

Lay Down Your Mask – Free Your Inner Nature & Sway

[BY THAYNE ULSCHMID](#)

The journey toward light is often traversed through the perilous darkness.

It often seems as though we'll never surface, yet we always do, supposing we're willing to endure the necessary hardships associated with growth and transformation.

There's no escaping the pain that comes from heartache and vulnerability. We surrender and lay down our shield, exposing each tender wound to the entranceway of healing corridors. For so many, learning to trust once more in abidance with others, while remaining faithful to the path that only we can walk – forged each waking day – realization, the gateway.

Answers come when we are sufficiently prepared for solutions.

Each challenge presents either an obstacle or opportunity that lends to a soul's maturity or dysfunction. A normal day for me could look like sunshine or rain, both within and outside myself. Reminded to be gentler and more caring, unto my being. Remembering that beauty and effervescent love is ever-present amidst even the darkest days.

Often voicing my dismay or urging spirit to lift me up from the depths of my own perceived suffering – guilt, remorse – whatever form of pain that is revealing itself through me. Tears may suddenly envelop out of nowhere and that vital life-force suddenly consumes my entirety. Lending to whatever healing is to be done. Making no sense of it, or insisting that I own this energetic transmutation asking for witnessing and liberation.

Relief, the ultimate outcome.

Letting go of how past events transpired, so we might recognize the lesson and importance of such daunting trials. Learning to forge the way by reflecting on each experience and exercising foresight to avoid stepping back into unhealthy patterns.

Whenever I notice that I am once more wearing a mask (usually a form of self-denial), covering up my own grief or sadness, I ponder its source. Where this supposed identity arose from and why. Uncovering every hidden ideal and exploring the varying potentials that we're here to play out.

Granting ourselves the allowance to unapologetically reveal what lies within, repressed and deeply forbade for too long. Eventually coming to terms with the reality of what Creator intends for us, individually and collectively. Giving way to ego and lust for a short time, so the purity of our soul fire may flicker a little brighter.

Acknowledging thy will and spirit's guidance, being done.

Trusting that whatever is meant for us, will surely become, someday. We can shed more worries and embrace these fleeting moments of beauty, transpiring all around us. Further strengthening our conviction to realize each dream while enjoying more fully, this miraculous existence – by just being – radically accepting what is a work in progress, everlasting.

There exists no fault in uncovering our own essence – all that has shaped us – the fruition of a lifetime, journeying through madness and tranquility. If we are to ever avoid a stagnating

life that only starves our spirit of vitality, we must learn to adapt. Endure change. Look forward to facing whatever is to come.

Rather than projecting onto others, while ignoring the work meant for our own personal soul growth, we instead choose willingly, to intensify our own convictions and cast light upon the darkness that so often surrounds light-bearing humans.

This daunting courage reveals our true character and we eventually embolden ourselves to live more fruitfully, without the illusion of scarcity, overshadowing us to such detrimental degrees. There exists a child within each of us, simply awaiting our acknowledgment and self-love.

Patiently biding time, for those times when we let our childlike nature reveal itself in the light of day with fewer societal constraints or dogmas chaining us. Instead, giving way to the penetrating force of love, animating all life and form.

Granting the same for others to allow their own playfulness, sanctuary, and safe space for healthy expression. Surrendering to the majesty of being human, rather than having to uphold some facade that will only diminish the beauty of such an inner landscape. Vanity and insecurities, deteriorating over time.

This new era is for us. We are here, now, to awaken the masses and rely more so on spiritual governance, while enjoying the plethora of modern, technological conveniences in tandem.

Neither outweighing the other.

Never relying too heavily on drunken, egoic pursuits or self-centered, altruistic ideals. Learning to mate words and mantras with right-actions. The only place change is ever realized (actionable pursuit).

Balancing the pendulum to suit our individual tastes and needs. Lending to others, what will serve them vs. hindering their wondrous growth. Witnessing others' potential rising above mental and emotional servitude, abuse, or trauma. Serving others in bountiful ways rather than starving one another of such paramount human connection.

We are the awakening, wild children placed upon this earth plane as stewards. Only through the eyes of a child will we ever fully realize the importance of what it means to be human.

Lay down your mask and I will do the same. Let miracles unfold around you as we once more, reckon with this alchemical reality. Birthing a new era of grace – peace amongst the entire human race.

For more self-study, [The Urban Howl](#) recommends [The Universe Has Your Back: Transform Fear to Faith](#) .

Sip a little more:

Take Off Your Masks & Feel What It Means To Be Alive

"We are not only our wounds. We are not only our shadows. We are not only made of what's hidden in the dark, and, ultimately, if we choose to seek partnership with another person, we have a soul-mandated responsibility to show up in that relationship as authentically as possible."

DANIELLE DULSKY

Howl For Me, Wolf Woman: Deep Loving In The Darkness

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