

The Glass Ceiling Map: *Why You're Still Stuck* & The Engineered Way Out

A diagnostic framework for high-performers who've done the work — and hit the wall that conventional tools can't break through.

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You've read the books. Done the therapy. Built the habits. Maybe even had a psychedelic experience or two. And yet — there's a pattern. A ceiling. Something that keeps reasserting itself no matter how much you understand it.

You can name it. You can explain it. **You just can't seem to break free from it.**

This isn't a willpower problem. It's a **depth access problem** — and this document will show you exactly what that means, and what actually addresses the root.

PART ONE — THE DIAGNOSTIC MAP

The Three Layers of the Human System

Every tool, modality, and practice operates at one of three layers. Most tools reach Layer 1. Some reach Layer 2. Almost nothing reaches the full depth of Layer 3 — and that's precisely where persistent patterns live after you've already tried everything.

1

The Thinking Layer

Cognitive patterns · behaviours · conscious beliefs · habits

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The most accessible layer — and the one almost all conventional tools are designed to reach. Coaching frameworks, CBT, productivity systems, journaling, mindset work, talk therapy. All useful. All operating at the level of *thought*.

◆ Coaching ◆ Talk therapy / CBT ◆ Habit systems ◆ Mindset work ◆ Journaling ◆ Books & courses

Changes here are real — but they don't hold if the deeper layers are running a different programme. You can install a new belief at Layer 1 and have Layer 3 quietly overwrite it within weeks.

2

The Body Layer

Somatic encoding · nervous system · trauma responses · emotional patterns

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This layer doesn't speak in words — it speaks in tension, contraction, automatic reactions, and emotional floods that arrive before thought. Trauma, early conditioning, and chronic stress get *encoded in the body* — not in the mind. Talking about them isn't the same as releasing them.

◆ IFS / parts work ◆ Somatic therapy ◆ Breathwork ◆ EMDR ◆ Body-based practices

This is where most people who've 'done the work' get stuck. They've cleared Layer 1 completely — and still find the same patterns firing in the body. That's Layer 2 running the show.

This is your operating system. The deepest layer of how you perceive yourself, others, and reality itself. It was shaped before you had language for it — by early experience, environment, inherited patterns, and the meaning your nervous system made of all of it.

Everything in Layers 1 and 2 runs *through* this filter. Which means: if this layer holds a belief that you are fundamentally limited, broken, or not enough — no amount of coaching, therapy, or habit-building will fully override it. It will quietly reassert itself. Every time.

◆ Psychedelic-assisted work ◆ Shamanic practices ◆ Deep meditative states ◆ Transpersonal therapy

Important distinction: there are two kinds of Layer 3 knowing. Intellectual knowing — understanding you are more than your patterns, having read about it, even believing it. And embodied knowing — having directly experienced it in a way that rewired how you move through the world. Only the second one creates lasting change.

THE PRESSURE MULTIPLIER

The Fourth Factor: Your Environment

The three layers describe what's happening inside you. But there's an external force that acts on all three simultaneously — and it's one of the most overlooked variables in why patterns persist.

Your environment — your relationships, your physical space, your financial situation, your daily social context — isn't separate from your inner work. It's a **continuous pressure system** that either supports or undermines everything you're trying to change.

Think of it this way: if your Layer 2 nervous system is slowly rewiring toward safety, but you come home every day to a relationship dynamic that re-triggers the original pattern — you are working against a headwind you can't see. The inner work is real. The environment is undoing it in real time.

■ ENVIRONMENT — CONTINUOUS EXTERNAL PRESSURE

↓ relationships ↓ finances ↓ physical space

Layer 1 — The Thinking Layer

Layer 2 — The Body Layer

Layer 3 — The Belief Filter

↑ social signals ↑ safety cues ↑ mirror beliefs

Environment applies pressure to all three layers — amplifying what's unresolved and suppressing what's trying to change.

This is why two people can do the same inner work and get radically different results. The work is the same. The environment is not.

A well-designed container accounts for this. Before the retreat, we map not just your internal layers but the environmental pressures acting on them — and factor that into the intention-setting and integration plan.

THE HIDDEN TRAP

Why Self-Aware People Stay Stuck Longest

Here is the most insidious part of the three-layer system — and the reason high-performers often stay stuck longer than anyone else.

"If your Layer 3 belief filter doesn't include the possibility that it needs updating — it will automatically screen out any solution that would update it. You will never even consider the very thing that would free you."

This isn't a failure of intelligence. In fact, it's the opposite — the more analytically sharp you are, the better you are at constructing **logical reasons** why you don't need to go deeper. The confirmation bias. The predictive coding model. The placebo and nocebo effects. All of neuroscience points to the same truth: **our brains filter incoming reality through existing beliefs.**

The result: you can end up with a beautifully articulated map of your patterns — while the root cause remains completely untouched. You understand the cage perfectly. You're still inside it.

"Science is not about what you believe. Science is about what is."

Your belief system is not the same as reality — it is a **model of reality**, built from experience, shaped by environment, and filtered through every layer of your system. The model can be wrong. The model can be incomplete. And the model can be updated.

The question isn't whether your current model is serving you. The evidence of whether it's serving you is already visible — in the pattern you can't break, the ceiling you can't pass, the version of yourself you glimpse in rare moments but can't seem to live from consistently.

That gap between who you are and who you know you could be — that's not a motivation problem. That's a Layer 3 problem.

Breaking through this trap requires something that operates *outside* the belief filter entirely. Not more information. Not a better framework. **A direct, non-conceptual experience** — one you can only understand looking backwards. Which is precisely what a well-held psychedelic container is designed to provide.

PART TWO — THE ENGINEERED SOLUTION

The 3-Step Protocol for Breaking the Glass Ceiling

This is not a generic coaching programme. It is a precision-engineered process — built on mechanical engineering principles applied to the human system — designed to identify exactly where you're stuck and target it at the root.

1

The Pattern Audit

Analytical mapping

Before anything else, we map your system. Using structured self-evaluation forms and psychological assessments, we build a precise picture of where you are across all three layers — what's operating at the surface, what's held in the body, what belief filters are running underneath, and what environmental pressures are amplifying all of it.

This is where the engineering background matters. Most coaches ask how you're feeling. We map the architecture of your current state — the inputs, the feedback loops, the points of failure, the external pressure system — so we can identify exactly where force is being wasted and where the real leverage is.

2

The First Domino

Highest-leverage intention

From the audit, we identify the single keystone pattern — the one thing that, if shifted at the root, changes the most downstream. Not a surface symptom. The lead domino. This becomes the precise intention that the entire psychedelic container is designed around.

Most people enter altered state experiences with vague intentions like 'healing' or 'clarity.' We go in with surgical precision — a specific, co-created intention built from a full systems analysis of your history, your layers, and your environment. This is what separates transformative experiences from fascinating ones that don't land.

3

The Container

Preparation · experience · integration

The psychedelic experience itself is only one part of the container. Preparation ensures you arrive at the threshold with the right internal conditions. Integration is where the shift is caught, anchored, and built into how you actually live — which is where almost all solo experiences fall short.

Neuroplasticity — the brain's heightened capacity for change — is significantly elevated in the hours and days following a psychedelic experience. Integration is the deliberate, structured use of that window. Without it, the insight fades. With it, the pattern actually re-patterns at the root.

WHAT COMES NEXT

This map shows you the terrain. The container is how you cross it.

You now have a structural explanation for why the ceiling has persisted — not as a personal failing, but as a predictable outcome of tools that were never designed to reach the root layer.

The next question is: **what is your specific first domino?** What is the single pattern that, if shifted at Layer 3, would change the most in your life downstream?

That's not something a document can answer. It requires a conversation — a mapping of your specific system, your specific history, and the environmental pressures that are amplifying it.

If this framework has named something you've felt but couldn't articulate — that recognition is data. It means the model fits your system.

The version of you that operates from below the ceiling is not a fantasy. It's a layer you haven't reached yet.

Ready to find your first domino?

Two paths, depending on where you are. Both lead somewhere real.

DM me "Expand" — 1:1 Private Container →

Explore the Ayahuasca Retreat →

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Consciousness Systems Engineering

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