

THE REAL DETACHMENT

You cannot let go of something that was never yours.

A field guide to the oldest trap in human consciousness
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SPOILER. Read this first BECAUSE PRACTICE BEATS THEORY.

Detachment is a lie.

Not a white lie. Not a forgivable misunderstanding. A full structural lie built into the architecture of how you were taught to think. And the cruel part is: The spiritual traditions that promise to free you from attachment are the ones most deeply reinforcing the trap. Why?

This article will hand you the key that dissolves the entire problem — not by solving it, but by showing you the problem was never real. After reading this, you will not try harder to detach. You will laugh. Possibly out loud. Possibly with a mix of relief and mild annoyance that nobody told you sooner.

You have been trying to let go of things that were never yours. Think about that for a second.

If nothing was ever yours — and I will prove this, systematically, with biology, with physics, with philosophy, and with the kind of blunt common sense that your grandmother should have told you — then there is nothing to detach from. The object of detachment does not exist. You have been shadow-boxing with an imaginary opponent your entire life.

Let's fix that. Right now.

PART ONE: The Trap Has Three Floors

Before we blow up the entire building, let's walk through it floor by floor. Because the trap of attachment — and its twin, the trap of trying to detach — operates on three levels. Most people are stuck on Level 1 their whole lives. The rare few make it to Level 2. Almost nobody looks Level 3 in the eye. We are going to do all three, right now, in one sitting.

Level 1: Things — The Material "Belongings"

You own things. Or so you believe.

Your car. Your apartment. Your phone. The watch your father gave you. The sneakers you saved up for. All yours. Tagged, registered, emotionally loaded, insured, obsessed over.

And here is the first crack in the story: you did not make any of it.

Some of you will push back immediately. "But I am a craftsman. I make things with my own hands." Fair point — and I lived this personally. I assembled IO Shields (www.ioshield.eu) with my own hands, one by one. I manually calibrated them, polished them, finished them. I know what it feels like to hold something you made. And even then — even then — I had to ask myself the honest question:

Is the carbon-shungite my creation? The steel? The wood? Where exactly did my authorship begin?

The honest answer: The design and assembly. Yes. The assembly is mine. The gratitude, the craft, the attention — all is mine. But every single material? Extracted from this planet, processed by forces and chains far beyond my hand.

Not the steel in your car. Not the rare earth metals in your phone. Not the cotton in your clothes. Every single material thing you "own" was extracted from this planet, processed by other people's hands and machines, passed through supply chains you will never trace, and delivered to you in exchange for tokens of value you call money — which you earned by selling your time and energy, which you also did not create.

You have the right of usufruct. That is a legal term, and it is the most honest description of your relationship to every object in your life: the right to use something that belongs to the commons. You use it. You maintain it. You pass it on or it breaks. Then it returns to the planetary materials cycle, one way or another. Even the atoms in your phone will outlive your grandchildren's grandchildren.

And yet — "it's mine." The programming runs so deep that reading this sentence probably creates a quiet internal resistance. That resistance **is the trap itself**.

Here is the real function of objects in this reality: they are instruments. Their primary purpose is not to be owned. Their primary purpose is to generate experience in the consciousness that uses them. The car is not there to be yours. It is there so that you have the experience of driving, of freedom, of movement, of rain on glass at midnight on an empty highway. The object is the stage prop. The experience is the play.

Shakespeare said it first: the world is a stage and we are merely actors. He was more right than most people who quote him realize. Because if this is a stage — and the evidence is mounting that it is something very much like one — then the props are not yours. They belong to the production. You are here to use them in service of the role. But here is the key that most actors miss:

THE SECRET IS NOT TO ESCAPE FROM THE MATRIX. THE SECRET IS TO STEP OUT OF THE ROLE YOU WERE ASSIGNED.

The Matrix told you to escape the simulation. That is the wrong goal. You cannot escape. You are made of the simulation. The move is to stop being unconsciously played by your role and start playing it with full awareness. That is freedom.

Everything else is just running from one set to another.

Once you understand this, the object stops being a possession and starts being a collaborator. You stop clutching it and start using it. And paradoxically — here comes the first paradox, get used to them — you take better care of it. You treat it with more respect. Because you understand what it actually is.

Level 2: People

This is where it gets uncomfortable. Good.

"My mother. My child. My partner. My best friend."

Feel how loaded those two letters are. MY. That possessive pronoun is doing enormous psychological work. It is creating a sense of ownership, of belonging, of identity anchored to another person. And it is, from first principles, completely incorrect.

It was in fact the first thing you ever heard. Before you understood language, before you had a single formed thought, the first sonic impression stamped into your developing nervous system was some version of: "My baby. My little baby." Ownership. Branded into you before you could object.

Let us start with the most emotionally explosive example: your child.

"I made my child." Did you though? Let us look at what actually happened.

The sperm and egg met. The egg chose — and I mean chose, there is footage of this, the science is not ambiguous — the sperm it accepted based on geometric compatibility at the nuclear level. The moment of fertilization produced a spark of light. Literally. The zinc discharge at the moment of fertilization is visible and has been filmed. A flash of light marks the beginning of a new consciousness entering physical form.

Then something extraordinary happens. The placenta — the structure that will house and grow the new being — is not connected to the mother's womb or bloodstream in the way you were told. It is biochemically sovereign.

**FOR THE BIOLOGICAL WOMB, THE FETUS IS A PARASITE READY TO BE EXPELLED
THE MOMENT ITS DISGUISE FAILS.**

The placenta produces a continuous stream of progesterone and hormone-mimicking substances specifically designed to hide the pregnancy from the mother's immune system. Her body is made to believe there is nothing unusual happening inside it. This masquerade runs for the entire duration of gestation. Then, when the new being is sufficiently developed and ready, the placenta simply stops producing these substances. The mother's body suddenly registers a foreign presence. It mobilizes. Expulsion begins. That is the labor.

The mother is a carrier. A sacred, honored, profoundly important carrier. And for that burden — which is enormous — extraordinary blessings flow to her. Nothing in this system is free, and nothing is without reciprocity. Just love is free.

The incoming consciousness brings gifts. But the mother did not create that consciousness. Where is the transfer? There is no transfer. There is no single doctor in the world who can fully explain how the fetus builds itself with no direct material supply from the mother's body. It is, by any honest accounting, a miracle. A divine one.

The soul — the consciousness, the awareness, call it what you will — arrived on its own schedule, with its own program, on its own terms. It built its own vehicle (avatar) inside the available infrastructure. The only thing transmitted across the membrane is frequency. Emotion. Vibration. The emotional field of the mother imprints on the developing being. That is real and significant. But it is influence, not creation.

You are the host. A sacred, honored, deeply important host. But not the creator. Not the owner.

"But I love them. They are part of me."

Yes. And that love is real, profound, and beautiful. But love and ownership are not the same thing. In fact, the love that is entangled with ownership — the love that says "you are MINE" — is the love that suffocates, controls, and eventually destroys. True love, the love that has detachment woven into its core, is the love that says: "I love you completely and I hold you lightly." That is the Gift of Gene Key 42. Detachment is not coldness. It is absolute trust in the flow of life through another being.

Now apply this logic to everyone. Your parents, who were souls with their own programs and their own wounds long before you arrived. Your partner, who chose to walk alongside you for a portion of an incomprehensibly long journey. Your friends, your colleagues, your enemies. None of them are yours. All of them are visitors in the theater of your experience. Precious, irreplaceable visitors. But visitors.

Level 3: Yourself

This is the floor of the building that most people never visit. And it is the most important one.

"My personality. My mind. My beliefs. My identity. My story. Myself."

Who told you that was you?

Seriously. Think about this. Every single thing you consider to be "yourself" was installed. Your name — given by others. Your language — absorbed from your

environment. Your beliefs — downloaded from parents, teachers, culture, religion, media. Your preferences, your fears, your sense of humor, your political opinions, your self-image — every single pixel of the portrait you call "me" was painted by forces outside yourself before you were old enough to question any of it.

This is where the ancient Indian philosophy of Neti, Neti enters, and it enters like a wrecking ball through the front wall of your identity.

PART TWO: Neti Neti — The 3,000-Year-Old Sledgehammer

Around 3,000 years ago, a philosopher named Adi Shankara developed a method of self-inquiry so precise, so relentless, so devastatingly effective that it is still used today. The method is called Neti Neti. In Sanskrit: "not this, not this."

The practice is simple. You ask: am I this? And then you apply the answer.

Am I my body? You inhabit it. You are not it. Neti — not this.

Am I my thoughts? Thoughts arise and dissolve without your permission. You observe them. You are not them. Neti — not this.

Do not take my word for it. Take the neuroscientists' word. In the 1980s, researcher Benjamin Libet conducted what became one of the most unsettling experiments in the history of brain science. His subjects were asked to make a simple voluntary movement — flicking a wrist — and to note the exact moment they felt the conscious urge to move. The result stopped the room: the brain's preparatory electrical signal — the "readiness potential" — began firing reliably 550 milliseconds before the person was consciously aware of deciding to move. The decision had already been made, at a level below awareness, before the "I" that believes it is in charge had any idea.

Later replications using fMRI went further. The outcome of a decision could be decoded from brain activity 6 to 10 seconds before the subject reported making it consciously. Six to ten seconds. The "you" that thinks it decides? It is the last to know. It is the press secretary reading a statement written upstairs, by a process it has no direct access to.

"So: who is thinking your thoughts? If thoughts arrive before you decide to think them — whose thoughts are they? Neti. Not this."

Am I my emotions? Emotions move through you like weather. You are not the weather. You are the sky. Neti — not this.

Am I my personality? Your personality changes with context, with age, with who is in the room. It is a costume, not a soul. Neti — not this.

Am I my memories? Memories are reconstructions, edited each time you access them, colored by current emotion. They are not you. Neti — not this.

Am I my name, my job title, my nationality, my religion, my achievements, my failures? None of these were here before you were born. None will persist as you. Neti. Neti. Neti.

Shankara kept peeling. Every layer of identification stripped away, not violently, but with the calm precision of a person who knows that what they are looking for cannot be destroyed by the search — only revealed.

And what is left when everything that is "not this" has been removed?

Pure awareness. Consciousness itself. The observer that was always there, watching you believe you were your body, your thoughts, your possessions, your people, your story.

That is what you actually are. And that has never, for a single moment, belonged to anything or anyone. It cannot be owned. It cannot be lost. It cannot be attached or detached, because attachment requires a subject and an object — and what you truly are is neither. It is the field in which both appear.

Now do you see why detachment is the wrong game? You cannot detach what was never attached. The attachment was imaginary.

And here is another key — a fundamental one that the meditation industry will not sell you, because it undermines the product:

**BEING IN THE STATE OF THE OBSERVER GRANTS INFORMATION. BUT NO ACTION.
NOBODY CAN ACT FROM THE POSITION OF A PURE OBSERVER.**

Think about what this means for the legions of meditators, mystics, and spiritual practitioners who have spent decades perfecting their witnessing, their non-reactive observation of reality. They have become extraordinarily good at watching life. And in doing so, many of them have quietly withdrawn from it. The witness state, taken as a destination rather than a tool, produces beautiful, serene, utterly passive human beings who have essentially opted out of the game they came here to play.

You are not here just to observe. You are here to live.

You are here to act upon the observations. Consciousness without action is a compass that never leaves the drawer. You came here to move, to choose, to build, to love, to fail spectacularly and get back up, to leave actual marks on actual reality.

To paraphrase a line from a movie (The Matrix) that understood the simulation better than most philosophy departments: Dodge this.

You do not dodge by becoming so detached you are untouchable. You dodge by being so present, so fluid, so free from the fiction of ownership that nothing can stick to you — not because you have retreated into observation, but because you are moving too cleanly through reality for it to snag.

The secret is not to choose between Attachment and Detachment.

The secret is to deny both.

Attachment says: this is mine. Detachment says: I must release what is mine. Both statements contain the same error — the assumption that "mine" is a valid category. Both are playing the same game, just at different ends of the table. Step off the spectrum entirely. Not by going numb. Not by going cold. By understanding, at the structural level, that the premise was always false.

Before going further another nugget of experience must be shared with you. I have started to see the patterns in the structure of the mental programs many years ago. I have created a special [training section](#) in my services, not only biohacking and nutrition. I have assembled [Master Training Programs](#) and [DeCode Project](#) and as training tools. First for me, because I need constant practice and second for people interested in remembering the hidden rules of the realm and how this game is to be played.

SO, AS A GOLDEN RULE, EVERY PROGRAM HAS LAYERS AND EVERY PROGRAM IS UPSIDE DOWN.

Once you see one, you see the algorithm that is valid to all of them.

An internal voice will tell you, as it did to me: “Neah, it can’t be so. It is impossible that all this is upside down.”

Well...

PART THREE: Gene Key 42 — The Cosmic Joke

In the system of Gene Keys developed by Richard Rudd — a synthesis of the I Ching, genetics, and contemplative tradition — there is a specific key that maps exactly this territory. Gene Key 42.

The architecture of Gene Key 42 is: Shadow → Gift → Siddhi. Which in this case translates to: Expectation → Detachment → Celebration.

The Shadow is Expectation. This is the low-frequency expression: clinging to outcomes — and notice the direct clinical line here — clinging to outcomes is the neurological substrate of depression. Not sadness. Depression. When reality consistently fails to match the internal image of how things should be, the system breaks. The gap between expectation and reality depletes dopamine, rewires the reward circuitry, and produces the characteristic flatness and exhaustion that defines clinical depression. Expectation is not just a spiritual problem. It is a biological one.

The Gift is Detachment. And here, Rudd is precise: detachment does not mean not caring. It means yielding to every feeling absolutely, while not being enslaved by any of them. Diving in with full presence, then releasing with full trust. Detachment presupposes a great love and trust in life. It is the love that holds without grasping.

The Siddhi — the highest expression, the state of complete realization — is Celebration. When expectation dissolves and detachment becomes your natural operating system, what remains? Pure joy at the fact of existence. Every experience, pleasant or painful, celebrated as exactly what consciousness needed to grow.

*"We'll become like a child again, and life becomes heaven on earth." —
Richard Rudd, Gene Keys*

PART FOUR: The Pendulum You Were Never Told About

Here is the mechanics of the trap, stated as plainly as possible.

You were taught that you have two options with every person, object, or experience: attachment or detachment. Hold on or let go. And you are instructed

to move from one toward the other. Spiritual traditions, therapists, self-help books, well-meaning friends — all of them say: "Let go. Detach. Release."

And you try. God, you try. You meditate. You journal. You do the breathwork. You go to the retreat. You try to detach. And then life happens and you are attached again. So you try harder to detach. And round and round you go, swinging on a pendulum between the two poles, exhausted, never quite free, always half-guilty about how attached you still are.

This is the trap.

Because attachment and detachment are not opposites. They are the same pole, described from two directions. The question "how do I detach from this?" already contains the assumption that makes detachment impossible.

The exit is not detachment. The exit is the recognition that the object of attachment was never yours. And once you see it — really see it — the pendulum stops. Not because you forced it. Because you realized there was never a pendulum.

The Two Monks and the Bags

An old monk and a young monk are walking together toward a mountain monastery. The young monk carries two heavy bags on his back. The old monk offers to carry one. The young monk refuses — "No, thank you, they are mine."

They walk for a long time. A friendship forms. The old monk offers again. Eventually the young monk relents and hands over one bag. More time passes. They are almost at the monastery. The young monk notices the old monk is no longer carrying the bag.

"Where is my bag?"

"I let it go," says the old monk. "It was not mine. I have no need for it."

The young monk stares. His first instinct is anger. His second — after a moment of silence — is something closer to recognition. The bag was only "yours" because you believed it was. The moment someone holds it without that belief — it is just a bag on a road. Just weight that can be set down.

PART FIVE: The Real Currency — And the System's Final Move

We are almost at the end. And this is where it gets beautiful. And brutal. And beautiful again.

If nothing is yours — not your objects, not your people, not your identity — then what, if anything, is actually yours?

THE ANSWER IS: EMOTIONS, EXPERIENCE. XP. EXACTLY LIKE IN A GAME.

If you have ever played a video game, you know your character can accumulate all the weapons, armor, gold, and territory available. But none of it transfers when the game ends. What transfers is the level. The skills. The understanding burned into the player's nervous system through repetition and failure and eventual mastery.

This reality operates on an identical principle. You can accumulate all the wealth, status, relationships, and achievements available in a lifetime. None of it transfers. What transfers is the quality of consciousness you developed through the living of it. The level you reached. The understanding earned through genuine contact with experience. The love that was deep enough to change your structure.

Think of it this way. You live a life. Things happen. People come and go. Joys, losses, discoveries, failures, revelations, embarrassments, moments of grace. All of it passes through you. The question is: how much of it do you actually keep?

Not in your memory — memory is imperfect, reconstructed, edited by time and ego. Deeper than memory. In the actual fabric of what your consciousness has become through the living of this life.

THE MORE INTENSE THE EMOTION, THE MORE PERMANENT THE MEMORY. THE MORE PERMANENT THE MEMORY, THE DEEPER THE INTEGRATION.

This is not poetry. This is biology. The amygdala directly modulates the hippocampus, which handles memory encoding. High emotional arousal triggers a biochemical cascade that carves the experience deeper into neural architecture. Emotionally neutral events dissolve. Emotionally charged ones are etched. The system is designed to retain what matters.

To be in truth, I tell you this: the most permanent things you carry are not your memories. They are the experiences that hit hard enough to change what you are.

That is the real currency of re-incarnation.

But — and here is the brutal part — that currency requires energy to be earned and retained.

Every great spiritual tradition in human history — Vedic, Christian, Taoist, Buddhist, Sufi, shamanic — agrees: the life force (*prana, qi, chi, mana, spirit*) is the medium through which experience is converted into lasting consciousness. Without sufficient life force, experiences pass through you like water through sand. They happen. They leave no permanent mark.

Now consider what drains life force most efficiently:

The Attachment (we can add preoccupation and distraction, but this is a story for another time)

The energetic cost of clinging — to objects, to people, to an identity, to outcomes, to the past, to the fear of the future — is enormous. It is a constant, low-grade energetic hemorrhage. You pour life force into maintaining the fiction of ownership. Round the clock. Year after year. Decade after decade.

And here is the system's final move — the one that makes this entire design either terrifying or darkly funny depending on your disposition:

If you spend your life energy maintaining attachments that were never real — if you arrive at the end of your time here depleted — then even the experiences you lived do not fully integrate. They blur. They fade. The lessons half-learned. The love half-absorbed. The consciousness returns with less to show for the journey than it could have had.

The system is not punishing you. The system is not cruel. It is simply running its program — the same way the placenta runs its program. It does not judge. It operates according to its architecture.

Energy is the only real currency. Experience plus energy equals permanent growth. Experience minus energy equals reset.

That is the code at the bottom of the whole design. The cosmic fine print.

PART SIX: The Paradox That Sets You Free

When you stop trying to own things — when you genuinely, structurally understand that nothing was ever yours — you can finally fully enjoy everything.

The object you use without clinging to it becomes more beautiful, not less. The person you love without owning becomes more present, more vivid, more real. The moment you inhabit without needing to capture it becomes the most alive moment you have ever experienced.

The universe, as it turns out, is extraordinarily generous with those who are not hoarding. When you stop clutching, the river can flow through your hands. When you stop stockpiling, abundance can move. When you stop claiming, you discover you were always immersed in a sea of everything you needed.

Give it away before you lose it, and you keep it. Hold it until it breaks, and you lose it anyway. The universe has a dark sense of humor and excellent follow-through.

CONCLUSION: What You Actually Have

Let's land this.

You do not own your things. You use them, with gratitude, for as long as they are with you, and then they move on.

You do not own your people. You walk with them for as long as the journey overlaps, and you love them completely and hold them lightly.

You do not own your identity. You are the awareness in which the identity appears.

What you actually have — the only thing that is genuinely, inalienably yours — is the quality of your consciousness as shaped by the experiences you have lived with full presence and sufficient energy.

Not the memories. Not the trophies. Not the relationships. The actual, structural transformation of your awareness through genuine contact with life.

That is what travels. That is what accumulates. That is what the whole elaborate, improbable, sometimes beautiful, often ridiculous experience of being human is actually for.

So the question is not "how do I detach?"

The question is: how do I stay energized enough, present enough, and free enough from the fiction of ownership that the experiences I am

here to have actually land — fully, permanently, transformatively — in the consciousness that I am?

Everything else is distraction.

Everything else is noise.

Everything else was never yours.

Now do you see the joke?

You spent your whole life trying to hold on.

There was nothing to hold.

There was only the trying.

And the trying was costing you everything.

Welcome to freedom.

It was here the whole time. You just had too much stuff in your hands to feel it.

FINAL BONUS: For the Ones blinded by the idea of ascension.

What follows is for those who have read everything above, understood it, and are now asking the next question. The bigger one. The one that most spiritual systems gesture toward but never answer honestly.

Can you ascend? Can you move to a higher level — not just play the game better, but graduate from it entirely?

Many believe so. Many have convinced themselves they are ready. And I say this with genuine affection for all of them.

Think again.

Because ascension is not a spiritual achievement. It is a physics problem. And physics is not impressed by your meditation hours.

THE PARABLE OF THE BALLOON — THIS IS MINE. I HAVE NOT READ IT ANYWHERE ELSE.

Imagine you are in a hot air balloon, and you want to ascend. The balloon has the capacity. The fire burns. But you are not rising, because the basket is loaded with ballast — sandbags hanging from the sides, keeping you earthbound.

To ascend, you must obey the laws of physics. You must release the ballast. Not some of it. Not the ballast you are comfortable releasing. The ballast that is heavy enough to be keeping you down.

Now apply this to consciousness in a closed entropy system — which is what this reality is. You cannot escape without leaving something behind. Not metaphorically. Literally. The system will not release a precious asset without equivalent exchange. Would you? If you were the system, and something genuinely valuable was trying to leave — would you just open the gate and wave goodbye?

The question is not whether you can ascend. The question is: what are you willing to leave behind that is heavy enough to matter? Your attachments? Your identity? Your story of who you are? Your need to be recognized, to be right, to be remembered?

The system is calibrated. It will hold you at exactly the level that matches what you are still carrying. Let go of something real — something that actually costs you — and the balloon rises. Hold on and call yourself spiritual, and you float in place forever, burning fuel, going nowhere, looking very serene.

And the final thing. The one that took the longest to understand: It was never about being free. It was about **being**.

FREEDOM IS NOT DOING WHATEVER YOU WANT. FREEDOM IS BEING EXACTLY WHO YOU ARE — COMPLETELY, WITHOUT APOLOGY — NO MATTER WHERE OR WHEN.

Not performing freedom. Not achieving freedom. Not getting freedom somewhere in the future. Being it. Right now. In this moment. In this body. In this ridiculous, magnificent, temporary, irreplaceable life.

That is what was always available. That is what was always here.

That is what you almost missed because you were too busy trying to detach from something that was never yours.

References: Gene Keys by Richard Rudd (genekeys.com) – Gene Key 42: Expectation → Detachment → Celebration. Advaita Vedanta, Neti Neti – Adi Shankara. Benjamin Libet readiness potential experiments (1983); fMRI replications (6-10 second pre-conscious decision window). Yoga Chudamani Upanishad on prana and consciousness retention. Human Design Gate 42.

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