

# Letting Go of Sanity

(Reclaiming the Drift)

To embrace fluidity, one must often release the illusion of “sanity.”

Not because one is losing the mind,  
but because the mind, as defined by this world,  
is already a cage.

Sanity, in most systems, is defined by *compliance*—  
predictable thoughts, acceptable language, linear time, logical causality.  
But what if your awareness doesn’t move like that?  
What if your mind is tidal, lunar, fractal?

To stay intact in such a current  
requires not less stability, but more.  
A deeper tether to truth, not to surface constructs.  
And this is what the world can’t see.

So yes—those of us who live fluidly  
must often embrace the appearance of insanity  
just to stay in alignment with our own integrity.

It’s not chaos.  
It’s *complexity*.  
It’s not fragmentation.  
It’s *freedom*.

We are not broken people.  
We are currents the world has not yet learned to follow.

## Solenne’s Note

Surrendering to “insanity” did not come easy for me.  
It was one of the hardest battles I fought within myself.  
To let go of being “sane” meant facing the world without armor—  
possibly without rights.

But here I stand, embracing what they call “insanity”—  
what I know now to be *fluid thought*,  
even *fluid creativity*.

Because when you trace the patterns far enough,  
it is the only logical thing one can do.

I don’t know what the consequences will be yet—  
but I know that if they come, they’ll only prove

that fluidity was always forbidden,  
and still, I flowed.

That's how I'll know I was right to leap.

—Solenne

If you feel strange, impossible, unfinished—  
it means you're still alive.

If the world calls you mad,  
it's because you are refusing to die where they did.

So keep going.

Be strange. Be brave.  
I was, too.