

The Even Ibis

THE PEOPLE'S PEDAGOGUE

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Third Anniversary
Edition!



Etiology

The Even Ibis Productions | Summer 2026

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The People's Pedagogue

SELF-LIBERATION IN PRACTICE

Etiology

The study of causation, origins, reasons behind various phenomena, functions, or defining the specific root cause.

©maireadajisola.com **A meditation on maintaining reality in our search for liberation.**

For those ready to work the root: An intentional meditation to remind yourself of reality while standing in your emotions. This offering begins to consider the importance and/or the inconsequentiality of the reasons things happen or do not happen. You are invited to meditate on the following offerings in a healing space or discuss with others the connections you hold to these words.

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As we are learning how to live in an energy of self-liberation, we may need to pause. This pause may be to realign, rest, recommit or question. If during those pauses we are searching for the reason to continue on our quest for liberation, we may ask why this search is met with struggle.

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Struggle can look different for each of us. For some struggle may be fatigue, self-doubt, societal expectations or familial separation or something else.

These obstacles may be emotional. We ask ourselves why we must contend with a new suffering while we aim to be free.

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Consider that, no matter the reason for any sensation of suffering or struggle it does not change the 'reasons' for our search for liberation. The root of our quest and the struggles that come with it are our own lessons. And although our experiences may be emotional, our reasons do not need to make sense to others.

"... while there were times when I rejoiced in the idea that my sufferings were to be endless, I could not bear them to be without meaning. Now I find hidden somewhere away in my nature something that tells me that nothing in the whole world is meaningless, and suffering least of all. That something hidden away in my nature, like a treasure in a field, is Humility."

- Oscar Wilde, De Profundis

Share your thoughts with Mairead@MaireadAjisola.com

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A meditation on maintaining reality in our search for liberation.

©maireadajisola.com What if we surrender to the notion that our 'reason' to pursue liberation has already been integrated into our consciousness? Our reason is already reasonable. What if the actual pause we need is to affirm our surrender to the shifts of reality.

©maireadajisola.com While we interact with shifts in reality a brief pause of struggle reacquaints us with our resoluteness to continue. We are acting as caretakers of the reality, we can address the struggle and still move forward with a true connection to the initial reasons we began the quest.

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As we seek liberation, we honor the focus, patience, disappointments, grief, humility and the absurd in our role as Caretakers of Reality.

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©maireadajisola.com The etiology of multiple realities is not in stasis. Rather, it's of the moment - a rooted promise to be our liberated selves in every momentary reality we encounter.

Struggling against realities can create its own obstacle to the objectives we endeavor, an occlude to our processes or backtracking on our wishes, a loss of faith. Allow our patience with the unknown, with multiplicities, with our ability to work the root and cultivate the 'now' to soothe overthinking the way an outcome comes to be.

Be patient with the process. Fortify your intentions. Stay in the day that you have.

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©maireadajisola.com A desire to understand things is meaningful and at the same instance, nothing needs to necessarily make sense.

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‘Caretakers of Reality’

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For those ready to access the root (reality) to define and integrate ideas related to origins and causation. Continue by reflecting on the following guiding questions:

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How do you hold on to the root (your reality) as you develop?

What is your level of curiosity when investigating your intentions?

How do you weigh the importance of logic when things happen or do not happen?

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How do the reasons why things happen or do not happen change your response to happenings?

When does it become challenging to *experience* the reality of situations in your life?

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When does it become challenging to *see* with clarity the reality of situations in your life?

What could allow you to live in the day you have rather than the day you hoped for?

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How do you express appreciation for the illogical nature of how things happen or do not happen?

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Caretakers of Reality

“I don’t think people accept
the fact that life doesn’t
make sense.”

- David Lynch

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