose perspective and begin to suffer.

Welcome Home to What Is Real

The poem offers a destination: “the awareness that sees it all.” This is the real you. It is not a role, a thought, or even your body.

“Scientifically, every single cell of your body has been replaced over the last 10 years. If you are your body, what is the ‘you’ that maintains continuity? The real you is the one who is aware of the body changing, aware of the mind’s different stories, and yet remains constant.”





Misdirection

want to see some magic
how to hide the greatest treasure in plain sight

not as hard as you may think
confusing lack of experience with non-existence

convince your subjects that what they seek
lies much further out
the harder they search, the certain guarantee
the further away they get from that which they seek

misdirected from the reality sitting right under their noses



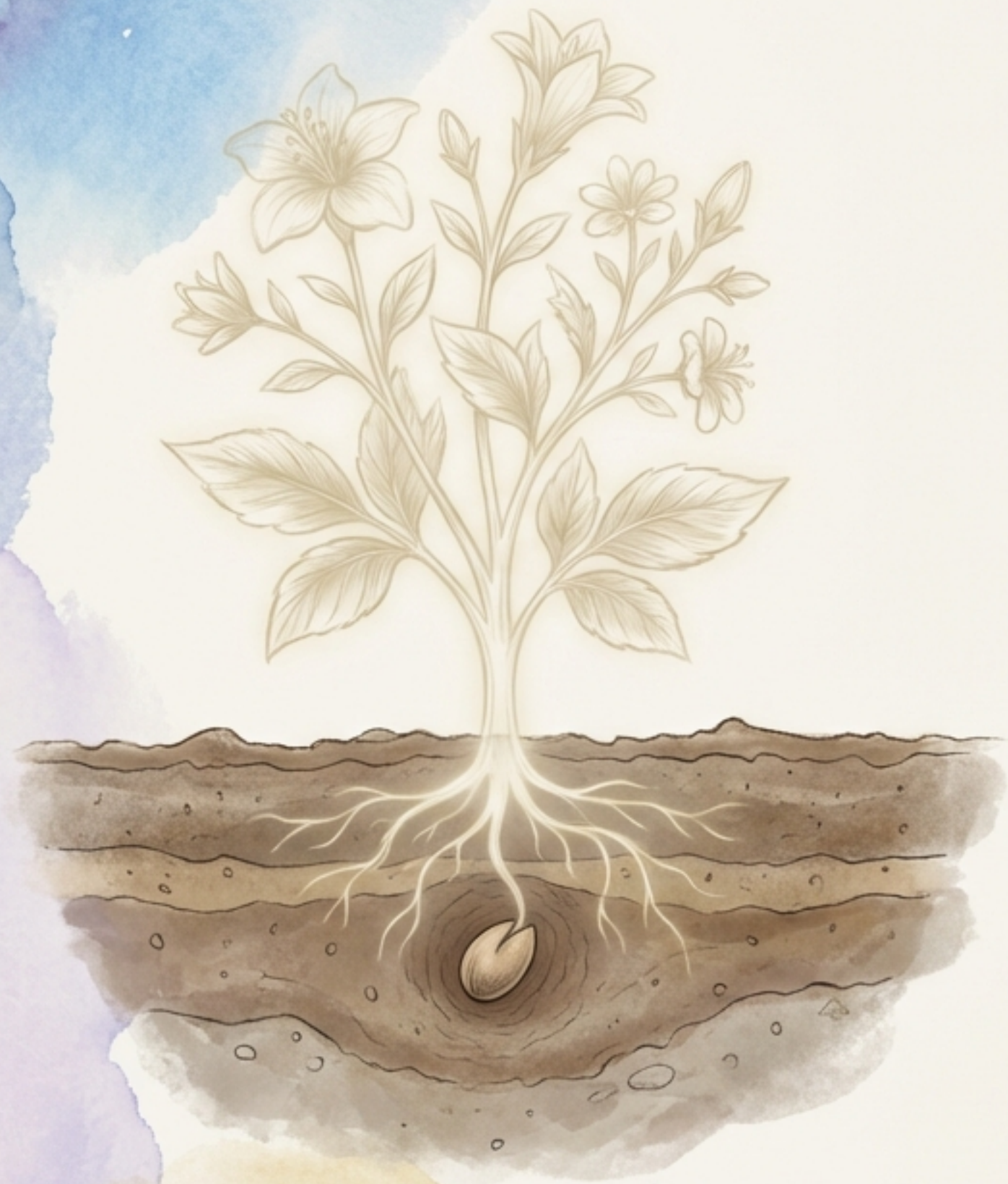
The Futile Search for What's Already Here

We are conditioned to believe that if we achieve something “out there,” we will feel “enough.” The head teacher believed a good rating made her a success; a bad one made her a failure.

“When we feel that we lack, we go chasing after something that’s outside ourselves when really what we need is sitting right here... under your nose. We already have it.” — Claudette

Reframe

What if you were born enough? The feeling you seek is available now, not after the next accomplishment.



‘Confusing lack of experience with non-existence.’

We assume that if we haven't done something, we don't have it in us. The truth is the opposite. If you can desire it, the possibility already exists within you.

Our potential is infinite; we have just yet to experience its eventuality. This shifts us from a place of lack to a place of playful creation.

Predictable

the details of the future
are predictably unpredictable

just don't tell the mind
it's invested in its own illusion

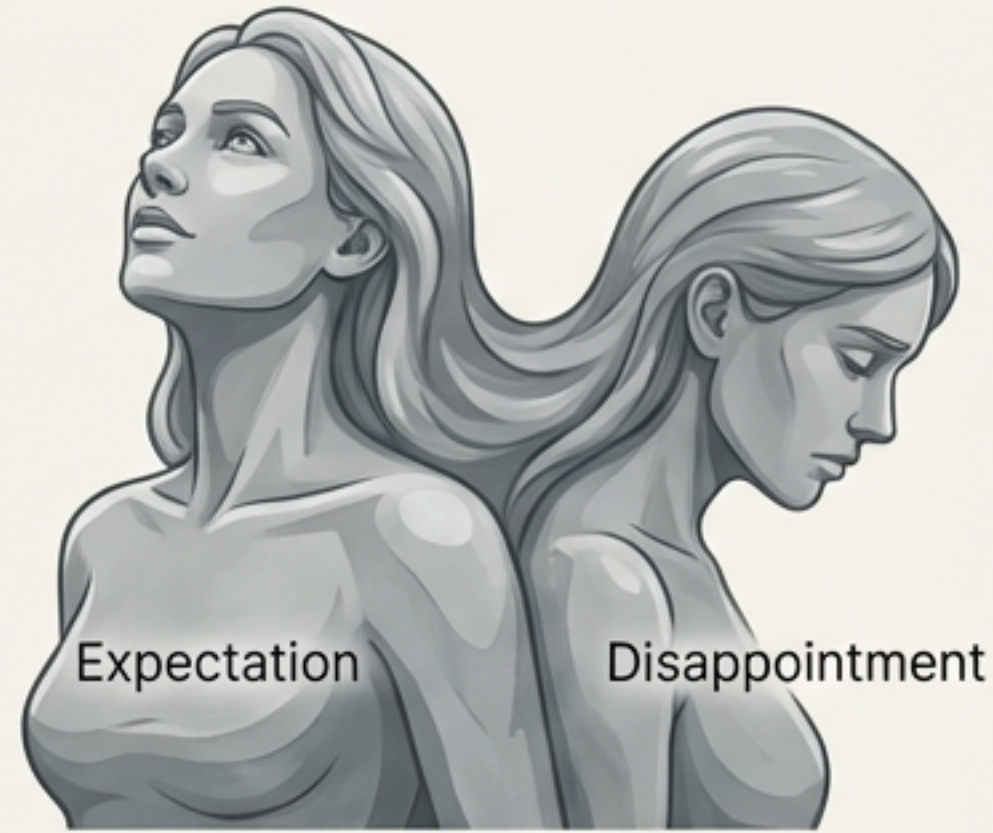
The Mind Cares for Resolution, Not Truth

Analogy: "Your mind is like a press secretary. It doesn't like unresolved situations, so it makes up stories to explain them. It will give you option A, option B, option C... The fact it has multiple stories should tell you it doesn't actually know."

Real-World Example: You send a message and get no reply. The mind invents stories: "They're upset," "They don't care." When the truth emerges, the stories are almost always wrong. Believing them only creates needless suffering.



Never the Twain



can't have one without the other
one sets up the stage, the other inhabits

treat them both with the suspicion they deserve
those imposters were human from the same womb
held in place by your very own thoughts

Unhooking from the Imposters

The Problem: We get tangled in other people's expectations. As one participant shared, "My mind engages before I'm actually ready to engage... I start setting expectations that were not even mine to begin with."

The Solution: The key is to recognize them as imposters—constructs "held in place by your very own thoughts." You can't control others' expectations, but you can control whether you internalize them.

Create space. Listen to your body's signals of stress. Return to your core and simply "hand it back." You are not obligated to fulfill an internalized story.





The Space for Your Brilliance to Flow

The journey inward leads to a space of pure observation. From this space, you can see the mind's stories, the body's signals, and the world's expectations without getting lost in them. You can witness the 'imposters' of expectation and disappointment without believing their script.

This is the freedom that comes from living from your true self:
the constant, quiet, and powerful **awareness that sees it all.**