



SPIRITUALITY 101

Spirituality Without Psychosis

The First of Many Volumes in a Self-Guided Personal Discovery Series.



From Babes to Crones, the Truth Will Be Supreme.

Preview Edition

By Queue Bai



Constructing the Mythos of the Self

Some parts of you speak through words.

Others speak through memory, image, instinct, fascination, repetition, music, longing, imagination, dream, symbol, and story.

There are people who feel drawn to the same character again and again. There are places that feel familiar before they have ever been visited. There are songs that seem to understand a person before they understand themselves. There are figures, deities, ancestors, books, films, colors, animals, objects, eras, and energies that continue to call someone's attention.

This does not have to mean that every attraction is an instruction or that every symbol carries one fixed answer.

It means that attention is worth noticing.



Personal Mythos Mapping

Gather clues rather than trying to force one final answer.
Write freely. You do not need polished language.

1. Who has followed my attention throughout my life?

List people, characters, deities, ancestors, artists, public figures, fictional figures, or energies.

2. What quality or energy do I recognize in them?

3. What symbols continue to find me?

Consider objects, colors, places, elements, animals, songs, images, time periods, and repeated themes.

4. What might these symbols reflect about my inner world?





The Self Before the World

Do you remember who you were before you learned to watch yourself?

Before the mirror had opinions. Before someone laughed, and you understood, for the first time, that being seen could cost you something.

You were already someone then. You had loves nobody assigned you. A way of moving through a room that was entirely yours.

Somewhere along the way, you decided which parts were too much.

You may not remember the exact moment. Most of us don't. It was probably small. A look. A sigh. A "why can't you just be normal." A quiet lesson that some part of you made other people uncomfortable, so you learned to hold it back before anyone had to ask.

Think about the words.

Too loud. Too dreamy. Too sensitive. Too much. Strange. Impractical. Childish. Dramatic. Intense.

Notice which one made something in you tighten.

That tightening is not weakness. It is a place where something true was once treated as a problem.

Knowing what you were called is a direct place we can look for our actual power and strength, even talent.

And here is the part that may land hard: you probably agreed with them. Not because they were right, but because a child cannot afford to disagree with the people who feed and shelter them. You did what any wise small person would do. You adapted. You protected the connection by editing yourself.

That was not a flaw in you. It was intelligence.

It just cost more than you knew, and you have been paying it ever since.



What was I called that I began
to believe? Which of those
words still tightens something
in me?

Write freely. You may respond in full sentences, fragments, lists, symbols, or any form that allows the truth to arrive.





The Full Workbook Is Coming

Spirituality 101: Spirituality Without Psychosis is a full self-guided personal-discovery workbook for those willing to meet themselves with more honesty, responsibility, discernment, and care.

The complete edition includes eight modules, long-form journal prompts, grounding practices, personal myths work, belief mapping, discernment tools, rituals, mirror work, emotional-location exercises, integration plans, and a final opportunity to give yourself the roses.

You are not beginning from nothing.
You are returning to a path that has been speaking
through your life all along.

Join the early-access list for release updates and first access
to the complete printable workbook and digital edition.

<https://www.daconnex.com>

INSERT EMAIL @DACONNEX.COM

<https://www.daconnex.com>

Welcome

Welcome to Spirituality 101: Spirituality Without Psychosis.

This book is an invitation to return to yourself with intention.

It is not here to give you a new identity, force a belief system onto you, or convince you that spirituality must look a certain way. It is not a demand to become perfect, constantly positive, endlessly peaceful, or separate from the realities of being human.

It is an opportunity to pause.

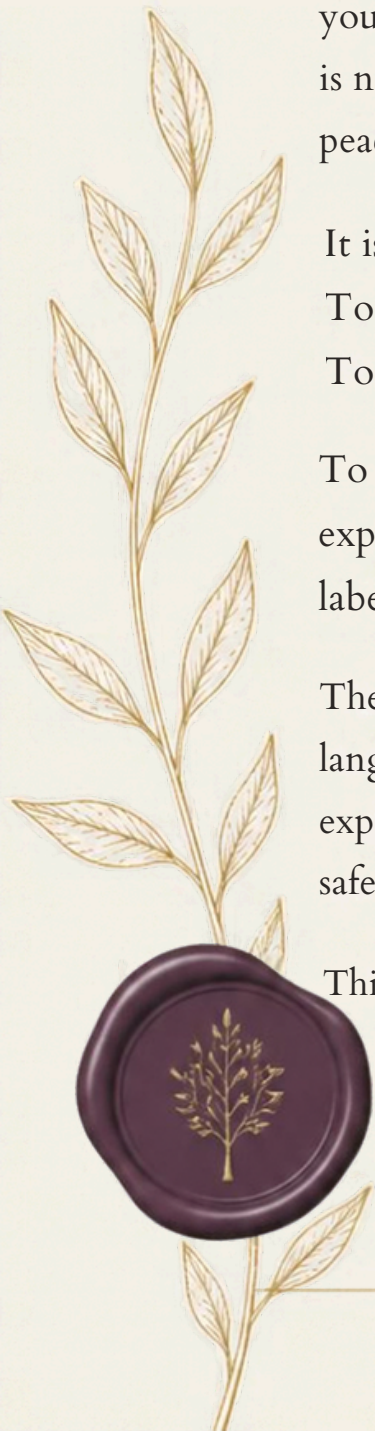
To observe.

To remember.

To ask yourself what has always been there beneath the expectations, noise, pressure, roles, performances, disappointments, labels, and responsibilities that life has placed around you.

There is a self within you that existed before you had all the language for who you were. Before you knew how you were expected to act. Before you learned what was practical, profitable, safe, acceptable, impressive, or necessary for survival.

This book is an invitation to meet that self again.





Introducing Remembrance

*"I'm not telling you anything you don't already know.
I'm helping you remember what was dismembered from you
upon entering physical reality." — Aseer, the Duke of Tiers*

Your spiritual path has always been constant underneath
the pseudo-rhythmic noise blocking you from the natural
symphony of the universe.

Before you had language for it, there was something in you that knew.

There was an inner light. A rhythm. A sensitivity. A curiosity. A
way of noticing. A way of loving. A way of being that existed
before you learned which parts of yourself would be rewarded,
corrected, feared, misunderstood, or asked to disappear.

I am not here to tell you anything you do not already know.
I am here to help you remember.

From childhood, many of us are told to shun, block, terminate, and extinguish our inner light, our outer uniqueness, and ultimately, our truest selves.

We are taught what is acceptable.

What is practical.

What is normal.

What is profitable.

What must be hidden.

What must be softened.

What must be changed for us to belong.

We learn, often before we are old enough to understand what we are doing, how to separate from ourselves in order to survive the environments we are born into.

We learn to distract what comes naturally.

We learn to make ourselves smaller.

We learn to call ourselves too much before someone else gets the chance.

We learn to abandon a truth within ourselves because keeping it visible costs too much.



In this book, *dismembered* does not mean destroyed. It means separated from the whole.

Your intuition may have been dismissed. Your desires may have been minimized. Your voice may have been quieted. Your gifts may have been called too much. Your difference may have been treated as a problem before it was ever understood as a source of information.

You may have learned to disconnect from the parts of yourself that were inconvenient to others.

But what was separated is not necessarily lost.

The work is not to become someone new.

The work is to become more available to what has always been present.

This is not an invitation to escape into a spiritual identity, disappear from ordinary life, or use spiritual language to avoid responsibility. Remembrance asks for the opposite: a more honest relationship with your life, your choices, your body, your relationships, your pain, and your capacity to return.



The First Return

Set aside five to ten minutes for this practice. You do not need special tools. You do not need to make the moment perfect. Sit somewhere you can be reasonably undisturbed.

1. Place both feet on the floor, or rest your body in a supported position.
2. Let your hands rest wherever they feel comfortable.
3. Take three slow breaths. Do not force them to be deep: simply notice that you are breathing.
4. Ask yourself: "What is present in me right now?"
5. Notice your thoughts, emotions, physical sensations, and energy without attempting to change them.
6. If your mind wanders, gently return to the question: "What is present in me right now?"
7. End by placing one hand over your heart, chest, or stomach and saying:

*I am here. I do not need to solve
everything right now. I am willing to
be present with myself.*