

SELF-REFLECTION

Essay from the Speaker's Perspective

BASTART

I stand here today reflecting on who I have truly become. On one hand, I am the same person who began sharing my thoughts and experiences with the world ten years ago. On the other, I carry a newfound lightness—an ability to silence that relentless inner critic. Yet, the more I strive to calm the voice of self-doubt, the more it reminds me that growth is never finished.

Self-directed transformation is not an abstract theory for me, but a lived reality. Every time I face the camera, I make a conscious choice: I offer a glimpse of my journey because I believe openness can inspire others and bring clarity to my own path. Along the way, I encounter various *"tools or stumbling blocks"*—those small and large challenges that can disrupt any chain of habits.

” *The system of life is change. Life is constant change.*

I have come to realize that life itself is an unceasing process of change. This conviction sits at the core of my message: *"The system of life is change. Life is constant change."* Those who stagnate close themselves off from the opportunities hidden in each passing moment. That is why I advocate immersing oneself in a consciously chosen extreme for a set period: an extreme act of abstinence, an unfamiliar routine, a determined shift in perspective. Such phases act like a reset button, breaking ingrained patterns and giving us the freedom to establish new habits.

Yet, success harbors the danger of complacency. If we settle too quickly, we lose sight of the potential and growth still waiting to be discovered. Thus, my second guiding principle: *"Don't settle too much."* Only by continuously testing our limits do we unearth hidden strengths within ourselves.

” *Don't settle too much.*

I conclude these reflections with a promise: the journey will go on. Every experience, every challenge, every moment of pause adds a new facet to my understanding of myself. And for that, I am grateful—not just to my listeners, but primarily to myself: Thank you for listening, for questioning, and for carrying on.

— *Bastart*

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