

BECOMING FULLY ME

VOLUME 35

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3vies

(twah-vee) | French for 3 lives

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*When you live your life intentionally,
you can accomplish the equivalent of 3 lives in 1 lifetime.*

WELCOME

This magazine is for people who grew up thinking they were not creative and then woke up to life with a burning desire to create but don't know how to start.

To be clear, your answers are not found in this magazine. No, the answers you are looking for are not a quick find. Like many meaningful things in life, what you seek is not found in one magazine, one google search, one YouTube video, or even one conversation for that matter. If you are looking for that “one thing” that will help you “have it all figured out,” then stop right now. You will not find it in this writing. The ability to unlock the power to change your life requires high amounts of patience, navigating alarmingly abnormal amounts of uncomfortable moments, and an enormous amount of empathy.

In short, the answer to creating the life you want is found in the act of doing! Not once or twice. It's in the process of doing, failing, making alterations, and again take action. The life you want is found in the refinement of pursuing the outcome you desire. You have to be a practitioner. So to set proper expectations, listen to what moves you in this writing. That inspiration already knows what you want to become and will guide you to it.



IN THIS VOLUME

	05	WELCOME
PEOPLE WHO INSPIRE ME	13	ANTHONY FRANCIS
	27	ELENA CARRASCO
ARTICLES & POEMS	46	THE PARADOXICAL MINDSET
	52	AWAKE
	60	BLACK LIVES MATTER
	64	BECOMING FULLY ME
	73	WEDNESDAY
	76	EVOLUTION OF ONE
	85	LETTER TO MY CHILDREN

EVERYTHING I CREATE
OPERATES FROM THIS SIMPLE PHRASE

“
*when you feel inspired
you have to act*

PEOPLE WHO INSPIRE ME





Anthony Francis

From my first interactions with Anthony, I was struck by his kind and inviting demeanor. Moreover, his powerful words around love and inclusion resonated to my core. He has such a powerful essence and energy about him. He is an impressive human with a kind heart. One of the most memorable things he shared was while I was photographing him. I don't remember exactly what we were talking about, but he made the statement, "We forgot how to lose for each other." It made me do a mental double-take. I paused while my mind let this phrase sink in.

*We forgot how to loose
for eachother*



INHABITING MULTIPLE WORLDS CONCURRENTLY

In closing, Elena's most impressive trait is her unique ability to live in multiple worlds at once. By that, I mean, traditionally, as people matriculate through levels of education, we begin to attach ourselves to specific siloes or disciplines. As we navigate life, the majority of people learn to only live in that silo. One may change silos or "careers," but they quickly learn to embed themselves in those new disciplines, becoming part of their identity. The unique beauty of Elena is how she lives in all these silos

Elena's most impressive trait is her unique ability to live in multiple worlds at once

concurrently. Art, music, sciences/physics, math, tech, the humanities; she traverses every one of these worlds, almost daily, feeling at home, connected to and accepted by each of them.





ARTICLES & POEMS

AWAKE

[deep breath in and slow exhale]

I just am, right now

Nothing to do

Nowhere to be

No plans

Just existing

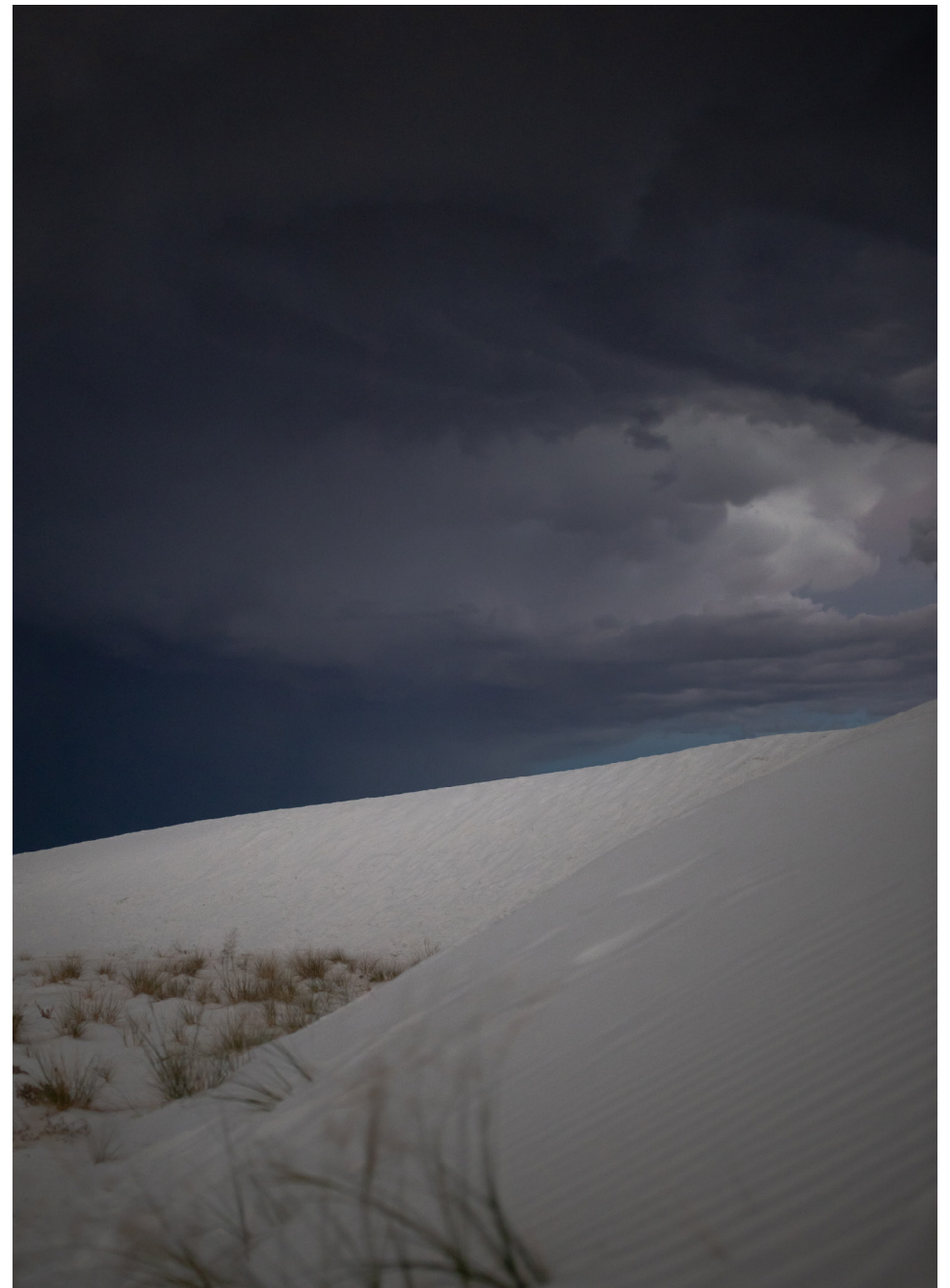
Living

Acutely aware of what it feels to just be alive in this moment.

[the sun shines on my face. Deep breath in and slow exhale]

I'm awake





Becoming Fully Me

The theme for each magazine is not chosen in advance; it is revealed throughout the year. Only in retrospect is one able to connect the dots and find a collective thread running through each of the seemingly independent events in your life. I have become aware of many areas in my life where I feel I can't be myself. I'm trying to create/find environments that allow me to discover how to be fully myself. Figuring out how to access all these beautifully unique parts of myself that bring me so much happiness and, at the same time, bring as much joy and value to as many people as I can.

I'm trying to create & find environments that allow me to discover how to be me.



*The main purpose in life is to
discover who you are*

Not who you have been told you are



INNER MONOLOGUE - WHEN DO WE STOP BEING OURSELVES?

When we are young, the concept of not being yourself is incomprehensible. In infancy, we are not yet mentally able to be anything other than ourselves. You have yet gained the mental capacity. So when do we stop being ourselves? What causes this reaction? How do we learn to not like ourselves?

Needing to conform to others' ideas, or put another way, valuing other's opinions more than your own is a learned behavior

This is very important. The concept that we, in fact, learn to not be ourselves is very fascinating, and often times it's subconscious. A significant shift happens during those awkward teenage years. Needing to conform to others' ideas, or put another way, valuing other's opinions more than your own is a learned behavior. When we become aware this behavior is learned, we can, systematically and intentionally, begin to unlearn this behavior. That is what our inspiration has been trying to tell us all along.

That may be the great confoundment of education. Schooling teaches you how to conform so you can get a job, while companies are searching for how you stand out from the mundane. Once hired, you are expected to listen and fall in line, yet it's the individuals who go beyond what managers subjectively expect who continue to rise in the company. This is because schools have trained us to listen to others and conform.

That mindset was adopted to get through the conveyer belt of school. It's a learned behavior that will not serve you in the future. Hell, it's probably not even helping you now. It is especially harmful if you desire to discover your own path in life that brings you joy.

OPINIONS AND FEEDBACK LOOPS

The bottom line, you can never be fully you by always living your life based on someone else's idea of who you should be. You will not discover your own life until you stop valuing other's opinions more than your own. That is easier said than done, I know. Still, success must always be won internally before it is ever possible for you to even have a chance to win externally.

The bottom line, you can never be fully you by always living your life based on someone else's idea of who you should be

Also, it is vital to point out that external or social success, be it fame or fortune, is never guaranteed. To paraphrase Steven Pressfield from The War of Art, as artists/



creatives, we are not guaranteed the fruits of our labor, only the labor, the work, the struggle. Yet that is the fruit. We must do the work regardless of external rewards.

*When the process is the reward, then
you have found something exceptional*

creative venture to the end. When the process is the reward, then you have found something exceptional.

This is why it is vital you learn to value your own intuition more than the noise of others’ opinions. But merely listening or even acting on inspiration is not enough. You need to become aware of the outcomes of your acting on intuition. For that, you need to focus on feedback loops. There needs to be a step to analyze the output to better refine and understand the inspiration/action process.

Becoming aware of the messages your body is sending you can help you gauge the action/inspiration. Too many people use other people’s reactions as a gauge for determining how they feel about something. This is a dangerous path. Listen to the

So if you don’t love the work, the process, the act of doing it, then it will be challenging to have the stamina required to see that

*This is why it is vital you learn to
value your own intuition more than the
noise of others’ opinions*

feedback for sure but don’t let it drown out your own inner voice. That voice is your genius, your most authentic self trying to communicate with you to lead you, but we have to nurture that relationship. Far too many people create justifications and narratives based on other people’s thinking. They find themselves trapped in a life they don’t want, catering to people they don’t enjoy. I have spent so much time trying to convince myself I am something else instead of learning to lean in and love who I am.

*getting to this state of mind would
have never been possible without
getting really uncomfortable and
embracing the unknown*

EXPLORING THE UNKNOWN
And you know what, I found I like me. Actually, I have come to really love myself. But getting to this state of mind would have never been possible without getting really uncomfortable and embracing the unknown. The majority of people are stuck holding to what they know and miss the personally expansive potential of exploring the unknown. For that is where all growth occurs.

Ironically, the only way to gain clarity and understanding is by gathering information and challenging the assumptions that lead to gain that knowledge. Sitting with what you already know is comfortable. It makes you feel safe. To decide to evolve one’s self past comfort and safety is no small task. Yet, it is required to become acquainted with one’s self. Challenging your assumptions is essential in discovering the edges of your knowledge and reveal what you genuinely believe.

“The majority of people are stuck holding to what they know and miss the personally expansive potential of exploring the unknown.

That is where all growth occurs

WHAT I HAVE LEARNED

All of this to say, knowledge is gained, not given. It must be earned through the exertion of challenging one’s previous understanding. The more you learn, the deeper your knowledge of just how little we all know. Socrates once said, “All I know is I know nothing.”

My discoveries have been humbling and lead me to realize I don’t think I’m right. I just have one perspective.

*knowledge is gained, not given.
It must be earned through the exertion of
challenging one’s previous understanding*

When I stopped trying to be right all the time, I became free to hear other’s views, even ones conflicting with my own. Every interaction is a chance to retire old information that doesn’t serve me anymore.

In my search to find what it means to be fully me, I have discovered how it feels to be content and happy. To wake up, glad to have another day to create and grow. That is the actual definition of success: living life on your terms and waking up content with who you are. That’s the game. Fame or money or objects are just misdirections. For me, I learned how to lean into what I love instead of trying to fix what wasn’t working.

Here are a few essential values I needed to figure out to discover consistent happiness in my life:

1. How to be content with being yourself
2. How to be kind
3. How to be continually curious
4. To operate out of love. (Don’t let anger drive you)
5. To show respect to every person you meet.
6. To always look to give more than you get

Find whatever fills you with positive energy. Let that feeling be your guide, your mile marker for what resonates. Once you find it, discover ways to live that feeling every day. It will take a lifetime, but it will be a life saturated with positive energy.

*Find whatever fills you with positive
energy. Let that feeling be your guide*

Once you can consistently find that for yourself, the absolute next level feeling is learning how to create space for others to experience it too.





“
*Consume less of others’ work and
produce more from that creative voice
that drives you.*



LETTER TO MY CHILDREN

Who you are right now is inspiring.

I wish I could make you realize or feel or see yourself from my perspective. Maybe then you could recognize how much you have shaped me or inspired me to become a better person. Your mere existence completely shifted my world. Holding your tiny body melted my soul. We are forever changed. I felt a heavy responsibility to help you gain the fundamentals for navigating life. Now I realize that the learning between parent and children is bidirectional.

I often assumed I was the teacher, but now, I recognize I am always the student. I am constantly learning, growing, and evolving into a better me, primarily because of your teachings. You challenge me. You challenge my thinking and continuously push me forward like nothing else in this world could. Your wonder and curiosity inspire me.

That may be the biggest lesson I hope you recognize, that you are never too young to affect the people around you. Never too young to inspire people to become better.

Who you are now is beautiful. I hope, one day, you see it too.

*forever,
love papi*

No one is
guaranteed
tomorrow

Make the most
of right now

— DON'T WAIT —
LIVE LIFE INTENTIONALLY

Thank you so much for support and time. If this magazine has inspired you in any way, please listen to that. It already knows what you want to become. So don't wait to take action. Start today. Remember, you have everything you need to begin shaping your world right now.

One last thing. Please take a second and go tell someone how amazing they are or do something kind to make another person smile today.