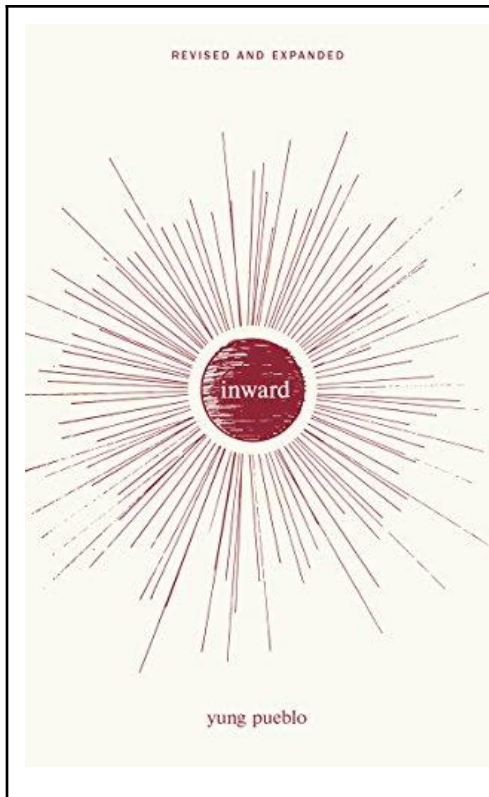


Inward, by Yung Pueblo

serious transformations begin with two commitments:
the *courage* to try new things and act in new ways
the *honesty* needed to no longer hide from or lie to ourselves



Summary: this collection of 214 poems can be read in less than an hour, but the impression might last a lifetime.

Turning to p. 222 and seeing only four words on a page felt liberating:

~~find yourself~~
free yourself

In fact, Yung Pueblo's favorite word is **liberation**—and he chooses all words with utmost care. With pithy elegance, Pueblo delivers one puzzle piece of enlightenment after another:

wanting always interrupts being

Pueblo's philosophy draws heavily from vipassana meditation. He views true power as "*living the realization that you are your own healer, hero, and leader,*" and true wealth as "*awareness, calmness, and wisdom*" in our hearts.

if we are not growing, then we are probably hurting

Instead of attempting to summarize this unique book, below you'll find my favorite poems along with a few reflections. My hope is this approach gives you a glimpse into the teachings of Yung Pueblo.

observe. accept. release. transform.

Yung Pueblo (born Diego Perez) is an Ecuadorian poet, philosopher and speaker. Over the last 7 years he's amassed over 2.7m followers on Instagram which has helped his [three books](#) become bestsellers.

He aims to support the healing of the individual, realizing that when we release our personal burdens, we contribute to a global peace.

What does Yung Pueblo want to help us find?

Freedom and Happiness.

His name is interesting: *Yung*, a slang term for "young" and *Pueblo*, a unique word for "people" in Spanish.

Yung Pueblo = Young People.

His writing focuses on the power of self-healing, creating healthy relationships, and the wisdom that comes when we truly work on knowing ourselves.



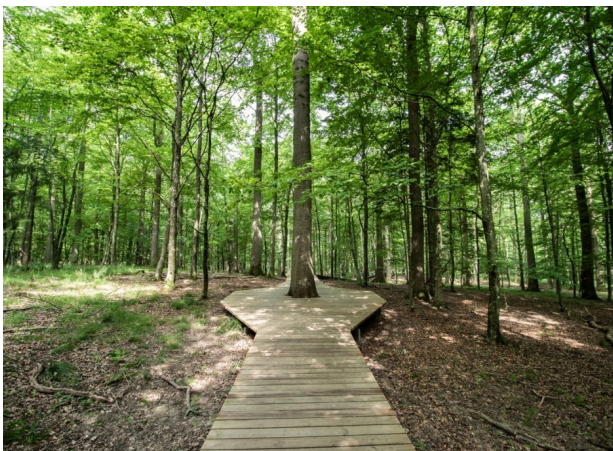
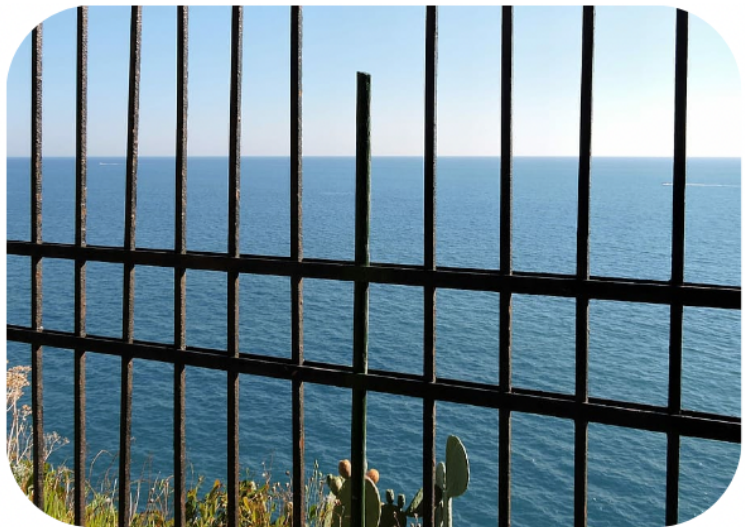
Yung Pueblo organized his book into five sections:

1. distance (40 poems)
2. union (80 poems)
3. interlude (8 poems)
4. self-love (17 poems)
5. understanding (69 poems)

Below are my favorite poems, along with a few reflections.

make sure
the walls
you build
to protect yourself
do not become a prison

Reflection: it's crazy how a single belief can dramatically limit our lives. The belief "*I'm not a morning person*" precludes the deep enjoyment of a morning sunrise, or an invigorating morning workout. "*I don't want to get hurt again*" restricts vulnerability and potential of future relationships. Our minds, it seems, have many prisons—we just need to look for the bars.



if you measure
the length
of your ego
it will equal
the distance
between you
and your freedom

Reflection: it has become fashionable to slam the ego (*Ego is the Enemy* et al), but this passage rings true for me. Our own sense of self-importance often hurts more than it helps, and self-preservation confines our growth.

DBT VENTURES

what is happening within us
will reveal itself in the energy
of our actions and words

Reflection: when I'm "having a bad day" I need to look in the mirror. It's probably just my own negative thoughts or feelings taking the day hostage. I'm starting to understand why Yung Pueblo titled his book *Inward*—so much of our pain is self-inflicted.



if we are
not growing,
then we are
probably hurting

Reflection: I've never appreciated how pain and stagnation are correlated. If we're in pain, the *last* thing we should do is stop where we are (thereby enduring more pain). Imagine going on a road trip, stopping in a sad, desolate little town, then saying 'I think I'll stay here for the rest of my life.' Crazy, right?! We need to outgrow our pain before it petrifies.

the most widespread affliction
that people suffer from is a lack
of belief in their own power

Reflection: this made me think of Tony Robbins' concept of [limiting beliefs](#) captured in his landmark book, [Awaken the Giant Within](#). If you believe confidence comes from doing/action, then we need to remove self-imposed limitations. Cut the cannonball loose.





a partner
who supports your dreams
and your healing
is a priceless gem,
a heaven in human form

(selfless love)

Reflection: this passage made me think of my beautiful wife, Kristen. I feel so lucky she's my partner in life, and I'm so grateful for her love and [support of my dreams](#).

Part angel, part gem, she's also helped me heal by working through some hard stuff. I love you, honey.

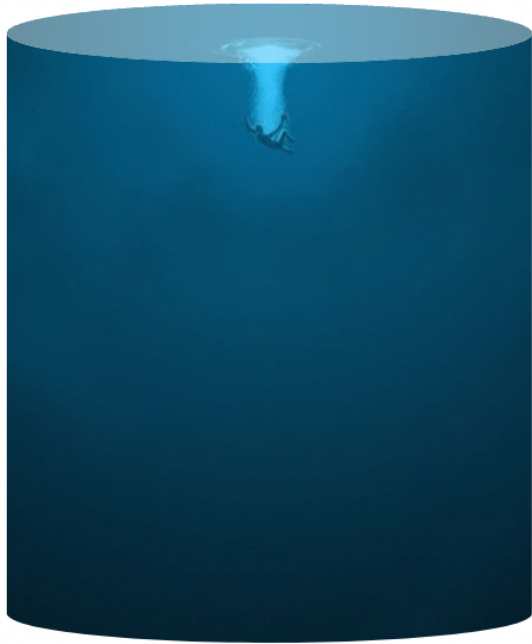
i started speaking
my truth
when being free
became more
important than guarding
the fear of my ego



. . . so much of what we think is love is actually attachment and expectation. focusing on giving in our relationships isn't easy; it is a habit that requires Strengthening, repetition, healing our minds, and allowing our selfless nature to come forward for it to Become our new normal. . .

. . . the happiest people, the ones who have successfully purified their minds of all conditioning and craving, tend to have such a strong compassion and understanding of love that their lives naturally focus on giving to others. in this giving and clarity of mind they find happiness.

DBT VENTURES



a human is as deep as an ocean,
yet most of us spend our lives
knowing only the surface

when we decide to dive deep
within ourselves, we set into motion
the miracle of personal evolution

(deeper healing)

Reflection: we are programmed to avoid pain—both physical and emotional. This is why exercise and therapy are so challenging: we have to knowingly invite pain while betting that “personal evolution” will come. Most don’t make this bet, so 75% of Americans are overweight, and 40% of Americans suffer from depression and/or anxiety. Diving deep is hard.

it is the things
you say no to
that really show
your commitment
to your growth

Reflection: when I decided to stop drinking alcohol in Feb-2020, I never could have imagined the positive impact it’s had. Breaking bad habits is perhaps the quickest way to change, but the effort is intense.



stress and anxiety are the children of attachment; they are both forms of craving that take us away from the present and into areas of imagination that steal away our peace.

DBT VENTURES



fear seeks control
revenge prolongs pain
animosity disrupts peace
compassion ignites healing
honesty releases burdens
happiness is letting go

water teaches flexibility and power
earth expresses firmness and balance
air sings of intelligence and bravery
fire speaks of action and growth



i held fear by the hand,
honored its existence, and
thanked it for teaching me
that happiness exists beyond
the boundaries it creates

observe.

accept.

release.

transform.