

The
Intolerability
of Awareness

THE ALONENESS THAT OFTEN COMES
WITH WAKING UP

Dave & Larry

In Case You Were Wondering

There's a dirty little secret within the self-help community that nobody dares talk about.

Which is that every transformation program promises you'll feel better. Lighter. Freer. And you will.

But they don't mention what happens to your sense of self before you get there.

The part where awareness makes everything 'appear' unbearable. Where you can't go back to sleep, but you haven't figured out yet how to live awake. Where you start seeing the lies - in the culture, in your relationships, in yourself - and you can't unsee them.

Where the people you used to connect with suddenly feel distant. Asleep. Like you're speaking different languages. Morpheus (The Matrix) would say, "The Matrix has you" and that's exactly what you become aware is happening. You may not puke like Neo does, but there'll be an impact.

That's The Intolerability Of Awareness. Of knowing what you can't unknow and also having nowhere to put that knowledge. And if you're not prepared for it, it'll make you think you're going nuts, like you're doing something wrong.

But you're not. You're safe. Don't worry about it. You're just awake in a world that's mostly asleep. And that can take some juggling.

This guide is here to tell you: you're not alone. You're not broken. This is temporary. And we have tools for getting around it. For helping you with the juggling.

The Part Nobody Warns You About

Here's what happens when you start doing real inner work: you cross a threshold. And once you cross it, you can't go back.

You start noticing things you used to ignore. The way people perform their lives for others instead of living them for themselves. The way conversations stay surface-level to avoid the fear of anything real coming up. The way the culture quietly teaches you to stay limited and small; stay distracted, and stay numb-dumb.

And once you see it? You can't unsee it. That's when the aloneness starts. But we have you covered, so don't let that inevitability keep you from your path.

You haven't done anything wrong. You've just outgrown the world you belonged to. Even when you knew you no longer wanted to fit into it.

Why Awareness Feels Intolerable

Most people think awareness will set them free. And for goodness' sake, yes, it does. Eventually.

But first? It makes everything a little harder. It makes the illusion - the Matrix - momentarily more appealing than waking up.

Because when you're asleep, you can tolerate a lot. You can stay in uncooperative relationships that don't feed you. You can nod along to conversations that bore you. You can pretend everything's fine when it's not.

But once you're aware enough to start making meaningful choices and changes, you also can't summon up the grit to pretend anymore that your life will somehow get better without you creating the improvements you desire.

You're genuinely caught between two worlds: the one you can't go back to, and the one still under construction.

That's the intolerability. But now you're ready for it. It's just a stage of change, not a permanent condition.

The Aloneness of Seeing What Others Don't

Here's the unsettling part people often struggle with: most of the people you (think you) know won't follow you.

You'll try to share what you're seeing. You'll try to explain: "I'm noticing things I didn't notice before. I'm making new distinctions. I'm changing. Because I want something greater for myself."

And they'll look at you like you're under some kind of voodoo spell that's taken control of your senses.

Some of them will get defensive: "What, so now you think you're better than us?"

Some of them will get worried: "Are you okay? You're acting weird."
Some of them will just ghost you and slip away.

Because your awareness makes them uncomfortable. Not because you're doing anything wrong. But because your awakening reminds them that they're still asleep. That they're deliberately refusing to become happier versions of themselves when they can, and they're living with the consequences. You threaten to expose their complicity in their own unhappiness.

Let's face it, most people don't want to wake up, or even be told they're still asleep. They want to stay comfortable and compliant. Safe, in a world they pretend to know.

And you? You can't anymore. So you end up awake and feeling somewhat alone. And in some cases, even, lost. (Remember, we fix that) Not because you are lost or alone. Far from it.

But because you just haven't caught up yet with who you already are - and where that version of you slots into the latest version of how you want to feel in your life. Which may, we will concede, be unlike anything the people around you have ever seen.



What You'll Lose (And Why You'll Be Happy to Pay the Price)

Here's our last shot at being open and honest with you.

Invariably, you'll start operating at a frequency most people can't match. One that's overflowing with truth, love, light, movement, happiness and success. While they've already decided to stay asleep. Your waking up threatens that choice. So they'll see you as the problem.

Consequently, you'll probably lose friends. Or at least challenge some relationships.

Not all of them, of course. Some will actually applaud and support your growth. But still, some may go.

Maybe more than you expect, which can be upsetting. Alas, the people who can't handle your honesty and need you to stay small so they don't have to look at how small they've become themselves. The ones who mistake your clarity for judgment.

Meanwhile, you're continuously losing your tolerance for bullshit (yours, as well as theirs). Conversations that used to be 'fine/tolerable' will become unbearable. Small talk will feel like nails on a chalkboard. You'll find yourself biting your tongue at parties, at family dinners, at work - because you can see the fake performance they're putting on for everyone else. You can literally feel the awkwardness overflowing through their behaviour, and you can't see your role in playing alongside it anymore.

You'll lose the comfort of consensus and compliance. Most people derive safety from agreement. From being part of the group. From knowing they're thinking the "right" thoughts.

But once you're aware of your own power to get out of your own way and bring your dreams to life, you can't rely on consensus anymore. You'll want to continue trusting your own judgment. Your own discernment. Your own truth. And at first that can be terrifying. So that's all we're trying to add to your understanding of Personal Transformation: that it may indeed have some surprise, spin-off repercussions.

But only until it doesn't. And that's the breakthrough you can anticipate from this kind of work: truth will set you free, but for a short while you may feel like you're all alone with it.

You're not, but knowing in advance that you might feel that way can make a difference in whether or not you stay in the Game long enough to win it.

How to Navigate the Aloneness Without Collapsing

Okay. So you're aware. You're lonely. You can't go back. Now what? Here's how to get through this part without losing your mind.

Understand that this is a deliberate translation of your predicament into a transition that'll smooth it, and not a final destination.

You're not going to be alone forever. That's a ridiculous prospect for an awakened soul. No, you're just in the gap between who you were and who you're catching up to becoming. And gaps are uncomfortable. By definition. But they don't last forever. So when the aloneness feels uncontrollable, just remind yourself: "This is temporary. I'm just transitioning between worlds right now. Acknowledging it is making all the difference in controlling my reaction to it."

Stop trying to make people understand what you're doing. This part can be hard. Because you want the people you love to see what you see. And to react the way you do. To keep loving you back while you're relearning how to love yourself. But some of them won't. And that's okay. It has to be, or you'll make yourself mental trying to keep everyone's individual balls in your air.

You can love them without needing them to be on the same path as you. You can care about them without requiring them to validate your journey. Let them be where they are. And give yourself permission to be where you are: joyful, optimistic, energized, full of dreams and burning to bring them to life.

Find your people - even if it's just one. You don't need a tribe. Not yet. You just need one person who gets it. Who gets you. One conversation that doesn't require you to explain yourself. One relationship where you can be fully honest. It might be a friend. It might be a mentor. It might be someone you meet in a Course or a community built around this kind of work (nudge, nudge...). But find at least one. Because aloneness is bearable when you know you're not the only one struggling with it.

Use the solitude to build. Here's the gift hidden in the aloneness: you finally have space to do the work that matters. No more managing other people's feelings. No more performing for an audience that doesn't understand (and, frankly, as you probably already know, doesn't care to). Just you. Your mission. Your clarity. So use it. Build the thing you're here to build. Catch up to the person you already are. Begin the story of you you're destined to write. Create the life you're here to love. The aloneness isn't a punishment. It's a clearing out, so something new can grow in its place.

Trust that you're not crazy. This is the most important one. Because when you're surrounded by people who are asleep, it's easy to start doubting yourself. "Maybe I'm the one who's wrong. Maybe I'm overthinking. Maybe I should just go back to how things were." But you can't. And you know it. Or you will, when you're honest with yourself and your desire for a happier life.

So when the doubt, and even the fear, creeps in, just remind yourself: awareness isn't insanity. It's clarity. And the fact that most people don't see what you see doesn't mean you're wrong. And it doesn't mean you're wrong to want it. It just means you're awake and aware.

Waking up can be weird and lonely at first. But it's also the only way to create and enjoy that other life that's always been right in front of you, waiting for you to own it.



The Question You're Really Asking

Here's what we think you're really asking when you read this guide:
"Is it worth it? Is the aloneness worth the clarity?"

And here's the quick answer: We don't know. Sorry, but only you can decide that.

But we can tell you this for sure: once you cross that awareness threshold, and discover the truth of who you are – once you answer the single question that has the power to change your life (*How Bad Do You Want To Feel Good?*) – then you don't really have a choice anymore. You can't unsee it. You can't go back to sleep. You can't pretend you don't know what you know.

So the real question isn't "Is it worth it?" The real question is: "Now that I'm awake, how do I live with this reawakened awareness in a way that doesn't threaten to make me crazy or destroy me?"

And the answer is: you honor the aloneness. You sit with it. You let it reach and teach you. And then, when you're ready, you build something beautiful with the clarity it gave you. (and, yes, we'll show you how to do all of that and more)



Welcome to the Other Side

You're awake now. And yes, it may feel convoluted and unsettling. But it's also real.

And real is the only thing that lasts.

So keep going. Keep noticing. Keep building. Keep choosing truth over comfort. Because the world needs people who are willing to be awake. Even when - especially when - it can get quiet and weird.

You're not alone in this. We see you. And we're here.

Dave & Larry

Two guys who spent decades wondering if they were fooling themselves or not – and finally figured out how to tell the difference.