

The Even Ibis

THE PEOPLE'S PEDAGOGUE

Crossing the Rubicon

A Mediation for Self-Actualization
with Activating Playlist

The People's Pedagogue

SELF-LIBERATION IN PRACTICE



Crossing the Rubicon

A Mediation for Self-Actualization



Created for Seekers, Cycle Breakers, Black Sheep and Paradigm Shifters: This is a personal invitation for people who need to catch their breath and recognize how far they have come. Allow this reflection to help unlock access to your specific journey, to recognize the shifts you already made, steps you already took and how the path has changed you so far. You are invited to use this reflection to enhance and renew your own commitments to authentic healing. One day, in your own time and when you are ready, retell your personal story of Crossing the Rubicon.

Nineteen years ago this month, I sat at L'orange Bleue on Broome Street in New York City eating roasted lamb and washing it down with a pint of Chimay. Over dinner I proclaimed this would be my last alcoholic beverage ... for two weeks.

Two weeks later, still abstaining and beginning to think this challenge to myself was going well, I wondered to myself if I could do another two weeks.

Although I did not set a goal to begin addiction recovery initially, nor would I even have admitted to being in a state of cyclical addiction, I tried to hold steady amidst temptation and crises and it was no longer satisfying living amongst the wreckage.

“It’s dark because you are trying too hard.

Lightly child, lightly. Learn to do everything lightly.

Yes, feel lightly even though you’re feeling deeply.

Just lightly let things happen and lightly cope with them.”

-Aldous Huxley



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In that first moment of promising healing to myself, I could not anticipate the tests and tumult of the next several years.

During those years, I was introduced to elders in recovery spaces who embraced me for taking the challenge early knowing from experience the longer the cycle continues the more damage to repair.

I met inspiring strangers who held years of recovery beyond my own. I could not imagine that I could ever be me - able to string together years of becoming myself.

It began as a simple thought, a simple effort, an awkward try. Life was chaotic and instinctively I knew I could manage to make a change.

I envision making a personal change as the most reasonable way to keep myself from self-destructing.

And here we are today.

Nineteen years after challenging myself to heal, the becoming is still not easy but it's easier. Today, I see signs in the world around me clearly affirming this consistent choice is something to be grateful for and I continue to cross the Rubicon.

COUNSELOR

Will you help me?

JEFE

I would urge you to see the truth in your situation, Counselor. That is my advice. It is not for me to say what you should have done. Or not done. I only know that the world in which they are are made. You are at a cross in the road and here you think to choose. But there is no choosing. There is only accepting. The choosing was done long ago.

-The Counselor, from an early draft of the screenplay authored by Cormac McCarthy



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Crossing the Rubicon

Activating Playlist



You are encouraged to hum* along with a tune in your heart space. Below is our 'Crossing the Rubicon Playlist' that inspired the creation of this edition -

- "Transformation" by Nona Hendryx
- "Unmetered Taxi" by Sly and Robbie
- "B-Side" by Khruangbin & Leon Bridges
- "Miss Shiney" by Kaiit
- "Flounce" by Durand Bernarr & GAWD
- "Thank you Everyday" by Deee-Lite
- "Time (Clock of the Heart)" by Culture Club
- "Market" by Chronixx
- "Don't You Know That?" by Luther Vandross
- "Rebirth of Slick (Cool Like Dat)" by Digable Planets
- "The Root" by D'Angelo
- "Ideas as Opiates" by Tears for Fears
- "Bring It On Home" by Sonny Boy Williamson II
- "Nànnuflày" by Tinariwen (+IO:I)
- "Hiroshima" by Lous and the Yakuza
- "TOURMALINE" by Earl Sweatshirt
- "Baccarat" by Leon Thomas
- "Any Other Way" by Jackie Shane

*Humming can increase lymphatic circulation to new neural pathways in the brain. This can induce the release of melatonin, supporting better sleep and offering antioxidant and anti-inflammatory effects for a boosted immune system.

The Vision for The Even Ibis: To make self-healing more accessible, Ms. Mairead Ajisola proudly shares an intentional E-Zine available for download and sharing.

The vision is to provide you with healing insights and activities to begin the exploration of self-liberation at your own pace. You are encouraged to engage with guided practices, stories and meditations on self-development as a resource to feel virtual support on your journey of self-discovery.

Create & Share your own Rubicon Playlist vibes with
MaireadAjisola@gmail.com



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A MEDIATION FOR SELF-ACTUALIZATION

A close-up photograph of a caterpillar with a segmented body, white body, orange stripes, and black dots, crawling on green grass. A small yellow flower is visible in the background.

“We will keep
kicking at the
darkness until it
bleeds daylight”

- Charlie Angus

Self-Liberation in Practice

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