

Also by yung pueblo

inward

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all human beings
are united by
birth,
life,
death, and
every emotion
in between

the biggest shift in your life happens when you go *inward*.
you step in and observe all that you find with acceptance;
the love you bring lights up your self-awareness;
you start seeing how the past is packed into your mind and heart—
patience, honesty, and observation start the healing process.

with time, intention, and good healing practices,
the past loses its power over your life.
you continue the process—stepping in, feeling, understanding, and letting go.
and then you start noticing the results; you are not the same anymore.
your mind feels lighter and develops a new, sharper *clarity*.
you start arriving into your life and relationships ready for deeper *connection*.

self-awareness

heal yourself, but don't rush
help people, but have boundaries
love others, but don't let them harm you
love yourself, but don't become egotistical
stay informed, but don't overwhelm yourself
embrace change, but keep pursuing your goals

next time you feel agitated
because you are falling back into past patterns,
remember that simply being aware
that you are repeating the past
is a sign of progress

self-awareness comes before
the leap forward in
your personal transformation

it is not easy

healing yourself
building new habits
observing reality without projection or delusion

this is work that takes effort

but if you persist
the fruits of your labor will
have an immensely positive
impact on your life

maturity
is knowing that
when your mood is down
you should not trust
the way you see yourself

throw away the idea
that healing is forgetting

the real result is no longer
reacting to old triggers
with the same intensity as before

the memories are still there,
but they do not have the
same power over your mind

i spent years unaware
that i was running away from myself,
always seeking company or entertainment
so that i would not have to face
the dark clouds storming inside of me

every moment was an opportunity for diversion;
friendships were a means of escape,
pleasure a temporary relief from pain

i did not notice that my relationships were shallow
because of how far away i was from myself

i did not understand why solitude felt unbearable
and why “fun” could not permanently settle turbulent emotions

for far too long i was unaware
that the only way for life to improve,
for my relationships to feel rich,
and for my mind to finally experience ease
was for me to explore and embrace
the anxious unknown that dwelled within

you can change your location,
meet new people,
and still have the same old problems.

to truly change your life,
you need to look inward,
get to know and love yourself,
and heal the trauma and dense conditioning
in your mind.

this is how you get to the root.
internal changes
have a significant external impact.

i kept getting crushed
by my own expectations

barely present
thinking but not feeling
speaking but not listening
interacting but not noticing

smiling to continue the performance

my heart struggled with gratitude

never feeling satisfied
always missing what was in front of me

because my mind kept jumping
into imagining what more i could want

which made everything i was given
never quite as special as what i had envisioned

(disconnected)

after the trauma
i shifted into survival mode

unknowingly, i shielded my being with numbness

numb to letting others in
numb to my inner turmoil
numb to accepting what happened

unknowingly, i fell into a cycle of craving

craving safety
craving nourishment
craving no more pain

my reactions were large and loud
anything that did not go my way
was perceived as a potential threat

my focus centered on protecting
my delicate sense of self
i had little energy to place myself
in anyone else's shoes

it took the constant feeling
of dissatisfaction
and the exhaustion of never feeling
at ease
for me to start pulling myself out of my
dissociated way of living
and finally say "enough" to
a constant state of defense

(before awareness)

the friction
inside your mind
will keep overflowing
into your relationships

until you process
your emotional history
and understand how it shapes
your ego, perception, and reactions

do what is right for you.
do it over and over again.
lean into the light.

keep going even when it is hard.
especially when it is hard.

do not let doubt stop you.
trust the process when your mood is low.

let growth be your mission.
let healing be your reward.
let freedom be your goal.

everyone can benefit from self-healing;
even those who have not
experienced serious trauma
have at one point or another
felt the sting of heavy emotions

the mind feels these moments sharply
and they tend to ripple outward
impacting how we think, feel, and act

though we may learn to cope with mental tension
and the unexpected changes that cause turmoil

by taking a deeper look inward
we may be able to mend old hurt
and release old pain

by taking a deeper look inward
we may gain the courage to *evolve*

into greater mental clarity
into greater happiness
into greater patience
into greater honesty
into greater love

essentials to remember on tough days:

practice patience

accept what you feel

do not punish yourself

make sure you get good rest

give yourself ample kindness

accomplish smaller goals that day

do things that will calm your mind

a bad moment does not equal a bad life

struggle can be a space for deep growth

this current discomfort is not permanent

before you can see
someone else clearly
you must first be aware
that your mind will impulsively
filter what it sees through the lens
of your past conditioning and
present emotional state

sometimes you walk willingly into heartbreak because it is clear that your time as partners has run its course. for a while you fit together seamlessly, but over time your paths have started to diverge. it has become too hard to meet each other in the middle and your heart no longer feels at home. there is only so much trying you can do before you say enough and take a new direction. even though the future is unclear, you know that moving forward alone is what you need to grow and be free.

taking a moment
to figure out
how you really feel
instead of letting
old patterns decide for you
is one of the most
authentic things you can do

i have built a home with another person a few times now, always expecting it to be a lasting haven. as the storms came and went, the homes would show their weakness and eventually come apart. being left with the dread of sadness and the hollow feeling of unwanted new beginnings, it has finally dawned on me that if i build a home within myself, a palace of peace created with my own awareness and love, this can be the refuge i have always been seeking.

sometimes a person ends a good relationship because the areas they think are bad are being intensified by their personal issues that they have not dealt with properly. sometimes people break apart a home because they are unaware of their projections and are not ready to appreciate a good thing.

heal yourself,
not just so you can thrive,
but to ensure that people
who cross your path in the future
are safer from harm

it is not easy, but the idea is simple:

the more we heal our own wounds, the less likely we will be to cause intentional or unintentional harm. perfection is not possible on the interpersonal level. our individual perceptions and changing emotions will occasionally cause misunderstanding and accidental pain, but if we can show up for each other compassionately, then we can remedy the hurt that needs tending.

we often hand our tension over to others without understanding that it wasn't ours to begin with. someone passed it to us, and so we pass it to the next person, and they to the next, until it lands in the hands of someone with the tools to process it and let it go. the more of us who are open to inner work, the more points there will be in the giant web of humanity where harm will not be able to spread.

the self-awareness needed to stop causing ourselves and others harm is not just about knowing our own inner mechanics, our trauma, the moments when we are projecting, or how our reactions impact our perceptions. it is also about taking the time to understand what society has encoded in our minds without our explicit permission.

radical honesty with ourselves is the starting point. it can help us overcome many complexes and help us see that there is much room for improvement. but to get to the root of the matter, to go even deeper, especially into the subconscious where many of our old patterns lie in wait, we need to find a practice that can help us process and unload this conditioning. we do not need to reinvent the wheel. there are already many proven practices that have helped thousands of people take real steps forward in their lives. our task is simply to search and find what works for us and then to commit to the inner journey.

when healing gets deep
there is sometimes
an explosion of emotion
that occurs to clear out
old energetic debris

you feel most agitated
right before you settle
into a more substantial peace

people are incredibly similar and different at the same time. we all have the same basic structure of mind and emotions, but we have distinct mental conditioning because no two people have experienced the same exact life. the twists and turns, the reactions we have felt, the things we have understood and misunderstood, all that we have come to believe, how we perceive ourselves and the world, the maze of patterns that impact our behavior, the different magnitudes of trauma—you can go on and on and see that each individual has their own inner world and unique emotional history.

since we are all so different, what helps one person heal may not help another person. what may seem too hard or too easy for some people may be a good fit for someone else or may be the right fit later on in life. fortunately, we live in a time when healing tools and practices are becoming more accessible. if we try, we can find something out there that meets our conditioning where it is at, something that we find challenging but not overwhelming, something that connects with our intuition, something that we are willing to spend time learning and practicing. there are so many options out there, from many different forms of meditation to a wide variety of therapy practices and many other healing modalities.

it is not about faking calm when

you actually feel turbulent emotions;
it is about accepting what has come up
without adding more tension to it

it is easier to trust people who recognize
when they have made a mistake
and are not afraid to apologize

this is a sign that they have
enough humility to be open to growth

a fresh start begins with forgiveness
and trust is greatly deepened when
changed behavior becomes consistent

neither of us knew
how to handle conflict
without making it worse

we never wanted to argue,
but it kept happening
because that is what hearts do
when they are overflowing with old pain

we did not mean the things we said;
they were just a reflection of the fire
that escalates when two imperfect people
compete to win

how many relationships would have gone a different way if the goal were not just to find harmony as a couple, but to also find harmony as individuals?

sometimes we wonder why it is taking so long to change and heal ourselves and why the same sort of heavy emotions keep coming up. we do not realize how rapidly we have accumulated patterns throughout our lives, especially during moments of intense emotion. after years of repeating the same behaviors, it takes time to change and adopt new responses to life. how many times have we felt anger, sadness, frustration, anxiety, and more? when we remember this cycle of repetition, it helps support our patience as we continue the process of letting go of the old, literally releasing remnants of the past during moments of deep healing.

one of the most important qualities
to develop in life is determination.

at some point you just have to
put your foot down and say,

“i am going to move in this
new direction and no person
or situation is going to stop me.”

great transformations need a beginning.

a real conversation
free from projection
and ego-flexing
is a special gift

most do not talk to listen;
they talk to be heard

self-awareness, selflessness,
and a real desire to listen
are required for mutually authentic
and honest exchange

miscommunication and conflict occur because we are not building a bridge of understanding. often, in heated conversations, all we can think about is our own perspective, emotions, or ego. this limits our ability to empathize with the experience of another person, which is a prerequisite for the harmony that comes from understanding. one of the greatest gifts we can give each other is *selfless listening*, which is hearing someone's truth without projecting one's own emotion or story onto it—literally receiving another's perspective with complete acceptance.

in special moments, we can take turns deeply seeing one another. here we move beyond having an exchange into *holding space* while someone reveals their truth. this is a higher level of listening that involves acting as a compassionate audience for another person without interrupting or adding our own perspective. when we hold space for one another, hearts become more open, truth is ready to be revealed, and old tension comes to the surface so that it can be seen and held, not just by the speaker, but also the listener. this collective honoring of each other's truth can be incredibly healing.

i trust and feel at home around the ones who are not afraid to be vulnerable with themselves, who live confidently in their power and gentleness, who try their best to live without harming others, who are serious about their growth and healing, and who have the humility to say, “i do not know.”

it is okay to not have the answer

one of the bravest things
you can do
is boldly embrace the unknown,
accept your fear,
and continue to move forward

a clear mission
does not always have a clear path

how many times
has your mind
taken a small piece
of uncertain information
and spun a story around it that
ends up consuming your thoughts?

the mind is inclined to protect itself, but an attitude of defensiveness easily breeds anxiety. out of caution, we fixate on uncertain information and create stories that can lead to unnecessary fear and mental tension. taking a moment to notice when we are jumping to conclusions can save us from worry and grief.

through self-awareness, we can begin to notice when we are overthinking. the simple act of bringing our awareness out of the mental clutter of unreliable thoughts and back into the present moment can preserve our energy and decrease the friction we feel.

to be clear, there is nothing wrong with protecting oneself, but it is helpful to observe how often we take a defensive stance. if we are only ever defensive, we are surely getting in the way of our inner peace.

self-awareness is noticing
the rhythm of your thoughts

feeling when they are clear
and when they are out of sync

knowing when to take them seriously
and when to let them go

not every thought is valuable;
most are just the sounds of
impulsive emotional reactions

real maturity is observing your own
inner turbulence and pausing before
you project how you feel onto
what is happening around you

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