

The Closing Thought

Perhaps the saddest thing about self-abandonment is not that it changes how we live but how, over time, it changes what we come to expect from life. We lower our expectations. We settle. We tolerate. We convince ourselves that exhaustion, resentment, disconnection, and feeling lost is normal. We become so accustomed to living without ourselves that we stop noticing our own absence. And yet, even after years of self-abandonment, something within us continues to call for more.

- More honesty.
- More peace.
- More freedom.
- More connection.
- More life.

That quiet voice never completely disappears. It's the part of you that remembers that your voice, your needs, feelings, and dreams matter. **You matter.**

The purpose of this conversation is not to make you feel guilty about the life your adaptations have created, but to help you see it clearly with honesty and compassion.

We cannot change what we cannot see, and we can't build a different future while pretending the present is working. The good news is that awareness changes everything.

The moment you begin recognising the impact of self-abandonment is the moment you stop living on autopilot. It's the

moment you start questioning patterns that once seemed normal, the moment you begin reclaiming the parts of yourself that were left behind.

This first part of The Healing Library Summer School has been leading you towards the discovery that you've spent so long adapting, surviving, protecting, pleasing, and performing that you've forgotten one very important truth: **you were never meant to be a walk-on part in your own life. You were always meant to be the star of the show.**

The life you want will not be built by abandoning yourself; it will be built by returning to yourself more consistently. Every step you take from this point forward begins with a simple decision: **to stop treating yourself as someone you can leave behind.**

Because the relationship that shapes every other relationship in your life, every decision, every boundary, every dream, and every future possibility is the relationship you have with yourself.