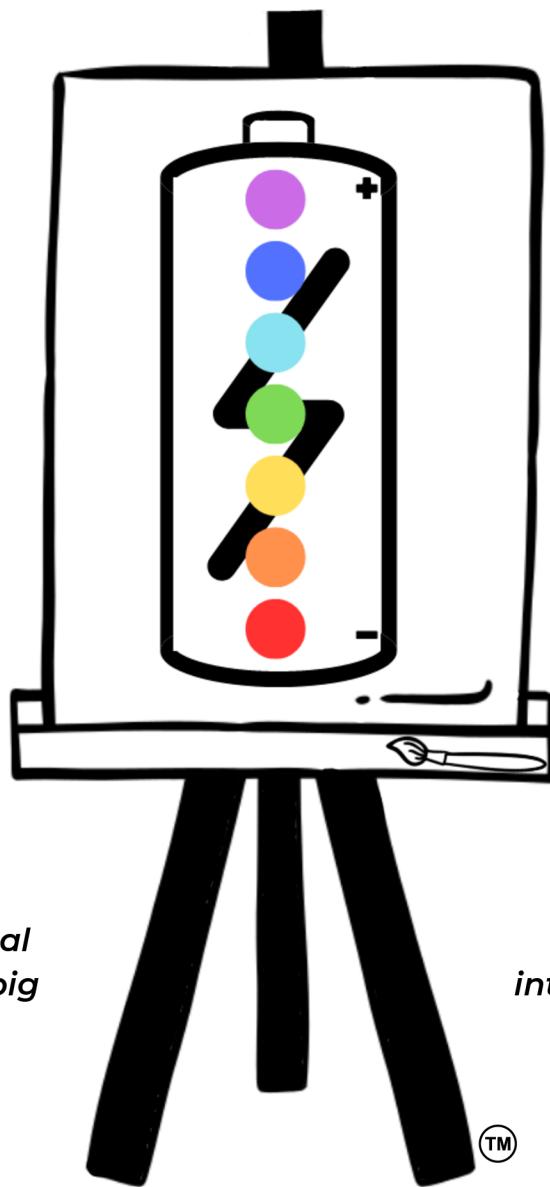


# THE CANVAS JOURNAL

Issue 1 — Freedom: The Art of Letting Go

March 20, 2025

*becoming a conscious creator*



*An interactive journal  
for breaking down big  
picture concepts.*

*A personal guide for  
integrating higher levels  
of consciousness.*

---

Created by Alex Akilah



[theinnergremedy.com](http://theinnergremedy.com)



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**THE CANVAS JOURNAL**  
Issue 01 | Freedom: The Art of Letting Go  
March 20, 2025



“—

Any real change implies the  
breakup of the world as one has  
always known it.

—James Baldwin

—”



# FREEDOM: THE ART OF LETTING GO

By Alex Akilah

Issue 01 | March 20, 2025

Freedom has traditionally been approached as something that we must fight for—something that we had to prove to others that we deserve.

But—what if, attaining freedom doesn't require a fight?

What IF—attaining true freedom has nothing to do with what anyone else can give you—but everything to do with what you have the courage to *let go of*?

“

ATTAINING FREEDOM  
DOESN'T REQUIRE A FIGHT

We were all led to believe that we are free—until something happened that made us realize we weren't. Something that showed us *somewhere* in our life where we didn't have power when we needed it most.

Feeling the feeling of the deep discomfort of a need not being met—compounded with the struggle to harness the power to meet that need—with your *dignity* and *integrity* still intact.

That moment when you realized that *something* was holding you back. Something that you couldn't see or touch, but could *feel* separating you from the life and the love that you truly desire.

The void of feeling something that you know is missing—but never saw, to even be able to identify what that something actually is... let alone to even believe that that something was *actually attainable*—for someone like you.

For generations—we've been pacified to be content with our assumed level of freedom—told that our given status was *more* than enough to be grateful for, because—according to *his-story*—“look how far you people have come”.

Letting go to attain freedom is an art because it requires belief in your own ability to create something that has never been seen before—trusting in *your own power* to bring to life a vision that only you can see.

As with all art, letting go is *a process*. A process that begins with knowing what *you* need to express. A process of letting go of everything that inhibits your **self-sovereign self-expression**.

Hoping that if you do express what's within you, it'll be accepted by those around you. Ultimately—*knowing* that your expression is still valid—even if they don't.

“

ULTIMATELY—KNOWING THAT  
YOUR EXPRESSION IS STILL VALID  
—EVEN IF THEY DON'T.

Traditionally, we've been taught that success looks like adding and accumulating—attaining more things so that people can see and measure our level of worldly opulence.

Taught to build our “network” and attach ourselves to people in *seemingly* positions of power.

But, what was left out of those teachings is that any attachment that we have opens ourselves up to their influence—including anything and *everything* that's within them, and everyone and *everything* that they're attached to—beyond what we can see.

Just like any online social media network—our personal network is how energy is *exchanged*.

Content shows up on our feed based on what we've interacted with in the past—but, also based on what people in our network interact with as well.

Real life works the same way—and is *the blueprint* for how these digital networks are brought to life and the reason why they work so well.

continued→



# FREEDOM: THE ART OF LETTING GO

By Alex Akilah

Issue 01 | March 20, 2025

When creating a life of freedom, we begin with evaluating the tools and methods that we've been taught to build with. Tools and methods that we inherited by example *and* through genetics.

During the *developmental stage* of our *identity*—we depended upon our family, schoolteachers, and even T.V. to teach us who we were, and what we needed to do and be in order to “*make it*” in the world.

Before we were able to form our *own* sense of self, we were given a blueprint for how “*people like us*” get by—looking to our caretakers for guidance, permission, and validation for the choices that carved our path.

“  
BEFORE WE WERE ABLE TO FORM  
OUR OWN SENSE OF SELF, WE  
WERE GIVEN A BLUEPRINT FOR  
HOW “PEOPLE LIKE US” GET BY.

It is through this initial dependency that our strongest attachments were formed—core attachments that shaped our perception of self and level of self-regard.

Through being attached, we became susceptible to the continued projections of their beliefs— influencing our behavior to fit their expectations as a means of winning their love and approval.

Stepping into adulthood, this conditioned behavior remained the main way that we knew how to meet our needs. Wearing different masks when interacting with others to ensure our behavior was “*good enough*” for them to meet our *conditioned* need for *external* fulfillment.

Ultimately, faced with a point of tension—continue to play these roles, or, take the masks off with faith that our true *Self* *is* enough—and *is capable* of meeting our needs in a way that’s rooted in *dignity* and *integrity*.

For some of us, there’s even the added tension of looking around and seeing the dichotomy of what the blueprint of success looks like for *us*, and what the blueprint of success looks like for *them*—realizing that in order to achieve *their* version of success—values would have to be sacrificed.

“  
OUR TRUE SELF IS ENOUGH—AND  
IS CAPABLE OF MEETING OUR  
NEEDS IN A WAY THAT’S ROOTED IN  
DIGNITY AND INTEGRITY.

Our ancestors built *their* “new world” while also laying the groundwork for us to one day create our own.

The *seeds of faith* that our ancestors planted in the fields they toiled in are *now* ready for harvest. Ripe & abundant *Fruit of The Spirit* that are more powerful than any weapon formed.

“  
THE SEEDS OF FAITH THAT OUR  
ANCESTORS PLANTED IN THE  
FIELDS THEY TOILED IN ARE NOW  
READY FOR HARVEST.

Through the process of letting go, we strip away the false identity that was created through attachment and the projections they come with.

We embrace our *unique* identity and abilities as a means of expressing freedom *and* meeting our needs.





**THE CANVAS JOURNAL**  
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When I thought  
I couldn't be  
pushed anymore—

I was pushed  
all-the-way.

This Time—

To the edge,  
To the ledge,  
To the point— •  
of  
no  
return.

But, This Time—I Knew... not to look back,  
not to hang on,  
not to turn around.

This Time I Knew—

how to let go,  
how to move forward.

This  
Time  
I  
Knew—

How To Be Free.

—Alex Akilah



# FREEDOM

Freedom - the power or right to act, speak, or think as one wants without hindrance or restraint.

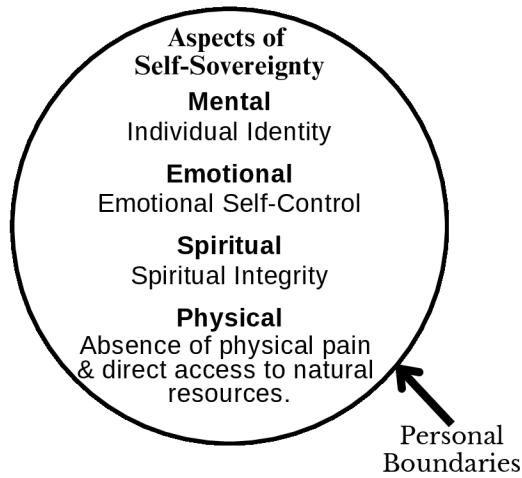
- absence of subjection to foreign domination or despotic government.
- the state of being physically unrestricted and able to move easily.
- the state of not being subject to or affected by (a particular undesirable thing).

-Oxford Dictionaries

## The 4 Facets of Freedom

<b>1</b>	<b>Mental Freedom</b>	the ability to form your own beliefs, internal value system, and identity without external validation.
<b>2</b>	<b>Emotional Freedom</b>	the ability to maintain control over your emotions and embody peace regardless of external circumstances.
<b>3</b>	<b>Spiritual Freedom</b>	the ability to maintain integrity in your power to choose, even when no one is watching. <ul style="list-style-type: none"> <li>• the ability to make choices that cause no harm to life, including your own.</li> </ul>
<b>4</b>	<b>Physical Freedom</b>	<ul style="list-style-type: none"> <li>• <u>Phase 1</u> - the ability to relocate &amp; move your body in accordance to your personal needs.</li> <li>• <u>Phase 2</u> - the complete absence of pain &amp; dysfunction in your physical body.</li> </ul>

## Self-Sovereign State of Being



The pathway to freedom is an individual journey; an *internal* process of personal transformation. It is not *some-thing* to fight for, but a *state of being* that is already within you—waiting for your permission to be expressed.

Freedom, and its opposition—both derive from a state of consciousness—comprised of either self-regard or self-deprecation.

Self-regard is embodied through an innate awareness of one's unique individuality and personal ability—one's purpose.

The opposition to freedom—attachment—is caused by an inability to meet one's own needs.

Freedom is the state of non-attachment; the result of being guided by an inner-source rather than controlled by external sources.

True freedom is the ability to maintain self-control of one's inner-state of being—one's beliefs, values, emotions, and choices—regardless of what others choose to do, be, or say.

One's inner-state of being is protected and made distinct from the inner-states of others by secure personal boundaries.

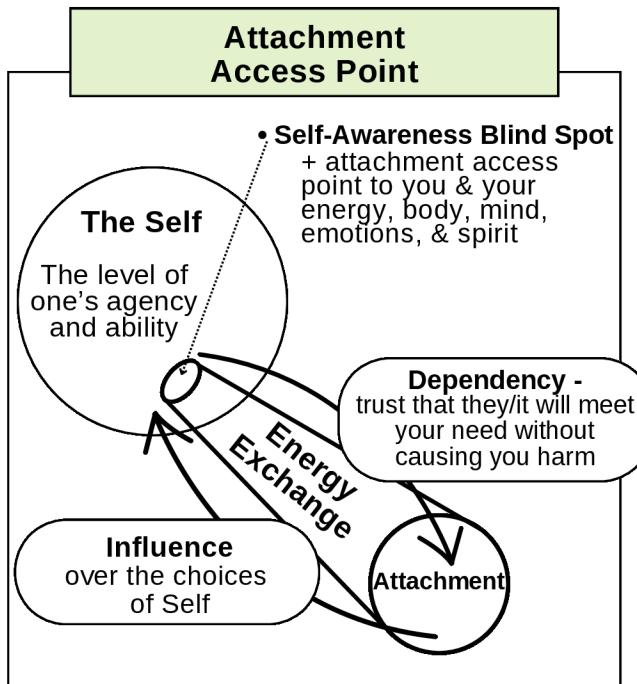
Personal boundaries are guidelines for *Self*—that are *defined* by *Self*—*predetermined* standards of behavior that *remain*—regardless of what's going on around them.

Personal boundaries indicate freedom because they can *only* be created and enforced by *Self*.

# ATTACHMENTS

Attachment - an extra part or extension that is or can be attached to something to perform a particular function.

-Oxford Dictionaries



**Types of Attachments & Their Functions**

Part of Self	Attachment Type	Attachment Function
Mental	Labels	Purpose
Emotional	External Expectations	Reassurance
Spiritual	Material-based value system	Validates standards for acceptable choices of action
Physical	People Things Places	Fulfils a physical need / desire

Attachments are things, people, or entities—outside of Self or The Natural World—that one depends upon to meet their needs.

Each attachment is an external extension of an internal belief about Self; something or someone that reaffirms one's beliefs about how to meet their needs.

Until consciously released, the quality of one's initial attachments—relationships formed while in a state of complete dependency during childhood—become the subconscious standard for how one meets their needs later in life.

Attachments exist where there is a blind spot in one's awareness of Self—resulting in dormant agency and ability.

The opposition to freedom is attachment because the attachment controls the functioning of the self, not Self.

Each attachment opens The Self up to be susceptible to the energy & projections of the attachment.

The relationship dynamics of attachment is always that of a dependent and a provider. The attachment supplies the need, and The Self depends upon the attachment, believing that the attachment is the only way to meet that need.

This relationship dynamic causes The Self to stay in a state of submission to the attachment in order to continue to get their needs met—in fear of being “cut off”.

In this spoken and unspoken agreement, the attachment has complete control over the quality of how the need of The Self is fulfilled—fulfilling the need as long as Self stays in a (mind)state of disability and dis-empowerment in that area of their life.

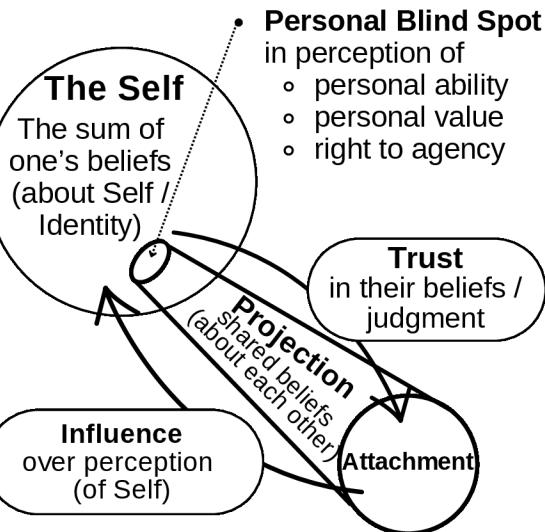
# PROJECTIONS

Projection - the presentation or promotion of someone or something in a particular way.

- a mental image viewed as reality.
- the unconscious transfer of one's own desires or emotions to another person.

-Oxford Dictionaries

## Projections



## Types of Projections

Part of Self	Projection Susception	Projection Protection - boundaries
Mental	labels & their expected behavior	unique individual identity — self-regard
Emotional	seeking external permission or validation	emotional self-control
Spiritual	external material-based value system	internal spiritual-based value system
Physical	man-made resources, external provision dependency	natural resources, self-sufficiency

Projections are expectations for others to behave in ways that agree with one's beliefs, particularly about Self and their value.

Projections only succeed when one is attached to external sources for purpose, provision, permission, or validation.

When projections work, they result in the energetic transference from one being or entity to another— influencing beliefs, emotions, values, and actions.

Primary projections target the labels that form the core of one's identity, e.g., race, gender, and birthplace.

Projections that target one's identity are always intended to elicit an emotional reaction that affirms the projector's ability to control the response of Self.

Just by identifying as a demographic label—you attach your identity to *everyone* that also identifies as that label.

As well as attaching to the *his-story* of that label, and the relationship dynamics with opposition that the label *has* faced—enforcing the illusion that opposition, and therefore, the key to freedom is outside of Self.

The most powerful projections are from people that we share a part of our identity with because we assume that they are speaking from the same place that we identify with as well—we assume that based on a shared label, that they also share the same beliefs, emotions, needs, and desires.

Projections only affect those without a strong sense of regard for their unique individuality and personal abilities.

Projections lose their power when The Self is self-sufficient—relying on an inner-source for purpose, provision, permission, and validation.



# ART

Art - works produced by human creative skill and imagination.

- a skill at doing a specified thing, typically one acquired through practice.

-Oxford Dictionaries

## Elements & Principles of Art & Design

- Line
- Shape / Form
- Color
- Value
- Texture
- Space / Perspective
- Pattern
- Rhythm / Movement
- Proportion / Scale
- Balance
- Unity
- Emphasis

The elements and principles of art and design can be applied to any method and form of creation.

## The Creator & The Creation



### The Creator:

- has vision
- trusts the process
- creates with integrity
- expresses imagination



### The Creation:

- is unique
- is a process
- is purposeful
- communicates

You are a unique Creator—a purposeful Creation—created to share your unique creations with the world.

Art is the expression of elemental harmony.

Through *the process* of choosing different elements and composing them in a manner that flows, the creator is able to communicate an idea, story, feeling, or a need to be fulfilled.

Art allows the ideas and emotions of The Creator to be transferred to all that experience their Creation.

Because of that, art is a powerful tool that can be used to either accelerate or stagnate the evolution of humanity's consciousness.

The process of creating allows the creator to express their unique individuality.

The Creator embodies self-agency to freely choose the materials and methods for how they want to express how they see or feel things (should be).

This freedom of expression allows The Creator to demonstrate a state of sovereignty only expressed by bringing something intangible—*that's within them*—into the physical world for others to see and experience.

Creations begin in The Creator's *imagination*. The ability to imagine things unseen is the embodiment of mental freedom.

Creating is an expression of one's inner-state of being—mentally, emotionally, and spiritually—and the physical elements that they have access to.

The most powerful way that one expresses freedom is through the process of creating the best version of their Self in order to create their best life and a vessel that can fully enjoy and sustain it.

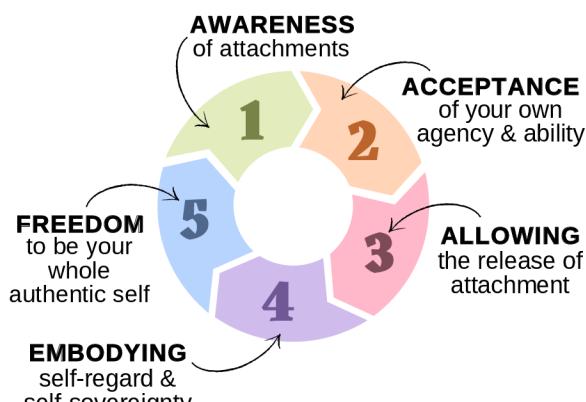
# LETTING GO

Let Go - to stop holding something.

- to stop thinking about or being angry about the past or something that happened in the past.

-Cambridge Dictionary

## The Process of Letting Go



## (Internal) Purging

Mentally	demographic labels & their roles as a means of defining your identity and purpose.
Emotionally	expectations of others & negative emotions caused by the opinions or actions of others.
Spiritually	any external, material-based value system.
Physically	any-thing that is not necessary for well-being. people, places, things

Letting go is a process that begins with a shift in one's perspective of Self and their own ability. Releasing the child-like need for provision, purpose, permission, or validation from anyone outside of Self.

Letting go requires shedding the version of Self that depends upon anyone else for anything that Self has an innate ability to do. The release of external expectations in order to activate personal ability.

The process of letting go begins in the mental realm. *Awareness* of what and who you're attached to and *why*—identifying the need that the external source is fulfilling and why you're not fulfilling that need for yourself.

Letting go begins with honest and accurate evaluation of:

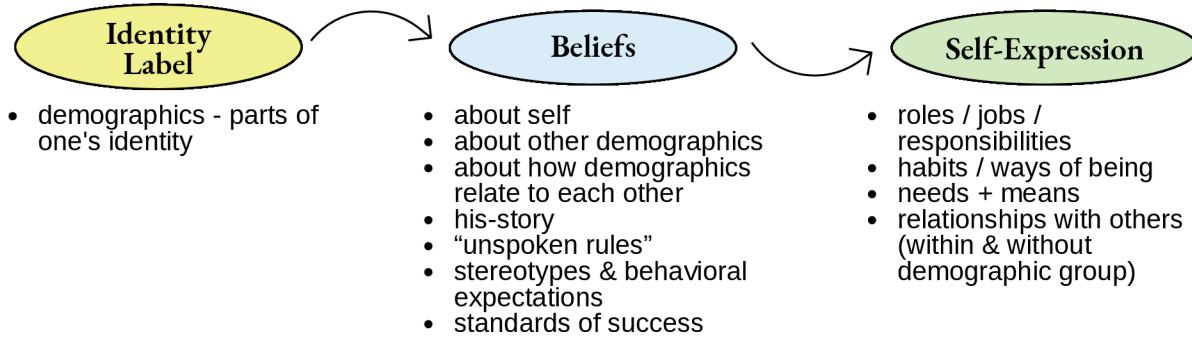
- Your actual needs for complete well-being.
- How your needs were met during your childhood (dependent) years.
- The labels, projections, and circumstances that have shaped your identity and self-regard.

## What to expect when Letting Go:

- Intense grief.
  - The shedding of who you once were, and the end of relationships that no longer resonate with your new state of being.
- Increased projections from old attachments attempting to get you to stay within the boundaries of the beliefs, emotions, values, and physical places that you are purging.
- Triggers - attempts to get an emotional reaction out of you.
  - Attacks on your self-worth.
  - Attempts to guilt you or shame you for actions taken before you realized your own agency and ability.
- Attempts to make you fear your new path.
- Physical sensations - emotional purging
  - need for rest
  - need for physical detox
  - rising memories, thoughts, and dreams

# EVALUATING IDENTITY

Use this page to explore the core parts of your identity.



Identity Label	Beliefs	Self-Expression
Race / Color _____		
Gender girl / boy woman / man daughter / son sister / brother		
Birthplace nation _____ region _____ state _____ city _____ side of town _____		
"child of" mother's lineage father's last name		

# ANALYZING ATTACHMENTS

Use this page to identify current attachments. Identify their *intended* function and *actual* effect. Evaluate if the effects of the attachment are in alignment with your well-being, integrity, self-regard, and freedom, or not.

<u>Attachment to:</u> Duration		
<u>Purpose / Function</u> What need of yours is this attachment fulfilling? What was going on in your life when this attachment was formed?		
<u>Roles &amp; Responsibilities</u> Who does what? When?		
<u>Level of Security</u> Could the other party choose to alter / end the relationship on their own terms? What then?		
<u>Quality</u> of how your needs are fulfilled. Energy Drainer or Giver? Harmonious or chaotic? Are you sacrificing any of your values? Any negative side-effects?		
<u>Adaptive Behaviors</u> How do you “keep the peace”? How does this relationship impact your decision-making?		
<u>Beliefs</u> Why do you have this attachment? Can you meet your need without this attachment? Why? How?		



# RECOGNIZING PROJECTIONS

Use this page to identify projections. Identify any parts of your belief system, values and identity that mirror any projections.

Demographic Group	<ul style="list-style-type: none"> <li>• What are the (his-)stories told about this demographic? Stereotypes?</li> <li>• What familial examples do you have of each demographic? How do they express these labels?</li> <li>• How is this demographic usually portrayed on T.V.? media? in songs? <ul style="list-style-type: none"> <li>◦ What jobs do they have? What do their relationships look like with the same and other gender and race? What do they eat and drink? How do they deal with stress and conflict? What do they do and where do they go for fun? What features / characteristics are usually highlighted or exaggerated? What are their habits? strengths? weaknesses?</li> </ul> </li> <li>• How do other demographic groups expect this demographic to behave + interact with them? What are some common reactions when this demographic behaves outside of the expectations?</li> </ul>
Race	
Gender	
Birthplace	
Family	



# CLAIMING FREEDOM

Use this page to identify the areas in your life where you are claiming your freedom.

	Letting Go	Personal Boundaries	Claiming
<b>Mental</b> identity & beliefs	labels & their roles as a means of defining identity and purpose		unique identity & complete self-regard
<b>Emotional</b> feelings & mood	external expectations		emotional self-control
<b>Spiritual</b> values & integrity	external, material-based value systems		internal spiritual-based value system
<b>Physical</b> choices & well-being	any-thing that is not necessary for well-being.		personal access to natural resources



## INTENTIONS

- To express your creative ability.
- To recognize and release projections that have become a part of one's identity.
- To identify and release attachment.
- Complete self-regard.
- Discernment + swift aligned action.
- Secure mental, emotional, spiritual, & physical boundaries.
- Complete dignity and integrity in how needs are met.

## INTENTIONS

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## AFFIRMATIONS

- "I am a free and self-sovereign being."
- "I embody complete self-regard."
- "I am self-aware."
- "I release all attachment."
- "I express my unique creative abilities with ease and confidence."
- "I am capable of meeting all of my needs in full."
- "I gracefully enforce my boundaries with ease."
- "I am safe to embody my True Self."

## AFFIRMATIONS

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# REFLECTIONS

Use these questions for meditation and journal prompts.

Who am I?

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Who am I? (without identifying physical characteristics, labels, or relationship roles)

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How do I feel about how my needs are currently being met? What do I wish was different?

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How can I express more creativity within my own life? What is something that I've always wanted to create?

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What are the stereotypes and common expectations for the different labels that I identify as? How do I feel about them?

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What does freedom mean to me?

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# REFLECTIONS

Use these questions for meditation and journal prompts.

What does success mean to me?  
Do I feel capable of achieving it?  
Do I feel worthy of good things?

How can I handle projections from others without claiming it or projecting back?

Where do I feel limited or restricted ?

What attachments can I release now?  
How can I meet my own need in this area of my life?

Who do I really want to be?  
What do I really want to do?

What practices / routines can I incorporate to strengthen my creative abilities?







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