

THE ART OF BECOMING

Reimagine, Reignite,
and Rewrite Your Story

*An Invitation to Live
Your Story as a Work of Art*

ANGELO SEGARRA

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The Art of Becoming; Reimagine, Reignite,
and Rewrite Your Story

An Invitation to Live Your Story as a Work of Art



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Angelo Segarra asserts the moral right to be identified as the author of this work.

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Prologue

Alone at the Edge of the scale

The first time I encountered the Myers-Briggs test was during my graduate studies, in a room of nearly fifty people. It was then I realized—perhaps for the first time—that our differences are not just external, but profoundly internal.

When the results were laid out across the scale, most clustered near the center, balanced between opposing poles. I stood alone at one end.

Apparently, no one else in the room shared my particular constellation of traits.

That moment startled me. For years I had felt different, but now I could see it mapped—made visible. The diversity of human nature unfolded before me like a chart of invisible geographies.

And I wondered:

Was it possible to move along that scale?

Could someone change their type—or would such change lead them further from their nature?

And more importantly, was change even the point?

At the time, I didn't have the answers. But the questions stayed with me.

Years earlier, as an undergraduate studying religion, I had discovered the

writings of G.I. Gurdjieff—an eccentric and luminous thinker who suggested that most of us live in a kind of waking sleep, caught in habitual patterns of thought, emotion, and reaction.

For Gurdjieff, transformation was not self-improvement, but self-remembering. He believed that awareness—not effort—was the first movement of true change.

This idea took root in me:

Could it be that real change begins not in striving to be different, but in the courage to see clearly?

Later, that seed grew into a deeper curiosity—an obsession, perhaps—with creativity. Not just as artistic expression, but as a way of perceiving. I began to suspect that creativity itself could serve as a bridge between worlds: a way to step outside the self, to meet something larger, and to realize that I had never truly been alone.

There are moments when perception shifts—sometimes quietly, sometimes like revelation.

One of mine came in 1996, when I first lived on the island of Bali. Immersed in a culture that honored stillness, community, and spirit, I began to understand that difference was not a flaw to fix, but a depth to explore.

Some time later, still drawn by the question of how transformation happens, I studied a course called *Living Deliberately* by Harry Palmer. It explored the power of belief—the invisible architecture shaping our sense of self and the world.

I learned that to change a belief is to change perception, and that perception quietly changes everything else.

True transformation, I realized, begins with honesty—a willingness to look inward and witness the stories that move us.

To witness one's life is to begin to live it consciously.

To see one's posture toward living is to begin to move differently.

And only from that still point of observation can change occur. It does not arrive with fanfare. It might begin as a whisper, a widening of perception. Or it may come as revelation. But it never begins with the decision to change—it begins with the decision to see.

When I later returned to Gurdjieff's work with new understanding, I saw that his teaching was not about suppressing one's nature, but cultivating the inner stillness where truth could arise naturally. It was about clearing the space where the creative pulse beneath habit could breathe again.

This required vulnerability.

It required honesty.

And a willingness to face what was hidden in my blueprint.

Through this exploration, I began to understand that art and awareness are not separate paths.

The hand knows what the mind resists.

Through movement, mark-making, and color, I found that the body could express what the ego could not.

And so the practices in this book—Archetype recognition, creative reflection, and archetypal mapping—emerged not from theory, but from lived experiment. They form a language of integration, where awareness becomes expression, and expression becomes understanding.

Not through effort.

But through feeling.

Not through fixing.

But through watching.

Every work of art begins not with the first stroke, but with the first act of seeing.

And every act of seeing begins with a pause — a breath between who we've

been and who we might become.

If there is a single thread running through this book, it is that awareness itself is creative.

It reshapes the inner landscape without force, guiding us back to what has always been waiting beneath effort — the quiet intelligence of being.

So before we begin the path of patterns and archetypes, pause here.

Listen. You are already in the story

You have only to notice how it is being told through you.

Introduction

How to Change Yourself or Not

Most books about change begin with a promise:

that you can be better, faster, freer, more productive, or more “yourself” if you only follow the right steps.

This is not that kind of book.

This book begins with a paradox:

that the desire to change is often what keeps us from transforming.

That what we call “self-improvement” is sometimes just a subtler form of self-rejection.

And that the most profound shifts — the ones that awaken creativity, insight, and intuition —

don’t come from striving, but from seeing.

True change doesn’t begin with doing; it begins with noticing.

It begins in stillness — in the willingness to meet yourself without judgment, to let the surface be quiet long enough for the pattern underneath to speak.

Over the years, I’ve worked with hundreds of students — artists, writers, seekers —

many of whom believed they needed to “fix” themselves.

Some wanted to be more confident, others less sensitive,
some more focused or decisive, others more free.
But what I began to see was that most of them weren't broken.
They were unaware of the deeper rhythm shaping their lives.

When we learn to see our patterns clearly, they stop defining us.
They become mirrors instead of cages.
And in those reflections, we begin to recognize something ancient —
a pulse beneath personality,
a language of movement and meaning that is older than thought.

In this book, we'll explore two powerful mirrors for seeing those patterns:
the Myers-Briggs system, which reveals the architecture of our attention,
and Gurdjieff's Enneagram, which illuminates the choreography of our inner
drives.

These are not systems of limitation, but of revelation —
maps that help us witness how consciousness moves through us,
how emotion, thought, and intuition weave together to form our way of
being.

As an INFP, I know what it means to live with deep feeling and endless
imagination —

to long for meaning, and to lose myself in it.

I've spent years learning that sensitivity isn't a weakness,
but a form of perception that sees what others overlook.

And I've discovered that creation — especially through what I call Insight
Art —

isn't an escape from the self, but a return to it.

When we create, we give the invisible a voice.

We become participants in something larger than our personal story.

Insight Art is not about making something beautiful.

It's about making something true.

INTRODUCTION

It is a living, neuroplastic practice that loosens the grip of habit,
invites intuition into the room, and gently re-teaches the mind how to listen.
It is not a technique, nor a therapy.
It is an ongoing relationship with the unseen —
the part of you that is always watching, waiting, and whispering:

“There is another way to see.”

If you are holding this book, perhaps you already feel that whisper.
Perhaps you’ve tried to change, or tried not to.
Perhaps you’ve wondered who you really are —
beneath the stories, the striving, the personality types, the endless self-
corrections.

You don’t need to be fixed.
But you may need to be seen.
Because the truth is, you are already whole —
a living pattern within a greater design,
a note in a vast symphony of becoming.

And the art of this book — and of your own life —
is learning to hear the music beneath the noise,
and to recognize that you are not the composer or the instrument,
but the sound that passes through both.