

# Ascend the Mind

A Reflective Journey into the Space Within

# An Invitation to Reset Our Relationship with the Mind.

We seek space for our brilliance to flow. This journey is an exploration, a chance to re-examine our deepest identity.

- Are you your body, which changes completely every ten years?
- Are you your mind, with its shifting thoughts and feelings?
- Or is there a part of you, deeper still, that witnesses it all?

Let's explore the landmarks on the path to a higher perspective.

# Rabbit Hole

Aligning past, present and future self,  
making peace with their shadow cast.

You are the only standard  
for measuring what you should be.

Everyone else is a rabbit hole.  
Don't follow Alice down there.

# You Are the Only Standard.

## Key Insights

- **The Trap of Comparison:** Looking to others as the standard for your own success is a rabbit hole. It dilutes the unique energy you are meant to bring to the world.
- **The Relief of Self-Trust:** Believing in your own standard removes immense pressure. Your path is your own, and it is not meant to be a copy of anyone else's.
- **The Shift in Energy:** When you celebrate others without the attachment of "I should be doing that," you remain in your own power, allowing what is meant for you to come.

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**Reflective Question:** What pressure would be lifted if you fully trusted that you are your own measure of success?

# Blame

Find me somebody to blame.  
Find me somebody to blame.  
Can anyone find me somebody to blame in here?  
It's getting too hot.

Blame, my escape of choice.  
Rejecting in you what I've already rejected in me.  
Plastering over those tender spots.  
At least that way I can feel better for now,  
be "better," and wait for another day  
when I'm ready to embrace every part of me.

# Blame is an Escape from a Gift.

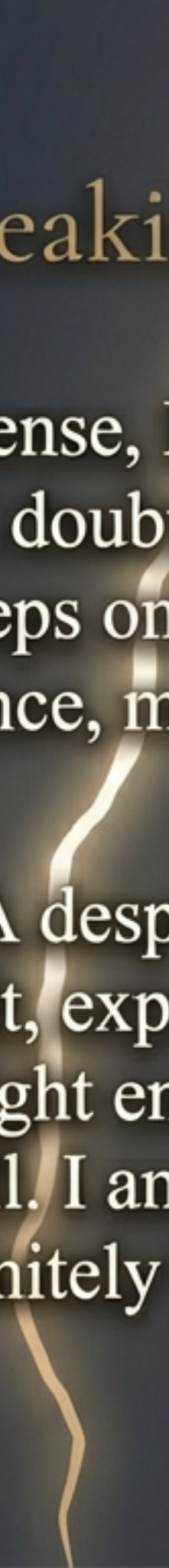
## Key Insights

- **The Mind's Default:** When discomfort arises, the mind often seeks an external outlet. It feels safer to project fault onto someone else than to accept it ourselves.
- **The Short-Term Trade-Off:** Projecting blame offers immediate relief, but we sacrifice the long-term benefit of learning what will help us show up better.
- **The Unseen Gift:** The discomfort is the real teacher. The invitation is not to project it outward, but to reflect inward and see what we're making up about ourselves as a result of what's happened. By sitting with it, we learn, and it dissipates.

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Reflective Question: When you feel the urge to blame, what discomfort might you be trying to escape? What could it teach you if you stayed with it?

# Breaking



Pressure so intense, I fear breaking.  
A destiny I doubt surviving.  
Yet it keeps on coming.  
More resistance, more pressure.

Then it happens. A desperate push too far.  
I break. And wait, expecting the worst.  
Then light enters in.  
I see a broken shell. I am still here. Aware.  
My true essence, infinitely loving. Unbreakable.

# The Crack is Where the Light Enters

- **A Necessary Circuit-Break:** What you fear as a fatal break is often a necessary event. It's not destruction, but an entry point for light, wisdom, and self-recognition.
- **The Illusion of Fragility:** We are more resilient than we believe. The 'shell' may crack, but our true essence—the aware, loving part of us—is and always has been unbreakable.
- **The Power of Release:** Resisting a break only builds more pressure, leading to an avalanche. Allowing emotions like grief or sadness to flow through you is a necessary release that makes you lighter.

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## Reflective Question:

How might you reframe a past or future 'breaking' point not as a failure, but as an opening?

# Aggression

It's coming at me.  
Certainly not cuddly.  
Judged it unpleasant.  
Get it away from me!

I'm moving and jumping, I want no part of it.  
By now so adept at aggressive escapism.  
All too familiar, this scene plays on repeat.  
Stagnating in ignorance as I evade my appointed teacher.  
Finally, I take the path ahead,  
enlightened by experience unfolding,  
and trusting the universe to surrender the aggression.

# Your Appointed Teacher Arrives on Repeat.

- **Aggression as Resistance:** Aggression is not always explosive. It can be the subtle, persistent energy of pushing away an experience you've judged as negative—a lesson you are meant to learn.
- **The Loop of Avoidance:** When the universe decides you need to learn something, you don't get a pass for resisting; you get a retake. The scene plays on repeat, often with escalating pressure, until you face it.
- **The Path of Surrender:** You cannot know the outcome before you commit to the process. The only way forward is to embrace the experience, trust it is your teacher, and allow the lesson to unfold.

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Reflective Question: What 'appointed teacher' or recurring challenge might you be aggressively evading in your life?

# Predictable Life

The nature of things is unpredictable. Still.  
Get comfortable with this.  
It's not about to change soon.

Once you do,  
your experience of life  
gets to be much more predictable.

# Embrace Unpredictability to Find What is Certain

- **The Illusion of Control:** We carry the illusion that we control external circumstances, which creates suffering. The reality is, most of what happens in the world is outside our control.
- **The One Predictable Thing:** Your true essence—your character, your capacity for love, the core of who you are—is predictable. It is the anchor in the unpredictable sea of life.
- **From Fear to Adventure:** When your security rests on your internal foundation, not external conditions, the unknown ceases to be a threat. It becomes an adventure, filled with opportunities to grow, learn, and experience pleasant surprises.

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## Reflective Question:

If you were to let go of controlling circumstances, what is the one predictable quality in yourself you could always hold on to?

# My World

Boy, oh boy, so alone.  
So my memory goes.  
Where did they all go?  
If they were there, why was I all alone?  
Did I go and they remain?  
What a bulletproof world I built back there.  
I was in, and no one else.  
A world safe enough, but only me.

# Your Memories Are Not Gospel.

- **The Mind as Protector:** The mind will do whatever it can to protect you, including dissociation—creating a 'bulletproof world' it believes you can cope with.
- **The Past is Not the Future:** The coping mechanisms that protected you as a child may not be what you need as a capable adult. Your ability to process and deal with things has increased immeasurably.
- **The Invitation to the Present:** You are safe now. The invitation is to live in the reality of who and where you are today, accepting that all possibilities now exist for you to connect with the world in a new way.

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## Reflective Question:

What story about your past might just be a 'bulletproof world' your mind built to keep you safe?  
What story about your past might just be a 'bulletproof world' your mind built to keep you safe?

# The Path is to Lean In, Not Run Away.

## A Final Reflection:

The journey of ascending the mind reveals a single, coherent theme. It is about leaning into experience, not evading it. It is about **trusting** that you are going to be okay, even when it feels like **breaking**. It is about **allowing life** to pass through you, to process, to learn, and to expand.

When it feels like you can't predict what the **future** holds, **trust that the universe** has your back. You can grow and evolve from every experience.