

"you can't afford letting one minute more not knowing why you do what you do"  
the inside is the reflection of the outside

that which we carry inside will be reflected outside back at us.

with this one statement alone, most of the work can be done, understood, and transcended.

integration - being human 101  
by jordi amat

whenever in doubt, in confusion, or in despair, come back to this one truth. this is the most important piece of the puzzle.

## the trauma spectrum

all is trauma. there is big trauma and small trauma. it's a spectrum.

anywhere where there was a split in you – an aspect was created. anywhere you didn't understand what was going on and didn't manage to make peace with it – that remained as trauma.

it is a split personality, an aspect, because a part of you that didn't manage to make sense of it did not manage to move on. in some space or dimension, that part of you remained intact, frozen, waiting to be figured out.

and to be figured out, it required to manifest the same issue in life – for it to be faced again, understood, and moved on from.

most of these wounds were created when you were young. very young. from there, mostly you increased the severity of the neural pathway that reinforced that pattern.

we all have PTSD in some form, in some hidden place in our psyche. we often need the right person to trigger us right there – someone who can mirror the original wound to enable it to surface with the intention of being healed.

we are the ones creating the situations around us in order to have a chance to overcome them and integrate the wound. it is our natural ability as human beings. our power. our gift.

## the fragmented self

inside of you there are many aspects. imagine these as mini copies of you. they have their own thoughts, feelings, and emotions – and there are hundreds, if not thousands.

these aspects are fragments of your psyche, frozen in time, in your emotional body. they are still reliving the situation that split them from you in the first place.

their consciousness has not evolved. they are like small versions of you, little you's, and they live inside your psyche town. and they all get a vote into what your reaction to life is in any given moment.

healing is finding these frozen parts, feeling what they feel, and integrating them.

## the two paths

the unconscious way: allow life to create situations that explode in your face until you learn.

the conscious way: actively explore your psyche, seeking out places that need healing.

most of our lives we've done this unconsciously. we have let life teach us the hard way.

you can't avoid your healing, only delay it.

the question is – are you going to do the minimum to pass the game, or are you going to do the best you can, since anyway this is your only ride?

## the black sheep

not everyone went through this awakening. almost as if being awakened required a special threshold of trauma – not too little and not too much.

the black sheep. chosen by the sheer accumulation of ancestral pain that reached exactly the right threshold in you to wake you up.

many cover their emptiness with distraction – alcohol, sex, drugs, food, work, shopping. anything that can become an obsession becomes a coping mechanism.

we're not meant to just stop the bad habits. we're meant to understand why they're there. what they're protecting.

when many little traumas accumulate, extreme coping mechanisms happen. energetic blockages, emotional wounds, heartbreak. there are main wounds in your system – they're the priority.

## the coiling snake

healing doesn't happen in a straight line. like a coiling snake, the challenges intertwine. you work on minor issues, then the big boss is revealed. you celebrate. then another minor challenge spans, and the big boss appears again.

these are waves of light and healing, and they are coming no matter what you do.

there are deadlines you will not miss. you will only manage to reach them better or less well equipped.

## radical honesty

if you keep lying to yourself, you will forever stay locked and repeat the same patterns.

in order to see the light, you must shade the darkness. in order to shade the darkness, you must accept it.

radical honesty means that when you meet each part of yourself, you don't look away. these aspects are reflections of what you were made to feel, think, and believe.

to love yourself, you first need to know yourself.

## the call

it all depends how far you want to go. you choose.

the lighter i am, the faster and further i go.

it will take discipline. it will be challenging. and it will be worth it.

the outcome of releasing all the extra weight you've been carrying will definitely be felt. and once released, the lightness will carry you effortlessly.

everything you need to know is already within yourself.

the body knows how to heal. it's our job to get our mind out of the way.

*"you doing your inner work is not selfish. it is the most generous thing you can do for the planet."*