

# The Even Ibis

MaireadAjisola.com THE PEOPLE'S PEDAGOGUE

## Second Anniversary Edition!

# Beacons of Liberation

Guidance without Gatekeepers

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The Even Ibis Productions | Summer 2025

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# Beacons of Liberation

Guidance without Gatekeepers - Activating Mediation

**For Seekers searching for authentic connections & for all of us who desire support revealing our guides:** A personal invitation to exercise your intuition to connect with your internal compass. You are invited to use this edition to reflect on your commitment to exploring your authentic self in a healing space.

**Liberation brings into consideration truths and realities ...** the internal self is examined while coming to terms with the external world that aims to bind us.

If we accept that liberatory practices are an exercise in truth-seeking, a rebellion against limitation, restriction and oppression, then the degree to which we can meet and accept ourselves is directly proportional to the truths we are capable of holding and growing within.

For this reason, in self-liberation practices we are invited to explore our internal world, personal beliefs and self-expressions ... our realities ... before requesting permission to be in community with others who are also seeking liberation.

If a liberation movement is defined by the freedom the collective is capable of imagining together then, the shards of the whole all bear equal weight in the responsibility of standing in personal truths.

When multiple truths hold, what brings us to liberation work is deeply personal and challenging for most of us.

“I was never more hated than when I tried to be honest.”

-Ralph Ellison





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Any search for liberation lacking in an intentional self-inventory is in shallow waters. In those shallow waters we are useless to the collective as we become sensitive to stress, easily triggered, wrestling with savior complexes and dysregulated rather than committed.

For this is the reason a search for liberation must begin with self-liberation. A person who is compelled to search for liberation must first define and imagine freedom as a personal pursuit before bringing it forth to the collective to be shared.

Simply put, without a centered understanding of the uniqueness of our gifts and experiences - how those experiences are embodied in our emotionality, how they form and interact with the world around us - we are at risk of running onto the rocks. We require intuitive internal guidance, a compass.

Giving ourselves the time and gentleness needed to consider our intuition can be interrupted or influenced by the external world. We may encounter gatekeepers who reconvince us of a reality that is unfair or unsuitable for our truth. Or we may become distracted or told we are self-interested, stalling our growth.

Oftentimes, that search requires us to ground ourselves in stillness and go within. So whilst the world around us is churning in chaos we can generate internal calm. This is Self-Liberation.

“Acknowledging reality is an act of rebellion.”

- Dr. Lucky Tran





# Beacons of Liberation

## Guidance without Gatekeepers - Exercise

**The Beacon:** An invitation to reacquaint yourself with a piece of art that comes to mind as evocative. Find a poem, story, book or film to use as a tool. This can be art you enjoy and know well or one you are simply ready to revisit a second time. This work of art is a focal point to serve as a guide for this exercise. If you are unsure what to focus on, even watching a spot in the sky as a work of art may help.

In practice, no matter what the medium you choose, you are searching for ideas of hope and freedom. Begin by reacquainting, revisiting and reexperiencing the work of art with new eyes and searching for fresh connections. You may also recall the previous ideas that the work brought to mind as long as you allow new connections to surface as well.

**What can you find in this work that reminds you of hopefulness?**

**Freedom? Liberation?** It could be the simple use of one word, the imagery that comes to mind or the feeling in your body from sitting with the work of art.

**How do you feel holding this connection?**

**Were these ideas difficult for you to uncover or sitting right there on the surface?**

Allow these newer connections to have space in your mind. **Are you able to hold this hope within you as you move away from the work?**

Consider your ability to find hopefulness as your guide. If you were not able to bring about the ideas we were searching for in the exercise, that is okay too. Try again whenever it feels right to you.





## Beacons of Liberation

### Guidance without Gatekeepers - Exercise

**Without Gatekeepers:** An invitation to engage in this inquisitive conversation solely with yourself, without external influences, self-censorship, gurus or gatekeepers.

Examine how these new connections with hopefulness connect with you now. **What has the work of art you reexamined in The Beacon taught you about how you find hope?**

**What sort of guidance did this work of art provide you when you initially found freedom and hope in its message?**

**How do ideas of freedom and hope shape your personal wants and desires?**

**How can you use your illusions and daydreams?**

As far as possible, and within your control, **how can you pause to search for the guidance you require at this stage in your life?**

**What self-imposed restraints or emotional barriers might need to be examined?**

Locating your compass, **what within your lived experience is guiding your journey?**

“You think your pain and your heartbreak are unprecedented in the history of the world, but then you read. It was books that taught me that the things that tormented me most were the very things that connected me with all the people who were alive, who had ever been alive.”

- James Baldwin



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Self-Liberation in Practice

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