



The Bufferer's Guide to Surrendering

A GoalWeaver Return-to-Trust Practice

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WELCOME

We are at an important confluence. Do we continue as we have been, or are we willing to consider that there may be a deeper Truth about reality — one that asks us to see ourselves and the world differently?

This inquiry can begin at an uncomfortable place: our own mortality. Contemplating death can bring us face to face with what we cling to, what we fear losing, and what we believe our lives are for.

A *bufferer* is someone who, knowingly or unknowingly, creates distance between themselves and an uncomfortable truth. Most of us do this, myself included. We postpone, suppress, distract ourselves or find explanations that help us avoid what we are not yet ready to face.

But what might become possible if we learned to recognise these patterns and gradually let go?

Letting go does not mean forcing ourselves to move on before we are ready. Not every emotion needs to be resolved immediately. Sometimes we need to feel, allow, process and integrate an experience before we can release our hold on it. We do not need to suppress what arises to remain connected to Truth, nor act on every feeling as though it tells the whole story. Instead, we can make room for what we feel, contemplate what it might be revealing and allow our perspective to widen before deciding how to respond.

Integration takes time. The invitation is to remain present to what we feel without letting it dictate our every response.

We are not perfect, nor are we meant to have all the answers. We make mistakes, overlook things and sometimes struggle to acknowledge what we do not know. Our actions have consequences, some of which we may not immediately see. When uncomfortable feedback reaches us, we have an opportunity to pause, reconsider and course-correct. As we reorient ourselves towards right relationship, we become better resourced to meet the challenges of everyday life with resilience and openness to renewal.

The invitation is not to become someone who always knows what is right. It is to become more willing to see what is true, even when it challenges what we have believed about ourselves.

Sometimes we buffer because we are afraid of what an experience might say about us. We postpone, overprepare, defend ourselves or seek reassurance because we have come to associate our worth with getting things right, being accepted or meeting expectations.

But an experience can reveal something we need to learn without defining our worth. We can acknowledge where we have fallen short, take responsibility for what is ours to repair and remain open to change without turning every mistake into a judgement of who we are.

Each of us has our own unfolding process. Through contemplation, discernment and the small choices of everyday life, we can begin to recognise where we are holding back, what we are attached to, and what might help us return to a more truthful way of being.

We do not need to have everything figured out before we begin. But time continues to move, and understanding asks something of us: a willingness to take the next step, however small, towards what we are beginning to recognise as true.

This is where our journey begins.

Before We Can Return Home: Recognising Truth

It is easy to say that we need to return home to ourselves. But what does that really ask of us?

For many of us, the journey begins with recognising that the reality we have been living in may not be the whole of reality. Our ideas of an ideal life, what happiness should look like, how people should treat us and what we need to feel complete can gradually begin to unravel.

This can be uncomfortable. We may have spent years pursuing what we believed would bring us peace, security, love or fulfilment. We may have buffered against difficult truths because we did not know what else to trust or how to make sense of what we were experiencing.

The invitation is to consider that there is a deeper Truth encompassing all of existence. In my spiritual understanding, God is not separate from the world. God is present in all beings, in the spaces between us, and within us.

The people we encounter, the circumstances we navigate and the signals we receive may therefore offer opportunities for discernment that we might otherwise miss. When emotions take over, our perception can narrow. We may villainise someone who disappoints us, interpret an uncomfortable experience as a personal failure, or compartmentalise people into those who are good and those who are bad. We may become so absorbed in our reactions that we miss what the experience might be inviting us to consider.

This is not an invitation to excuse harmful behaviour, abandon boundaries or accept everything that happens to us.¹ We remain responsible for our conduct and for the actions we choose to take. It is instead an invitation to distinguish what someone has done from the entirety of who they are, while recognising that each of us acts from our present level of understanding. When we begin to see something more clearly, we can offer that perspective with care, while recognising that another person may not be ready or able to receive it. Illumination cannot be forced; it must meet a willingness and capacity to see.

Life's signals are not always immediately clear. Sometimes they appear contradictory, pulling us towards something while simultaneously urging us away. Mindfulness helps us notice these movements without reacting too quickly. Rather than dismissing discomfort or allowing it to dictate our response, we can become curious about what it might be revealing. Is it pointing to an unmet need, an expectation, an attachment, a boundary or something we have yet to understand?

Contemplation allows us to examine our intentions, assumptions and attachments. Through discernment, we can gradually recognise what seems true, what remains uncertain and what is

¹ *We can recognise the sacredness of a being without approving of their behaviour. We can understand that someone acts from their current level of understanding without remaining in a relationship that causes harm. And we can receive an experience as an opportunity for discernment without assuming that we know precisely why it happened.*

actually ours to do. Gradually, we may begin to see that returning home is not about constructing a perfect life. The deeper invitation is to become **less bound by the desires, expectations and attachments that determine how we experience life.**

An unbound life is not necessarily a life without responsibilities, relationships or preferences. It is a life in which we can participate fully without needing everything to conform to our wishes before we can be at peace.

This freedom cannot be forced. It unfolds in its own time, as understanding deepens and we become more willing to release what no longer reflects Truth. Part of this process is recognising how easily we can become absorbed in preparing for the future, to the point that we forget to participate in the life unfolding before us. We anticipate outcomes, rehearse conversations, imagine losses and try to secure a future that has not yet arrived.

Preparation can be an act of care. But when it becomes an attempt to eliminate uncertainty, it can keep us entangled in possibilities rather than present to reality. The invitation is to discern what each moment actually requires of us. What can we prepare for? What can we influence? What must remain uncertain for now? We do not need to have every answer before we begin. We can take the action available to us today without demanding that it secure tomorrow.

This guide is an invitation to that process: to unravel our emotional responses, understand the signals we encounter, and learn to discern with greater clarity so that we can reconnect with our souls and, gradually, return home.



What does it feel like to be connected to our soul?

This is a beautiful experience, and it is our wish that more of us get to experience it.

The soul, as I have come to understand it, is steady, equanimous and neutral. There is no drama, no need to achieve or anything to prove. Simply being peaceful, happy and joyful.

This is different from how we often understand peace, happiness and joy. Much of what we see in the media, our conditioning and life itself presents us with only a fraction of these experiences. This kind of happiness is usually conditional, depending on certain circumstances or outcomes being in place before we can experience it.

When we feel connected with our soul or higher self, we experience a different quality of being — one in which we can feel accepted, peaceful, happy and joyful without needing the external world to be a certain way.

This connection becomes more accessible when we bring clear intention and attention to our inner world. By making our North Star the intention to understand ourselves a little more with each experience, we can begin to recognise our heart's true leanings and what nourishes us at a deeper level.

Sometimes, reconnection happens in the simplest of ways: taking a sudden detour during lunch towards the nearest park bench, or stopping at the deli on our way home to pick up nourishing food. It might simply mean giving ourselves the time and space to listen to what we need. These small moments can bring us back to ourselves, to our inner home in the heart.

Yet, despite how accessible this connection can be, external pressures and stressors — along with the overt and subtle messages we receive from the news, colleagues, family members and the world around us — can make it easy to lose touch with ourselves and begin to buffer.

We might do this by procrastinating, suppressing or postponing something we genuinely want to do. Sometimes, it is even more subtle: we begin to believe that something is not possible or that we may never have the chance.

The work, then, is to bring into our consciousness the action gaps that hinder our journey towards [Sustainability Inside-Out™](#). We begin to recognise where fear, conditioning and our own assumptions may be preventing us from responding to what we know, at a deeper level, to be true.

The Truth, as I have come to understand it, is that we each have the capacity for self-healing, access to the Divine within us, and possibilities for growth and transformation that we may not yet be able to imagine.

As we begin to recognise this, we may find ourselves moving from one fear to the next, gradually becoming less governed by fear. This takes time. We need to allow ourselves that time while remaining willing to meet what arises. What matters is setting our intention towards Truth and staying open to the possibility that there is a reality beyond the one shaped by our fears, assumptions and habitual ways of buffering.

The return-home journey is a long and sometimes arduous process of homecoming. It involves continually reorienting ourselves towards a balance of right relationship that is unique to each of us. This becomes possible as we begin to understand ourselves and see our situations more clearly — looking beyond the familiar divisions of right and wrong, good and bad, and even mine and yours. This requires considerable unlearning, especially when life has taught us to build a personality, develop wants and goals, make plans and remain determined to achieve them.

But what if the soul's ask is much simpler?

Let us connect and stay connected, so that I might guide you towards what is actually yours to do.

Through this connection, we can begin to steady ourselves and feel less swayed by what is happening around us. Instead of needing the external world to conform to our expectations, we become better able to meet it with openness, self-respect and discernment. We may also begin to feel more supported as we navigate the uncertainties of life.

For me, the journey towards soul consciousness began during a period of anticipatory grief, as I faced the possibility of losing my dad and eventually experienced his loss. Around this time, I encountered the writings of a former pathologist who had become a spiritual teacher. His work introduced me to the possibility of the soul's existence, opening a door to a dimension of life I had not previously understood. Gradually, through my own awakening, I began to recognise my soul's inclinations more personally and explore what it meant to live in greater connection with this inner dimension. GoalWeaver has emerged from that unfolding.

Honouring our own unfolding process is therefore key to our soul growth. It calls for time to contemplate established spiritual wisdom and consider how we might embody timeless truths in our everyday lives.

It also calls for discernment about the content we consume and the people we look to for guidance, even when someone like me may appear legitimate. No resource or individual should replace our own discernment. The invitation always is to go within ourselves, seeking the right support when we need it.

This includes learning to recognise when we are becoming overwhelmed or escalating, understanding what may be contributing to that state, and taking responsibility for returning to a steadier place.

When we have the capacity to reflect, we can also ask what might change in a particular situation to support [right relationship](#).

Returning home is not about arriving at a perfect state or having all the answers. It is a continuing practice of reconnecting, discerning and learning to respond to life in ways that are more truthful and life-giving.

Little by little, as we honour this process, we become more able to recognise what is ours to carry, what is ours to change, and what we can release — allowing our understanding to deepen in its own time.



How do we connect with the Soul?

Many of us have heard the advice to simply **meditate**. Our preferred music platforms offer countless guided meditations and opportunities to reconnect with our breath.

And yes, you caught it — meditation can begin with something as simple as becoming aware of our breath. When our breathing is short and shallow, we may notice that we are feeling tense or unsettled. Rather than turning to Google to diagnose ourselves, we can begin by bringing gentle, loving awareness to our breath. This is something I learnt from Buddhist teachings: observe, notice and do not judge. We may not immediately understand what is happening within us, but we can begin by pausing and contemplating.

The invitation is to become more aware of ourselves — not in a self-conscious, *Do I look good?* kind of way, but in a more grounded sense. Am I breathing comfortably? Am I rushing or running about today? Is there an opportunity to slow down, reschedule something, manage my time better or even deprioritise a few tasks?

As we practise this awareness with the intention of connecting with our souls, we may begin to recognise where we have been overextending ourselves or becoming entangled in things we need not be entangled in.

This awareness takes time to develop. We also need opportunities to be with ourselves, away from the constant presence of devices, people and other distractions.

And here, I like to use the phrase **“connect to the wifi of the Holy”**.

We are all familiar with saints, Gods, Goddesses and devotion. But the intention here is to go beyond thinking about the Divine as an entity and instead connect with the pure essence of impartial, virtuous source energy itself.

This is largely unseen and subtle. It may reveal itself through synchronicities, epiphanies, breakthroughs and moments of inspired action — experiences that invite us to pause, pay attention and contemplate what might be unfolding beneath the surface.

Someone who blesses us feels good. Someone who looks out for us feels good. Someone who gives without asking for anything in return feels good. Someone who guides us when we have lost our way may be offering us something good, even when it does not feel good at the time. And someone who helps us when we are down in the dumps may eventually help us recognise that support was there all along.

Connecting to the wifi of the Holy is about becoming more receptive to this goodness, in its many forms, so that we might recognise what nourishes us at the soul level and remember what truly matters: connection, love, kindness and the virtues we continue to discover along the way.

Meditation in the real world

More importantly, meditation is often presented through images of flowing waters, lush green gardens and practitioners in flowing white garments, greeting us with a softly spoken *namaste* and an air of poise.

Real life can look very different. Our surroundings may be busy, our energy heightened and our capacity already stretched. Finding our way into a serene state can sometimes feel daunting or even disorienting.

The invitation is to meet ourselves where we are and do what we can.

If we are queuing with our groceries at the supermarket and the line is long — great! We have an opportunity to pause. We can bring our attention to our breath, relax our shoulders and notice what is happening within us. We do not need to close our eyes or withdraw from our surroundings. We can simply be present while we wait.

If we are sitting in the car before driving off, we might take a moment to give thanks, even when nothing extraordinary has happened. Thank you, trees. Thank you, car. Thank you, time. Smile, take a breath and begin the journey.

If we are in a crowded train station, we can bring our attention back to ourselves and focus on one step at a time. If we miss the next train, another will come. We can meet the moment we are in rather than becoming consumed by the moment we think we should be in.

This, too, is meditation: mindfulness in action, while remaining connected with our soul aspect.

Returning to ourselves, one moment at a time

Often, we may not even realise how much we have been buffering, holding ourselves back or becoming entangled in the demands and expectations around us.

It can help to pause and ask ourselves:

- What is true for me here?
- Am I living in alignment with what matters to my soul?
- What would feel nourishing for my soul today?
- Where might I be holding myself back?
- How can I return to myself a little more each day?

We do not need to have all the answers immediately. We are learning to pause, contemplate and simplify and lead by allowing our understanding to deepen through the experiences we encounter.

Little by little, we move closer to returning home to ourselves and learning to surrender what no longer serves us. And if it feels impossible today, perhaps we can begin with one small step and try again tomorrow. Time does not stand still while we find our way, and we do not need to have everything figured out before we act. What matters is that we keep moving, however gently, towards what we know to be true.

A practice for returning home

1. **Pause:** What am I experiencing, avoiding or reacting to? What might this experience be revealing?
2. **Contemplate:** What might be shaping my perception — fear, expectation, attachment, past experience or incomplete understanding?
3. **Simplify:** What seems true, what remains uncertain, and what is actually mine to do?
4. **Lead:** What is one proportionate action I can take in support of Truth, dignity and right relationship? What might need to change next?

