

Becoming The True You

Written for The LUC Members by Ana Pereira

Your *true nature* is the permanent you—the you that has always been present and is also eternally evolving. A permanence that is, paradoxically, a constancy that can be added to.

Think of yourself as a house. You can add rooms, lighting fixtures, and decor—continuously building a harmonic, coherent house. But to become *you*, you must first deconstruct the faulty plumbing, walls, and flooring of your house.

To become a harmonic, coherent house, you must change the dysfunctional to functional. This includes shining the light of your attention into the dark, compartmentalized rooms in your house.

Changing the dysfunctional to functional is healing all of the parts of you that are not *truly* you. Healing requires disengaging, dis-identifying, and disentangling from detrimental programs, structures, pathways, algorithms, coding, and biology that you are referencing that do not add to your coherency and aliveness. When you act in accordance with what benefits your life and all life, you become more whole and more *you*.

If you want to become a fulfilled, upward being, then you must change and make better choices.

Your current choices are informed by Three Primary Principles:

- Momentum
- Congruences
- The “stuff” you are made out of

Momentum:

Your momentum is the cause and effect of your decisions, impacting how you are responding to what is happening *now*. Now is a finite moment informed by the infinite, eternal Source experiencing through your presence.

Your momentum doesn't only impact you—it creates ripples and waves of cause and effect through the matrix of the *Unified Field*. The Unified Field has no inherent isolation. Each node—each living being and process—that makes up the Unified Field contains the

reflection of every other node, mirroring the Whole within itself. Change one node, and all other nodes are affected.

The Unified Field is also known as *Indras's Net*. Indra's Net is *All That Exists*: the intricate relationship between *Potential*, the *Quantum Heartbeat*, and *Emptiness*. Emptiness is not a void of annihilation, but what exists in relationship to all form. The Quantum Heartbeat is what connects all living beings to one another.

Your current choices can *noise-cancel* the ripple effects of your past momentum. In sound engineering, one soundwave can cancel out another. This is how noise-cancelling headphones work. Your momentum is like millions of sound waves impacting the Unified Field. One right next step can cancel out many detrimental ripple effects.

When you choose your right next step, you add benefit to your life without causing detriment to you or any other living being or process that makes up the Unified Field. Your right next step can noise-cancel the effects of your past decisions.

Your right next step is not simply a step to complete—it is a process to be transformed by that will change you for the better.

Once something exists, it can never cease to exist. All of existence remains accessible in the *Field of Truth*. The Field of Truth contains all information and the potential of all forms and living processes.

If you find yourself looping in the same, unresolved momentum, your right next step can help you to resolve that momentum.

You must choose your right next step from pause and presence while letting new information in. If you continue to act and respond from automated, habituated programming, your past momentum will keep compelling and informing your decisions.

Trying to 'get there faster' will propel you to loop in the automated algorithms that say 'you're not there yet.' The only way to become someone new is to receive help in an open-sourced system and become more receptive to Source and benevolence.

Congruences:

Congruences make up the matrices of your perceptions and the agreements you have made to preserve the reality you currently experience. A person will do whatever it takes to maintain congruence with their perceptions and versions of reality—especially if they believe their current reality is all that exists.

Your perceptions and current reality **are** informed by your momentum. As long as you continue to act and respond from habitual patterns, you will repeat your momentum to maintain congruence with upholding your current reality.

Healing is difficult because it requires rejecting the familiar and letting in new information—choosing to become different from the inside out and the outside in. For most people, the unfamiliar feels scarier than dying.

If you want to become your eternal, *true nature*, you must prepare for dying—not just for the transition from your human body onward, but for the dying processes you undergo throughout this current life. True peace is when nothing outside of you needs to change for you to be in equanimity. This means you do not base your state on other people or circumstances.

Congruences are the scaffolding of your house. Your house is made up of many rooms and structures of identity. You must deconstruct the structures that do not build a coherent, geometric house to build something permanent—and first, you must change the scaffolding. Deconstructing your house is a dying process—a transition from what was to something else.

You prepare for dying by learning to *live well*. When you realize that living and dying are one intricate motion of creation, then you realize that trying to prevent dying, prevents fully living.

You were designed as a unique manifestation of Source. To build a harmonic, coherent house with your original blueprints, you must evolve into *you* and inevitably face challenges that help you grow into who you *truly are*. To do so will require complete equilibrium—noise-cancelling your momentum and using your gifts to add benefit to Life.

The Stuff You're Made Of:

When you were first created, you made an agreement with Source to become *you*. Your original congruences were your sovereignty and union with Source.

Currently, humans can recognize and allow love, but also conflate love with trespassing against others and displacing one's heart—humans can have cooperative and harmonic dynamics, and also isolate and be in conflict with one another.

The journey upward will require sourcing new models from the Field of Truth, instead of looping habitual, unhealthy programs.

If you are an individual evolving upward on Earth, you are being confronted with downward influences, which can be distilled to *taking*.

Taking manifests in many forms—including taking resources from Gaia without consent, deception, withholding love, trying to change another's perceptions, covert agendas, leading another astray, listening for the worst, immobilizing the will of another, controlling others, and spreading fear.

War is an unwinnable battle to *take resources* in grasping attempts for false power, perpetuated by cycles of blame through the victim, rescuer, and perpetrator triangle.

In order to maintain some semblance of 'stabilization' amongst conflict, a being or species will compartmentalize their conflict to prevent entropy and chaos. To feel stable amongst conflict, a being or species tries to make their external world match their internal entropy and chaos, which perpetuates continuous patterns of taking and its manifestations.

As Triya Satori—my dear friend and colleague I refer to throughout this essay—wrote:

“True freedom is not freedom from wanting but freedom from wanting that thing which by having it leads you into the experience of more absence of what you wanted in the first place. When you want something that isn't right for your system to pursue, then having it will generate a sense of absence.

Truth is not something you can set up parameters for in order to be able to hear or understand it. Truth's relevance and availability to you is directly proportionate to your receptivity to it and your alignment with the right next step. Truth doesn't bend itself towards your preferences in order for you to feel more comfortable with it. It is simply a direct and uncompensated manifestation of What Is.

Source's Love is too great to intrude.” - Triya Satori

When what you *prefer* is informed and reinforced by the “stuff you're made of” that isn't the true you, you'll keep wanting your external world to match your internal dysfunctions. When you want what is right for you and receive it, your exchanges with life cultivate and sustain your freedom and the discovery of your true nature.

“Engaging with Truth informs your system of the multi-dimensionality of every process within you, including the effects of every exchange of that which you come into contact with.

Reality changes, depending on the person and their experience. It is not one thing but rather can be and is, so many changing things. It can be beautiful, insufferable, miraculous, pleasant, abundant or ordinary.

You might be able to tell [Upward Truth's] existence when you let it in, and you feel more expanded, relaxed, or resolved. Reality has changing lenses. Truth is the Light which passes through the lens." - Triya Satori

From attempts to stabilize while perpetuating maladaptive patterns, you will try to change your external world to match your internal dysfunctions. As you evolve into the *true* you, you will no longer produce maladaptive momentum and instead be congruent with collaborating with Source.

There will always be more to become and grow into—the *true* you continually and eternally evolves into higher degrees of sovereignty and union with Source—but you will stop needing your external world to change when you peacefully love yourself for exactly who you are now.

One of the prerequisites to becoming the *true* you is to stop taking what isn't yours to take. To stop taking, you must take ownership of your past decisions and add value to yourself. You will know peace when you claim responsibility for how your actions, thoughts, and subjective perceptions participate with and ripple effect into All That Is.

Some of the structures you've built to stabilize yourself amongst maladaptive congruences and momentum may have been with you for a long time. Triya and I call the identities you've built over a long time to stabilize your maladaptations, "deep identities." Deep identities become the infrastructure that make up what you 'think' you are... that you are not. Eventually, even your deep identities must be let go of for you to become who you *truly* are.

You don't keep the harmful "stuff" you've identified with, but you do keep the gifts you develop from overcoming the challenges of healing to change for the better.

Nothing will bring you more alive than partnering with Source to add value to Life. Your right next step will address the parts of you that need the most support, and guide you home to your original congruences of sovereignty and union with Source.