

Be You

THE JOURNEY
OF SELF-REALIZATION

CIRAK

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Dedicated to you.

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Be You



PART I

The Essentials of Being You

THE JOURNEY

You are not a random blob of cells. In fact, every part of you *brims* with intention. Your heart never questions why it beats. Your lungs don't get bored pumping air. Your hair doesn't stop growing when you have a bad day. Each sub-atomic particle you consist of knows what role it plays in the great coming together as *you*. If none of your building blocks waver about their purpose, why should you?

Deep down, you know there is someone you're meant to be. Every so often, you catch a glimpse of that someone. It happens when you speak up for yourself, even if it's hard; when you're proud of a job well done, no matter what others say; when you do something for the love of doing it, regardless of the outcome. It happens in those unexpected, almost surreal moments when you look in the mirror and see not your perceived flaws but a person you're amazed by being. *Is that really me?! Yes, that's really you.*

In those distinct moments, you feel that nothing about you is a mistake and that everything about you is meant to be. In those moments, you love life because you love being you. What better way to live life than to be you all the time?

But if being you feels so right, why are you not being you more often? What gets in the way? It's not like you don't want to be more authentic. It's not like you don't want to be more genuine, honest, and compassionate. You want to be all those things and so much more. You want to be someone with a sense of purpose. Someone who is passionate and fulfills their potential. Someone who brings positive change to the world. Someone who never takes the sunrise for granted. And most of all, someone who knows how to love and be loved.



Perhaps you do yoga, keep a gratitude journal, and put positive affirmations on your bathroom mirror. Perhaps you see a therapist and attend workshops on mindfulness and inner healing. Perhaps you've traveled to foreign lands to immerse yourself in ancient wisdom. Whether you've done some of it or none of it, you've reached a point in your life where you're ready to become the person you're meant to be. The single most important thing to remember is:

Who you are is already perfect. It's how you see yourself that gets in the way of your perfection.



There are endless possibilities of how you can live your life and who you could be. And while it's important to realize that you could be anyone, it doesn't mean you're meant to be just anyone. Just like the stars are designed to be stars, so are you designed to be you. Somewhere deep inside, you carry your very own blueprint. You can see it whenever something resonates so deeply that it makes you light up inside. *That's me!* It's this inner longing to be you that drives you forward. There isn't a plan you make or a step you take that isn't motivated by your desire to discover your most authentic self.

So, where does your authentic self reside? Why is it so difficult to find? Is it a separate entity that exists outside of yourself, whose whereabouts are unknown? Of course not. You are you. You are never not you. You've never taken a single breath as someone other than yourself.

*You cannot find yourself outside of yourself.
You find yourself by being you.*



No matter how hard you try to leave behind the version of you that you don't like, in search of a version that you do, you cannot transform yourself by denying who you are right now. Your journey is not about becoming someone you are currently not. Your journey is to be more of who you already are.

YOUR INNER VOICE

Every moment of every day, you have a choice: To be you, or not to be you. With every choice you make, you're either aligning more with your true self or going against it.

You can tell when you're going against it because that's when life gets difficult. You struggle to find motivation, and you're unclear about your purpose. You question your choices and lack confidence in your actions. Whenever you gain momentum, doubt and fear creep in, and you wind up not following through or jumping to something else. You look around and don't understand why everyone else seems to have their life figured out. You deserve to be just as happy as they are. So, you keep pursuing the things that are supposed to lead to happiness, but no matter how hard you try, no matter how much you achieve, they never do. Life is a hard ride when you're not being you.

In comparison, life is a smooth ride when you *are* being you. You're positive in your outlook and certain in your decisions. You don't feel the need to compare yourself to others because you're comfortable in your own skin. You meet the day head-on with a solution-oriented attitude. There's a calmness about you, and you feel more radiant, confident, and fulfilled. Others want to be in your presence because your *Be You* mojo is inspiring. Good things come to you without even trying, and it feels like life is on your side. Because when you're being you, it is.

*Being you is how you build momentum in life.
Or rather, how life builds momentum in you.*



The best part is: You already know how to be you. There are no special skills you need to acquire. There is no riddle you need to solve. There is no secret door to which you must obtain the password. All you have to do is listen to your inner voice.

Whether you think of it as your intuition, gut instinct, heart, higher self, or inner divinity makes no difference. What matters is that everyone has this voice inside of them. Any situation you find yourself in, it's always there. Your inner voice knows without hesitation, without ambiguity, and without the need for conscious reasoning, what's right for you. It's your fail-safe GPS. As long as you listen, you cannot get lost.

Your inner voice resides in your body, not in your head. Your head is ruled by logic and rationale. It's great for collecting and organizing information, for calculating, strategizing, and executing a plan. It's great for dissecting and analyzing data. Your head is home to your knowledge. But it's not the source of your wisdom.

Think of the trillions of cells that make up who you are. Every one of them knows exactly what to do and how to collaborate with each other. Nothing is random. Every part of you is focused on the task of being you. No wonder your inner voice knows what's true for you. No wonder it can tell when you're being authentic and when you're not.

The more you listen to your inner voice, the less you compare yourself to others. You no longer stress over whether you're doing things *the right way* because you know your way is right for you, and the next person's way is right for them. You always know you're doing your best because being you is being your best. You're not afraid of challenges because you trust your inner voice to speak up at the right time, in the right way. Because it always does. That's its job.

Your inner voice wants you to be you.

It knows who you are in your happiest, most purposeful state. Let it guide you to that place. Be a witness to your life's unfolding in ways you could never imagine, let alone predict. As long as you listen, what is meant to be is meant to happen. And you are meant to happen.

YOUR HEADSPACE

If you can't hear your inner voice or have trouble discerning it, it's because you're in your headspace.

From the moment you're born, you're bombarded by parents, peers, the media, society. Everyone has an opinion on how you should live and who you should be. Everyone thinks they know you. The constant barrage of outside voices fills your headspace to the brim, and you spend most of your time sorting through them, trying to figure out which ones to believe.

By the time you're an adult, you know no other state. In a world designed by and for the headspace, you never get a chance to come out of it to know the difference. You are constantly being asked to formulate a viewpoint on what you like, and what you dislike. What you stand for, and what you oppose. What you believe in, and what you reject.

Without realizing it, you've become conditioned to see the world through the lens of *good or bad* and *right or wrong*.

At first, you don't see the issue with that. You think you're simply voicing your opinions. You might even insist that it's your right to do so. But opinions, attitudes, and perspectives are all forms of mental judgment. And what this constant judging does is keep you deeply entrenched in your headspace, arguing for your beliefs, rationalizing your truths, all the while disconnected from your inner voice.



Before you label something in your mind, it simply exists. But once labeled, it becomes something you can judge. If you pay close attention, you can tell how you can't think of anything without also thinking of it as *I like or I dislike*. Judging is such an integral part of thinking that you forget that nothing in life is inherently good or bad.

Things happen, whether you have an opinion about them or not. The happening, by itself, is neither good nor bad until your mind makes it so. As long as you live in your headspace, you judge everything you encounter.

The effort of continuous judging is enormous. To see something as right, you must first see everything else as wrong. To accept something as true, you must reject all else as false. Your mind cannot help but weigh the pros and cons of every step you take, always looking to convince itself that the path you're on is the right one to be on. This constant judging of life as *for me or against me* is an

arduous, thankless task. But it's not flawed behavior. It's just how your mind works.

When you're in your headspace, you're continuously comparing yourself to the world around you. That's why you care so much about what others think. You need their approval to feel confident. You need them to celebrate you to feel like a success. You need their love so you can feel lovable. This is what makes life so complicated. How you feel is dependent on the world around you. When someone agrees with you, you feel validated. When someone disagrees with you, you feel rejected. When something benefits you, you're thrilled. When it doesn't benefit you, it makes you upset.

*When you rely on the world for how you feel,
your life is a roller coaster that never ends.*



In contrast, your inner voice doesn't rely on comparison, so it doesn't need to make others wrong to know what's right for you. It doesn't need to label one thing as true and everything else as false. Rather, wisdom arises from a much deeper place where *everything* is true. *Everyone* has a right to be. Your inner voice recognizes:

*Your inner truth does not compete with the
truth of others.*

Whenever you see injustice in the world, it's committed by people who are disconnected from their inner voice.

Only when you're lost in the duel of competing voices in your headspace is it possible to rationalize doing harm to others, as well as to yourself.

You don't need to be one of those people. They don't know any better, but you do. Come out of your headspace and trust your inner voice. There couldn't be a better guide to harmony with life, love, and yourself.

THOUGHT AWARENESS

As domineering as your headspace may be, you can free yourself from its grip. Yes, you heard right. This wild, hyperactive mind of yours can be tamed. Or rather, it can be reset to its natural state of equanimity. Coming out of constant reactivity to a world gone mental is your primary obstacle to living a healthy and purpose-driven life.

The key to freeing yourself from incessant thinking is to become more aware of your thoughts. To practice *thought awareness*, try this exercise: With your eyes and mouth closed, put your attention on the incoming and outgoing breath at the entrance of your nose. See how long you can keep your attention there without losing focus. Try it now for one minute.

The first thing you realize is that the mind is incredibly fickle. Within seconds, your attention begins to waver, you lose track of your breath, and you get lost in thought about

other things. The habit of incessantly jumping from one random thought to the next is so strong, even when you're fully aware of it, you can't help yourself.

At first, it can be incredibly frustrating - even shocking - to realize you can't keep your mind focused for more than a few seconds on something as basic as your breath. If your mind's attention were a matchstick, it couldn't keep steady long enough to light a candle. But then the bigger dilemma sinks in. Has it occurred to you that this is the same mind you rely on for making life-altering decisions? The same mind you depend on for your identity, and to give your life meaning? If your mind is this fickle, how can you trust it for something as critical as guiding you through life?

You think you can control life, but you can't even control your mind.

Notice how often you get lost in thought. It happens even when you're doing things that deserve your fullest attention, such as driving a car, attending a concert, or taking a class. Easily, five, ten, twenty minutes or more go by, completely absent in thought. When you come out of it, it feels like you're re-emerging from a dense fog.

Where have you been? Your body is still here, but it feels like you've been gone the entire time, wrestling with thoughts about *should haves* and *could haves*, going down rabbit holes of *what if* and *why me*, or just randomly pondering things that don't impact you whatsoever. Sometimes your thoughts become so erratic and absurd, even your imagination thinks it's time to put an end to it.

Drifting off into thoughts happens so fast, you don't even notice it until you snap back out of it. But within no time, and without warning, you drift off again. This pattern keeps repeating all day long and into the night. You can spend most of your life lost in thought.



Fortunately, you are not doomed to live life in the noisy caverns of your mind. With a daily practice of thought awareness, your mind starts to calm down, and the length of time you're able to stay out of your headspace increases. It might only be a few extra seconds at first, but you can't expect to gain independence from your thoughts overnight. You've been believing them all your life. The pull of your mind is so strong, one innocuous thought can whisk you away and turn into an hour-long mental excursion.

Practicing thought awareness doesn't just help you come out of mental reactivity. It also shifts the center of your awareness to your body, making your sensations the point of connection which everyday life. The resulting deprioritization of your headspace paves the way for one of the most important revelations of your life:

You are not your thoughts.

The more you practice thought awareness, the more it sinks in that just because thoughts arise doesn't mean you have to believe them. The problem is, when you're in your headspace, you do. You identify with them. That's what gives them power over you. But once you become aware of

your thoughts, you realize - as all-important as they make themselves out to be - you can easily just let them go.



It's important to understand that progress in your thought awareness practice doesn't come from focusing on how long you're able to keep your attention on your breath. Rather, it's the number of times you come back to your breath after drifting off that diffuses your reactivity and weakens your mind's grip on you.

*Don't get frustrated for getting lost in thought.
Celebrate each time you become aware of it.*

You can practice thought awareness anywhere, anytime throughout the day. It's your go-to strategy for whenever you feel anxious, agitated, troubled, confused, unfocused, uncreative, depleted, bored, or generally unbalanced. All these feelings come from spending too much time in your headspace and not enough time in your body.

Let the benefits of your thought awareness practice speak for themselves. Let your experience determine how long and how often is suitable for you. No doubt, it can be challenging at first to wrestle control away from your mind. Plus, living in a world designed to elicit reactions from you doesn't make it easier. Just know that no matter how tough the going gets, your inner voice is only a breath away.

FILTERED REALITY

To deepen your thought awareness practice, it's helpful to understand why your mind keeps drifting off.

Your mind needs to know things. That's its job. It can't just let the unknown be. Not knowing makes it anxious, fearful, and stressed. Your mind is designed to analyze, explain, define things - to make the unknown known. The need to know is the core experience of living in your head.

You can see this in your everyday life. The next time you're in the shower, take a moment to notice what you're thinking about. In all likelihood, it's not how great it feels to have water pouring over you or how satisfying it is to get clean. Instead, you're thinking about what comes next. That's because your mind fears the unknown. It's always looking for the next unknown moment, trying to fill it with something it already knows. Essentially, your mind is obsessed with predicting the future.

In contrast, the past is much easier to deal with. What has already happened is known, and that puts your mind at ease. But the future drives your mind nuts because there's nothing there. It's about as unknown as can be.

This is where the outside voices in your headspace come into play, many of which claim to know the future. You're told if you study hard, you can expect to land a great job, attract a great partner, create a happy family, take nice vacations, save up money, and retire in style. Your mind takes this story, or any variation of it, and projects it into the future. And voilà! Your unknown future becomes the known. It's so easy, it's almost too good to be true!



It turns out it is. Severe complications arise when the future you expect doesn't match the future that happens. And it never does. Once your life gets going, the details start to fill in. The initial story turns into a very different reality. You might get into another school, find interest in a different career, fall in love when you least expect it or not at all, have more children than you can afford or none at all, realize you hate your job, burn through your nest egg and start all over again, rarely take a vacation or turn your whole life into one, discover a hidden talent, find a hidden treasure, battle an unknown disease, take care of an ailing parent, make a ton of money in the stock market, lose a ton of money in the stock market, and start all over again - again. Life can take any number of roads. Ultimately, that's

what makes it so special. Things only get dramatic when you insist it should take a specific one.

Expecting life to unfold according to the story you tell yourself means you no longer see reality as it is. You see it through the filters of what you want it to be. You see a filtered reality. Filtered reality is the primary source of all frustration, disappointment, and unhappiness in your life. You're always comparing what is happening to what you think *should* be happening. And when the two don't match, you get upset.

The reason they don't match is not that life is being mean to you. The reason is simply that it's impossible to know what an experience feels like until you actually experience it. Until then, it's merely an expectation. Your mind cannot know the future. When it gets here, it's *always* different than what you expect.

Reality isn't real until it is.



Remember your fickle mind, how it keeps drifting off into thoughts? They are primarily thoughts about your filtered reality. You keep thinking about what you want and what you don't want. What you like and what you dislike. You keep revisiting your plans and whether you should do things differently. You keep projecting your next steps to stay on top of expectations. Because if you let life happen on its own accord - the mind says - it's bound to be limited and unfulfilling.

But when you come out of your headspace, you realize the opposite is the case. It's your filtered reality that is limited and unfulfilling. It doesn't take much to see why. Life contains far more variations than you can possibly imagine. There are far more energies at play than you can ever comprehend. Your life is a much greater adventure than you could ever predict. Even your biggest dreams are still limited to what your mind can make up.

You cannot manifest your greatest life from your mind. It's too small and anxious a place.

Practicing thought awareness helps you stay out of filtered reality so you can respond to what is actually happening in front of you. Life, unfiltered, is incredibly simple and uncomplicated. There is no right or wrong. There are no *should haves*, *could haves*, and *what-ifs*. Each moment arrives and brings with it all that is possible, including that which your mind deems impossible.

Stay connected to each new moment and stay fresh, inspired, intrigued, and tuned into the infinite ways that love, joy, and abundance can come to you. All you have to do to take part in this reality, is see it as it is.

SEPARATENESS

When you're in your headspace you experience yourself as separate from the world around you. Instead of letting life happen, you insist that it happen according to your plans. You think your filtered reality is better than the reality in front of you. But all you're doing is creating friction by limiting yourself to what you already believe. All you're doing is taking yourself out of the flow.

Whenever you label something as *good*, you're also labeling everything else in that space as *bad*. Whenever you say *I like that*, you're also saying that you *don't* like everything else you looked at to arrive at that conclusion.

If you look closely, you can see how the constant judging reinforces a sense of separation. Each time you judge you're saying *I'm over here, and what I like is over there*. Or *I'm over here and what I dislike is over there*. All day long, your mind is engaged in an incessant stream of

judgments that create thousands of little impressions of separateness. Whether you judge things positively or negatively makes no difference. Your mind's function of labeling inherently isolates you from the world around you.

Your mind sees itself as separate from everything it defines.

Feeling separate is at the root of all your fears, all your loneliness, all your unrest. It makes you feel insignificant and small, that you're incomplete and not enough, and that you're all alone trying to survive in a big scary world.

It makes you focus on differences over uniqueness, borders over unity. It creates a world starved of love and kindness and generates the illusion of scarcity on a planet overflowing with abundance. The alliance of life borders on the absurd. There is no end to how all the shapes, sizes, colors, sounds, tastes, and textures interact with each other in harmony, in a kind of holy dance. But you cannot participate in the sanctity of life - nor can you recognize it in yourself - when you feel separate from it.



Your mind thinks the formula for happiness is to cling to *good* things and resist *bad* things. It doesn't realize that judging both separates you from - and limits you to - the objects of your judgments. Whether you label something as *good* or *bad* makes no difference. Both become equal components of your filtered reality.

Thus, you can never get away from the things you don't want. Once a judgment enters your headspace, it becomes fused to your mental map of what you think exists. Not wanting something cements it as part of the content of your life, as much as the things you desire.

Can you see how, if you didn't judge something, it couldn't upset you? It would have no power over you. When you judge things, you give away your power.



Ultimately, all judgment is self-judgment. Whenever you say someone is *wrong*, you're judging yourself to be right. When you say someone is *dumb*, you're judging yourself to be smart. Every judgment directed at others is a reflection of how you feel about yourself. You're always judging life from the perspective of *me*.

Indeed, *me* is your judging mind's favorite target. You can judge yourself for the way you look, think, talk, and walk, for where you come from, what you're doing, and where you're going. You even judge yourself for judging yourself. More often than not, you are your own worst critic.

Judging profoundly impacts your emotional wellbeing. Whenever you judge anything, you align yourself with the energy of your judgment. Try it right now. Think of someone you consider to be an *idiot*.

How does that make you feel? Not good, right? That's because when you call someone an idiot, you generate that feeling of what it means to be an idiot inside of you. By the time you speak it, you're already stewing in negativity. In other words, whenever you judge others, you harm yourself first. By calling someone an idiot, you also become one.

Most judgments floating around in your head aren't even your own. Many you've inherited from your family lineage, tracing back countless generations. Others you've absorbed from your social group, and others still from society. You take on these judgments as your own, and they dictate how you react to the world. This is how both at the individual and collective levels, ingrained judgments are blindly perpetuated, preventing people and nations from finding peace within themselves and with each other.



As long as you're in your headspace, you don't see your separateness because being in your headspace *is* the separateness. Only by coming out of it and connecting with your body can you dissolve the sense of distance to others and recognize the common humanity shared by all.

Your journey of self-realization is the path to unity with yourself and the world around you. As your separateness decreases, connectedness takes hold. Creativity, wisdom, and abundance start to flow. There is no greater experience than to be part of everything that exists. Be you and be one.

STUCK FEELINGS

Life is continuously in motion. It never stands still. With each breath you take, the sun has traveled, the oceans have shifted, the grass has grown. From the perspective of a still observer, everything is on its way in and on its way out. Everything is coming and going.

You are that still observer. All day long, things enter and exit your experience. Along with those experiences come feelings. The natural flow of these feelings is also to come and go. But most of the time, that's not what happens. Instead of coming and going, they get stuck inside of you.

Feelings get stuck when you cling to the ones you like and resist the ones you don't like.

At first, this seems like normal behavior. You cling to positive feelings because you like feeling them. You don't

want to lose them. You want them to stay. But when good feelings fade, it causes you stress, anxiety, and depression.

Conversely, you resist negative feelings by pushing them away. You think pushing them away gets rid of them. But they gnaw at you from the inside, causing you stress, anxiety, and depression.

As stuck feelings accumulate, they have a direct adverse effect on your mental, emotional, and physical well-being. Your outlook on life dims. Your energy dwindles. Little things annoy you way more than they should. Making decisions feel heavy, like you're carrying around a weight. That's because you are. Stuck feelings create energetic blockages that interrupt your natural free-flowing state. If left unaddressed, they eventually surface as illness.



Fortunately, you can learn to release stuck feelings. The trick is remarkably simple: you observe them. Observing them doesn't mean not feeling them. On the contrary, it means experiencing them fully, without reacting to them. You react to feelings by clinging to the ones you like and resisting the ones you don't. That's what keeps them stuck.

Feeling your feelings and reacting to your feelings are two different things.

The key to learning to observe your feelings without reacting to them is to recognize that all feelings show up as sensations in your body. When you fall in love, you might

feel butterflies in your stomach. When you're scared, the hair on the back of your neck might bristle. When you get angry, your heart might be pounding in your chest. Every feeling has a corresponding sensation in your body that you can learn to observe.

By observing sensations, you release stuck feelings back into the flow.

To let this sink in fully, it's helpful to understand the signal chain. First, your five senses engage with the world around you and send signals to your brain. Next, your brain interprets those signals based on its conditioning and generates feelings. Finally, you experience those feelings as sensations somewhere in your body. Normally, sensations would arise and pass, if you were purely feeling them. But when you react to your feelings with *I like* and *I don't like*, it causes them to get stuck. Again, your feelings and your reaction to them are two different things.

Seeing it broken down like this gives way to one of the most pivotal insights in your journey. You realize that most of the difficulties in life come from your reaction to your feelings, not the feelings themselves, and that most feelings are very manageable as long as they're free to come and go.

It's not things that happen that upset you. It's your reaction to things that happen that upsets you.



The first step in releasing stuck feelings is to look for where they show up in your body. Negative stuck feelings might show up as heaviness in your chest, constriction in your throat, or discomfort in your stomach region. They might show up as pressure behind your eyes or throbbing in your head. They might show up as a sharp, pinpoint pain or a broad, simmering sensation. Similarly, positive stuck feelings might show up as light-headedness, a tingling in your chest, or a glowing feeling throughout your body. Whether positive or negative, all stuck feelings show up as physical sensations *somewhere*. All you have to do to release them is to learn to observe them.



Go ahead and try it right now. Think of a difficult situation you're currently dealing with, something or someone you feel triggered by. Sit with those thoughts until you notice feeling triggered. Now look for where you feel it in your body and put your unbiased attention there.

The first thing you notice is your immediate resistance to what you're feeling. The tendency to want to push away the discomfort is deeply ingrained. It's almost an instant reaction. But it's precisely this reaction that causes your feelings to get stuck.

Now, come back to where you feel the sensations and continue to observe them, without pushing anything away. If you lose focus, simply notice your attention has drifted, and bring it back to the sensations. Sound familiar?

This is where the power of your thought awareness practice comes back into play. Your ability to focus on your breath is the same ability that helps you focus on your sensations. Self-observation becomes the main instrument in your toolbox of self-regulation and self-healing.



Keep observing your sensations for about a minute. Notice a change in the quality or intensity of the sensations? Or a shift in the area from which they radiate? If so, it means stuck feelings are starting to break free. By no longer reacting to your feelings, you're actually feeling them, and by actually feeling them, you're letting them go.

Should you experience an initial increase in the intensity of your sensations, no need to be alarmed. It's happening because you're no longer pushing your feelings away. Instead, you're giving them space to be. Eventually, the intensity subsides, and the discomfort diminishes - until something truly remarkable happens: The sensations dissolve. They're no longer there. The emotional charge has left your body. You instantly feel lighter and brighter. Congratulations! You've just released your stuck feelings back into the flow. Both you and the feelings are free.



Surprisingly easy, right? Now you can apply this method to all stuck feelings, including positive ones. The challenge with positive stuck feelings is that you like feeling them, so

you may find it harder to let them go. But if you don't let them go, they, too, keep you out of the flow, enslaved to your mind's reactivity. There is never anything to be gained from stuck feelings. Observe them and release them.

Depending on how stuck a particular feeling is, the amount of observation time needed to release it can vary. But with enough practice, even the toughest emotional clog can be cleared through non-reactive self-observation. Your feelings are meant to come and go.

The sooner you release something that's bothering you, the better. Each day brings new situations that prompt reactions from you. New stuck feelings get piled on top of old ones from yesterday. Before you know it, you can no longer remember all the situations you've reacted to.

The good news is, you don't need to know which past events have caused certain stuck feelings. In fact, analyzing just pulls you back into your headspace. All that matters is observing your sensation as they show up right now.

By releasing the top layers of stuck feelings, the bottom layers rise to the surface all on their own. Remember, the natural movement of all feelings is to come and go. That's why hurt feelings naturally diminish over time. But now, you don't need to wait, nor do you need to live in fear of getting hurt again. You can release yourself from the fear grip of all difficult emotions.

Your journey of self-realization is a journey of self-healing.



It should be noted that some stuck feelings can be very challenging. If you ever feel overwhelmed by what comes up for you, don't hesitate to seek outside help. Asking for support from family, friends, or healthcare professionals is part of your commitment to self-care. You're not showing weakness. You're honoring yourself. You're choosing to feel better, and asking others for help is part of your journey.



Set aside time each day to observe your sensations and release stuck feelings. Nothing has a more immediate and lasting positive impact on your well-being and quality of life. How much time you allocate to your practice is for you to determine, but the benefits speak for themselves. Your outlook brightens, your productivity increases. Difficult situations no longer irritate you as much as before. You're able to keep your composure even in the most triggering conditions. You're more balanced, relaxed, and likely to come out of patterned behavior. Your ability to think clearly and critically skyrockets. Your feelings flow freely, unburdened by stuck energy from the past. A deep sense of gratitude arises from experiencing yourself in this simplicity. You realize that life is simple until you make it complicated, that your natural state is to be free of emotional burden, and that even the most difficult feelings are a lot less challenging when you allow them to pass.

All this time, you've been blaming life for being difficult, wishing it was easy. When, in reality, life is easy, but you've been making it difficult.



By letting your feelings come and go, you become part of the coming and going. That's where you're one with life. Every emotion that passes through you makes you a deeper, wiser, more compassionate person. Instead of clinging and resisting, let your feelings transform you into the person you're meant to be.

TRIGGERS

Nobody likes feeling triggered. And for good reason! Feeling triggered leads to irritation, upset, anger, sadness. Often you don't even know why you feel triggered. Certain people just rub you the wrong way. The easiest course of action is to blame others, push away your feelings, and keep avoiding the things that trigger you. Or so it seems.

As is so often the case, the easy route is not in your best interest. By avoiding triggers, you avoid the core feedback mechanism of life. Triggers are life's way of showing you where you harbor resentment, anger, fear, or lack. In other words, they point to stuck feelings. Of course, nobody likes being reminded of where they have work to do. But as with all of life, resistance is futile. Everything has a purpose.

Triggers are here to help you heal.

Triggers come in all sizes. Some are overwhelmingly big, like the loss of a loved one. Others are annoyingly small, like when you've misplaced your keys. Triggers have a sneaky way of showing up when you least expect it, right when you're certain that peace and quiet are finally here. But the only thing that's certain is that as long as you carry stuck feelings, triggers are bound to find you.



It's oddly poetic that the very things that annoy you are the things that provide you with insight about yourself. That's not life being a pain in your neck. That's how it's supposed to work. Life is pushing you towards greater authenticity and well-being. In fact, you don't have to sit in lotus pose or perform a hundred thousand sun salutations. You don't have to renounce your belongings or go live on a desert island. You don't have to do anything differently than what you're doing right now. Just live your life, and triggers come right to you.

Even if you don't embrace triggers as an opportunity for insight, even if the topic of self-growth doesn't resonate whatsoever, eventually, you get tired of repeating the same patterns. Reacting to the same old situations in the same old ways wears you down. Slowly, but surely, the idea starts to build that there must be a better way to live life than to be in constant reaction to it; that feeling triggered is telling you something about yourself; and that there must be something you can do about it.

There comes a turning point when you realize the world isn't doing anything to you. You are doing everything to yourself. You're not at the mercy of your environment. You're at the mercy of how you react to your environment. The people and situations that trigger you are not to blame. They're here to help you become more aware of all the ways you're stuck.



Triggers don't only point to negative stuck feelings. They can also reveal positive ones. Achieving a personal goal makes you flushed with excitement, and deservedly so. You should always celebrate your successes. But difficulties arise when you cling to the high. You wind up feeling empty and disengaged from your everyday life, yearning for experiences in the past, wanting today to be different, hoping that tomorrow is like yesterday.

Ultimately, triggers are a reflection of something that's misaligned within. This is how life is your mirror. It has no agenda for you to be needlessly upset. It doesn't want you to suffer. In fact, it wants you to come out of the misery of not being you. It wants you to release stuck feelings so you can return to your natural, free-flowing state. Until then, embrace your triggers. And remember:

Life wants you to be you.

CLEAR ACTION

Clear action represents the best-case scenario for handling any given situation. It's a shift in perspective from *what's best for me* to *what's best for the situation*.

That doesn't mean you neglect your own well-being. On the contrary, what's best for the situation is also best for you. Remember, how you react to the world is a reflection of any stuck feelings you carry. Rather than resist, fight, and blame your circumstances, it's in your best interest to collaborate with them because, essentially, they are you.

To be at peace with the world you must be at peace with yourself.

Take, for example, a situation where another car takes a parking spot you've been waiting for. You could respond in one of two ways. You could get upset, honk, shout, and

create a scene. Or you could accept the spot is now taken and move on to the next one with minimal delay.

It's the exact same situation, with two very different outcomes. In the first instance, you resist what is happening, insist on what you think *should* be happening, berate the other driver, and spend the rest of the day stewing in reactivity, even if you wind up getting the spot. In the second scenario, you flow with the circumstances and barely miss a beat.

Your mental state sets the tone for the situation. If you respond from reactivity, you accuse the other driver of being rude, that they deserve to be reprimanded. But if you stay equanimous, guided by your inner voice, you know that dishing out negativity only hurts yourself. Remember, when you scold others, you generate that energy within yourself first. No matter how right you may be, the reality is your day is ruined, not from having lost a parking spot, but from your reaction to it.



There is no objective interpretation of any situation. It's always shaped by how you respond to it. The next person experiences the same event based on *their* reactive makeup. It becomes clear that your physical circumstances and how you respond to them are two separate things. The problem is that growing up in a head-centric world, you become conditioned to *re-act* rather than take action from a place of clarity.

Action based on reactivity only leads to confrontation. Action based on your inner voice, however, is *clear action*. Clear action is the fastest and most effective way to resolve any situation. It's always tied to how things are and not how you want them to be.

When you help each moment unfold perfectly into the next, nothing is guesswork. Everything is unfiltered and real. You see situations as they are, and your inner voice guides you through them. That's how simple and effortless life is supposed to be.

As you gain confidence in your ability to respond to circumstances as they are, you find you have little use for things like hope, luck, coincidence, or even divine intervention. That's because you're no longer trying to control life. You're no longer concerned with outcomes because you're taking care of matters as they arise.

Not focusing on outcomes doesn't mean you aimlessly float through life. It doesn't mean you accept whatever may come. On the contrary, every instance of clear action leads to clear results. Clear results, in turn, inspire more clear action. A life of clarity and positive momentum starts to build. Your journey takes shape organically, without you even trying.

By taking clear action, the bigger picture reveals itself all on its own.



Never take action unless it's clear action. If you don't feel clear, perhaps you need more information. In that case, do research. Research can be part of clear action. That's when your mind is a great tool. Absorb the information, let it sink into your body, and let your truth arise from there.

No action can also be clear action. There is no universally right or wrong way to respond to any given situation. Everyone contributes to the world differently.

Let what's right for you be right for you and what's right for others be right for them.

Once clear action reveals itself, it's essential that you act. If you don't act and simply carry on making decisions from your headspace, you can't expect clear results. Only later on, you might look back, remember hearing your inner voice, and regret not listening to it.

Should this happens, don't be hard on yourself. Your mind always sees clearly in hindsight. In fact, that's the only time it sees clearly. The most important thing is never to blame yourself for winding up in a tough spot. There's nothing to be gained from *could have* or *should have*. Instead, look for the lesson contained in the experience and take clear action from there. Ultimately, it's through clear action that you unravel the conditioning of your mind. Instead of blindly repeating old patterns, you're now able to reflect on old behavior and bring positive, lasting change to yourself and the world.



There is great clarity contained in the coming and going of life. Embrace each precious moment for what it is because it's already gone by the time you form an opinion about it. Take clear action and facilitate more of the flow, and in return, the flow facilitates more of you.

SELF-REALIZATION

In the outer world, there are places you're familiar with, places you're unfamiliar with, and places you don't even know exist. The more familiar you are with a specific place, the more it feels like home.

Your inner world is no different. It consists of parts you're more familiar with, parts you're less familiar with, and parts you don't even know exist. The journey of self-realization is to feel at home in all of your parts.

You can't be yourself if you don't know yourself.



It's both an ironic and divine feature of your world that *not* knowing yourself is what propels you forward. Ironic because your mind is all about knowing. Divine because you get to experience the miracle of each new moment. Every part of you in which you haven't realized

yourself yet contains both the anguish of not being you and the infinite longing to be more of you.

Self-realization is the process of realizing who you are. You are never *not* experiencing this process. Every moment of every day, life is pushing you to know yourself better. More specifically, *you* are the one doing the pushing. Life is just a mirror. Stuck feelings are the fuel of your evolution.

If it feels like you're taking detours instead of the direct route, that's your headspace talking. It loves to analyze and criticize you for making mistakes, saying you should know better. It quickly forgets that you're a more realized person now, precisely because of how you've responded to things in the past. Ultimately, there's no reason to fault yourself for anything, ever. As always, the core lesson of *not* being you is to prompt you to become more of you. You haven't failed. You haven't taken a wrong turn. You're always in the perfect spot, doing what you're supposed to be doing.

*You're always you, doing the best you can.
There is no other way.*



Resist the urge to plan out your life for fear you might go down the wrong road. Right and wrong only exist when you listen to your mind, focused on outcomes. In the great unfolding of your life, you spend most of your time veering off your path. Each time you veer and come back, you grow in clarity, awareness, and alignment. You become more of

you. The process of life is not one to sit still. Your journey is meant to go through a field of experiences.

Detours and excursions aren't just part of your journey, they are your journey.



Everything you experience puts you in touch with your feelings. How you respond to your feelings is how you participate in and contribute to, the flow of life. When your feelings stay stuck, you generate friction within yourself and your environment. But by releasing them, you contribute free-flowing energy and harmony to the world.

As you become more realized, so does the world.

Less realized energy, longing to become *more* realized energy, is the engine behind life's continuous expansion. Everything you do in the physical dimension is motivated by this pull. You buy things to experience abundance. You fall in love to experience unity. You set goals to experience fulfillment. You're always in the process of replacing what you hope to experience with the actual experience of it.

That's why you're supposed to buy shiny things and be enamored by them. You're supposed to fall in love and promise each other foreverness. You're supposed to rise to the highest highs and fall to the lowest lows. You're supposed to experience all those things because it's not

about the things. It's not about reaching goals or achieving outcomes. It's about realizing yourself along the way.



You can never call a person realized or unrealized. Self-realization is not an on/off switch. It's not a badge that grants you access to the exclusive *Club of Realized Beings*, where life serves you champagne and caviar. Rather, self-realization is the unstoppable process of your evolution. It's why you're here. As long as there are parts of you that you're unfamiliar with, your journey continues.

But don't fret. You're doing great. There's no such thing as the perfect plan. It's all in the process. Stuck feelings manifest your circumstances, bringing you the lessons you're ready for. You're always in the right spot to realize yourself more. You cannot be anywhere else.

The best roadmap for life is living it.

Ultimately, being more realized doesn't make your life easy. It helps you not make it more difficult. Life is defined by its challenges. Yet, even the hardest times are much more manageable when you remember that everything is meant to come and go, and that underneath the layers of stuck feelings, life is incredibly simple and uncomplicated, and you are already perfect. So, keep living your life. Your fully realized self awaits.

PART II

Insights of Being You

**I hope you enjoyed this preview of
"Be You - The Journey of Self-realization".**

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Sending you love & light for your journey,

A handwritten signature in black ink, appearing to be 'C. J. S.' with a stylized flourish at the end.