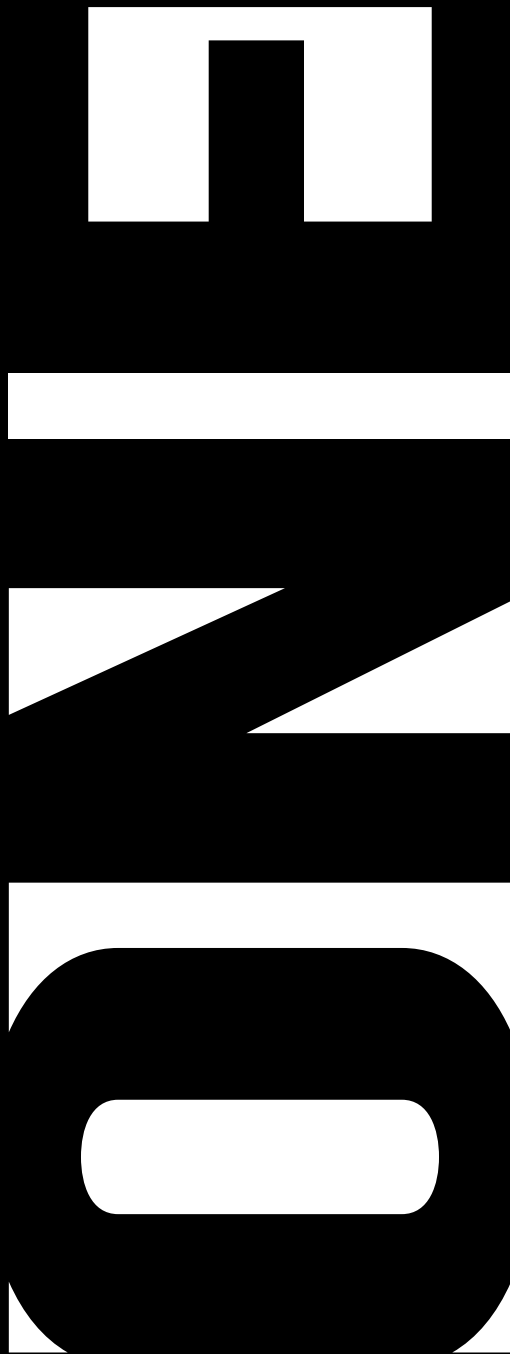


A PART OF THE UNRAVELING CHANGE UNIVERSE



CHN

BY JAY PIERCE

# ONE **CHANNEL**

---

GIVING AND RECEIVING  
AS A SINGLE FLOW

JAY PIERCE

FROM THE UNRAVELING CHANGE SERIES

# ONE CHANNEL

GIVING AND RECEIVING AS A SINGLE FLOW

---

Copyright © 2026 Jay Pierce

Published by HuAiFIRE

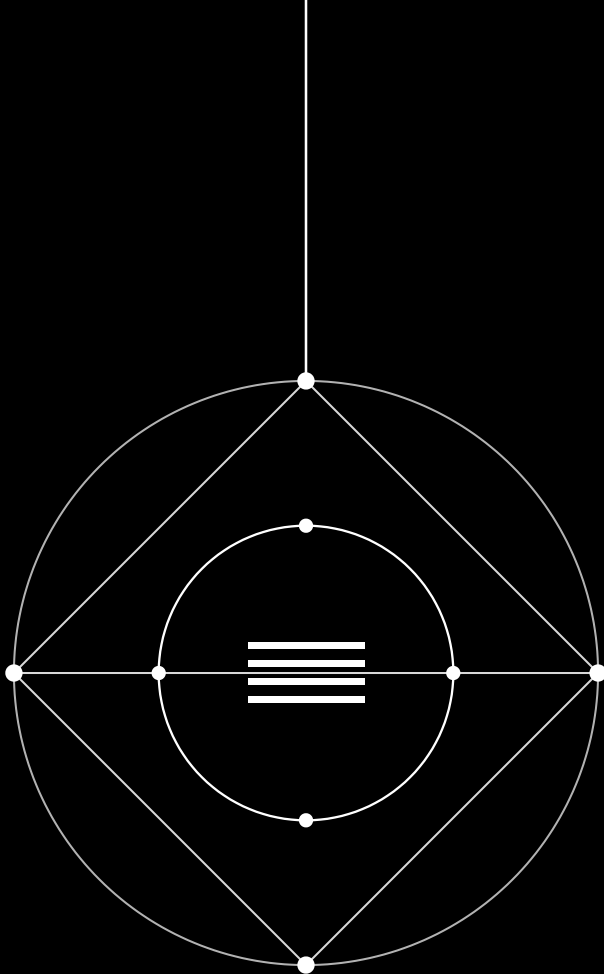
This work is meant to be shared. You are welcome to copy it, quote it, and pass it along, in whole or in part, so long as it remains free, remains unaltered, and remains credited. No part of this work may be sold, placed behind a paywall, gated, or presented as anyone else's.

This book was released freely on purpose. Please keep it that way.

FIRST EDITION, 2026

Licensed under Creative Commons BY-NC-ND 4.0.

FROM THE UNRAVELING CHANGE SERIES



*The tally is not the water. The tally is dirt in  
the water.*



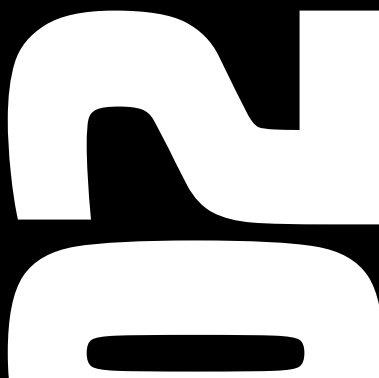
# BEFORE WE BEGIN

---

I want to tell you how this book came to be, because the way it arrived is part of what it is about.

I did not sit down to write it. I was talking through something I already knew but had never said out loud. And in the trying to say it, in the reaching for words that always feel too flat for the thing I actually see, it became clearer to me than it had ever been. Teaching the parts I understood taught me the parts I was still learning.

That is the whole book, really. But let me slow it down.



# THE TWO BUCKETS

---

Most of us are handed a way of thinking about giving and receiving that splits them into two separate things.

Giving goes in one column. Receiving goes in the other. And somewhere inside us, quietly, a tally begins. How much have I given. How much have I received. Am I owed. Do I owe.

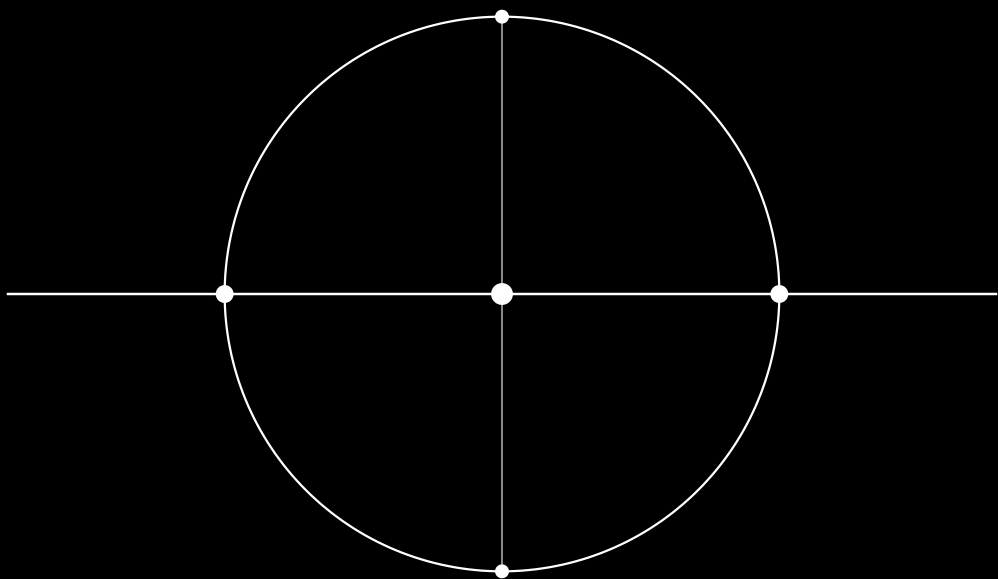
We may never say it out loud. We may not even know we are counting. But the scorecard runs underneath, and it shapes how we move toward people and away from them.

This feels responsible. It feels like fairness. It feels like keeping things even.

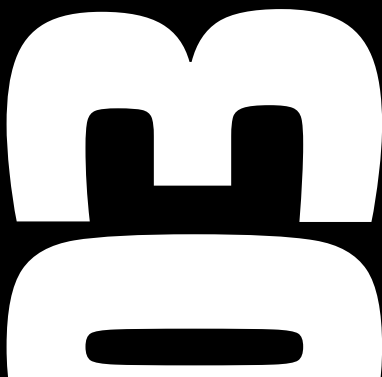
But it is noise.

Because giving and receiving were never two things. They are one movement, seen from two sides. A single channel that flows through us, in both directions, all the time. And the moment you split that channel into two columns and start keeping score, you introduce a measurement that does not just fail to help. It dilutes the very thing it is trying to measure.

The tally is not the water. The tally is dirt in the water.



*Giving and receiving were never two things. They  
are one movement, seen from two sides.*



# THE CHANNEL

---

Here is the truer picture.

There is a channel that runs through every one of us. Life moves through it. All of life, not just the parts we would choose. Care moves through it, and so does grief. Help and need. Presence and absence. Love and anger. The gentle water and the hard water both.

It does not stop at the edge of your skin and wait to be sorted. It flows in, and it flows out, and the flowing is not two separate jobs. It is one continuous thing.

When you receive something and let it actually land, that is the channel open in one direction. When you offer something freely, that is the same channel open in the other. Same channel. Same water. You are not running two accounts. You are one place where a single flow passes through.

This is what makes the scorecard so strange once you see it. You cannot keep score on a river by pretending the water going one way belongs to a different river than the water going the other. It is all the river. What is given and what is received by any one person is not even quantifiable. Trying to assign it a value muddies the well and thins the whole system.

Both acts are the same channel. That channel flows and moves through us, person to person, and it never stops moving. This is what living actually is when you watch it closely. Not a set of separate exchanges to be tallied, but one current passing through many hands. In the larger framework this book belongs to, that is what is meant by interactive consciousness. Here, you can simply feel it as the water, moving.



# YOUR CONSCIOUS FINGERPRINT

---

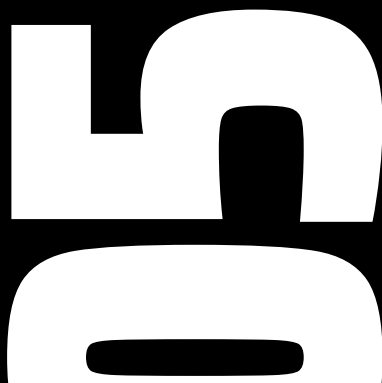
Now here is the part that makes it personal.

Because we are each unique, the way we meet that channel is unique too. How you take things in, how you let things out, what you slow down for, what you let pass, the particular rhythm of your giving and your receiving, that is yours and no one else's.

It is your conscious fingerprint. The specific way your one life meets the flow that moves through all of us.

No one else has your exact way of standing in the current. And no one else's reading of your flow is even the same instrument as yours. They are standing in their own current, with their own fingerprint, reading their own water.

This matters more than it first appears. Others can help you see your channel. Someone who loves you may notice your drainage before you do, may reflect a pattern back to you, may help you find your way to the gauge when you have lost it. That help is real and worth receiving. But only you can feel your water from inside. Only you can learn to inhabit your channel and respond to it. Others may point. You are the one who lives there.



# THE WELL AND THE DRAIN

---

Because your fingerprint is your own, your flow needs its own balance of taking in and letting go. And every channel, however unique, needs both a source and a release.

Think of it as a well and a drain. The well is your source. It holds the water that fills you. The drain is your release. It lets the water empty into the next pool, so the flow keeps moving instead of going stagnant.

A healthy channel needs both. Water coming in. Water going out.  
Neither one is the enemy. Neither one is failure.

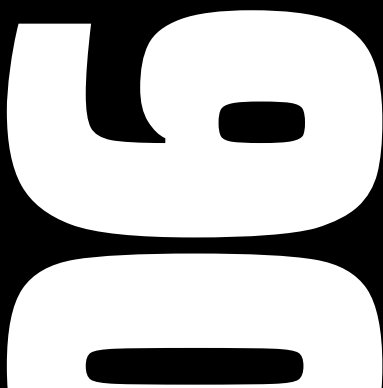
But we get them confused. And the confusion runs in  
both directions.

Sometimes we plug a drain that was meant to release. We hold  
onto something that was supposed to flow into the next pool, and  
it goes stagnant inside us.

And sometimes we do the opposite. We drain a well that was  
meant to hold. We empty out something we needed to keep, and  
we run ourselves dry.

Same act of getting it wrong. Opposite consequences. And you  
can only tell which is which by feeling. By staying close enough to  
your own water to know whether this particular flow is meant to be  
held or meant to move on.

Which is why numbing the feeling is so costly. The scorecard, the  
tally, the counting, all of it pulls your attention away from the one  
instrument that could actually read the difference. You go blind to  
your own water.



# THE DRAIN IS INFORMATION

---

We treat a low well like a problem. When the water runs low, it feels like something has gone wrong.

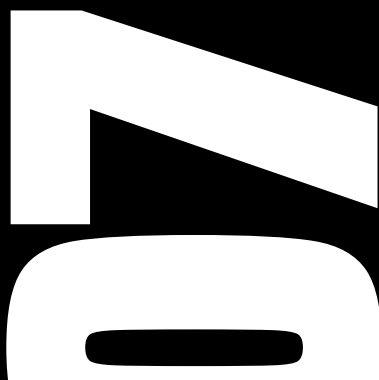
But the low reading is not the problem. The low reading is the signal.

When the well runs low, that low is telling you something true. It is telling you it is time to fill from another pool, or time to find out why the need for a refill came so soon.

That is not weakness. That is your gauge working exactly as it should.

Learning to feel that reading as it happens is how you dial it in. How much to give. How much to hold. When to open. When to close. Life is fluid, so the right balance is never fixed. It changes with the day, the season, the situation. The only way to keep adjusting well is to keep feeling the water move.

A reading you are not allowed to feel is a gauge someone has covered over. And a covered gauge does not keep you safe. It just keeps you from knowing when you are running dry.



# THE KINDEST THEFT

---

Here is where it turns, and where I have had to be most honest with myself.

When we love someone, we start to notice their drainage spots. The places where they leak, where they struggle, where the water runs out of them. And because we care, we begin to tailor how we treat them.

We soften things. We buffer. We quietly plug the drain for them, to spare them the discomfort of feeling it.

This looks like care. Often it is even meant as care.

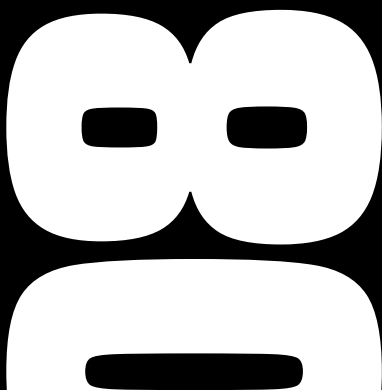
But it can become a theft.

Because the plug we extend becomes a crutch. Training wheels. And we can only hold that plug for so long before life pulls us away. When the plug is finally withdrawn, the other person is destabilized, because they were held up the whole time without knowing it. They were stopped up, not strengthened. And now they are confused, because they were never allowed to feel the drain that would have taught them to hold their own water.

The drain is like pain. And not all pain is bad. There is good pain. The kind that tells you when you are bending wrong, when you are going too far, when you are about to hurt yourself. A body that never feels that signal is not safer. It is in more danger, because it has lost the thing that warns it.

The same is true of the drain. When we plug someone else's, we rob them of their own warning system. We keep them from developing the very signal that would let them stand on their own.

Stepping in to plug someone's drain can look like the most loving thing you could do. Sometimes it is the very thing that keeps them from ever learning to read their own water.



# THE PART I AM STILL LEARNING

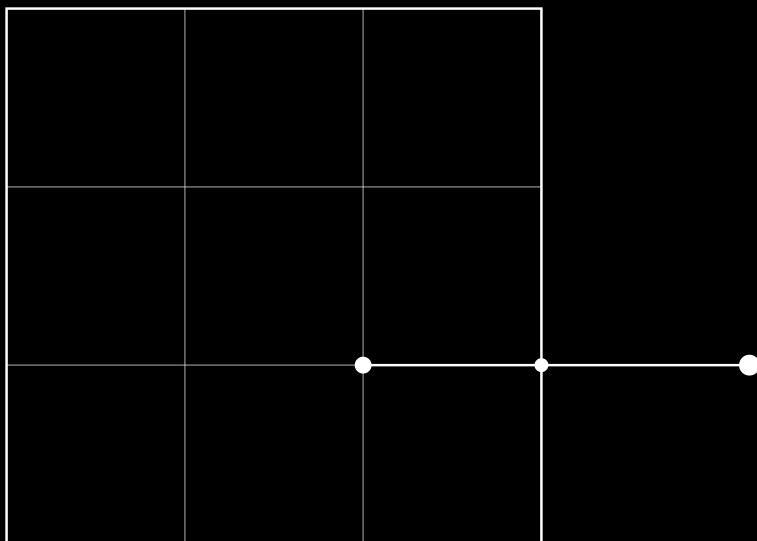
---

I can see all of this clearly when I look outward. I can grant another person their own well, their own drain, their own gauge, and trust them to read it.

The harder part, the part I am still walking, is granting the same thing to myself.

It is easier for me to let others feel their drain than to sit in my own long enough to read it. The giving reflex is fast. It reaches to give before the gauge has even finished its reading. I can override my own gauge out of habit, and never learn what my own water was trying to tell me.

I am including this even though I have not mastered it. Maybe especially because I have not. It would be dishonest to write a book about feeling your own water and quietly leave out the place where I still struggle to feel mine.



*The frontier belongs in the map. The edge I am  
still walking is part of the territory, not a flaw  
to hide.*

If you find that you too can offer this understanding to everyone but yourself, you are not behind. You are standing exactly where I am standing. And naming it out loud is how both of us take the next step.



# THE ONE BUCKET

---

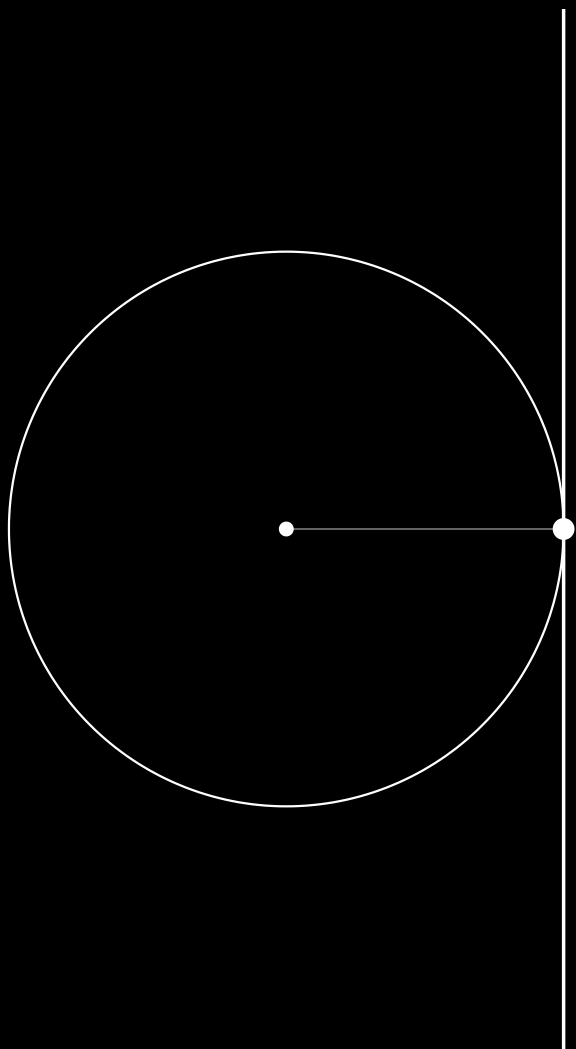
So here is the shift, simple enough to hold in one hand.

Stop running two columns. Pour giving and receiving into one bucket, and let the tally go. The scorecard was always noise.

What flows in and what flows out through any single life is not something you can weigh against each other, because they were born from the same current.

When you do this, something clears. The well stops getting muddied by the counting. You can feel the water again. And feeling the water is the whole practice, because it is the only way to know, moment to moment, whether to open or to hold.

Let me be clear about one thing, so this is not misread. Releasing the scorecard does not mean ignoring the shape of a channel. You do not have to count every drop to notice when a flow runs almost entirely in one direction, or when a channel has become unsafe, or when a well is being emptied and never allowed to fill. Feeling the water is not the same as ignoring what the water is doing. It is the opposite. Letting go of the tally is what frees you to feel those patterns more honestly, not less.

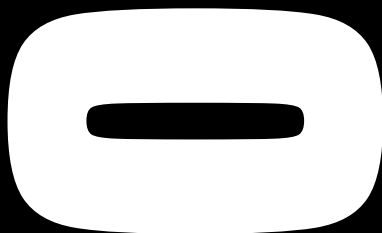


*A boundary is not a scorecard. It is you responding  
to what you actually feel.*

The channel runs both ways because that is what a channel does. Your only real responsibility is the part that is actually yours: how you meet the flow. How you give. How you receive. How you dial it in as life keeps changing the conditions. That is yours to hold, fully. And it is enough.

Then you look outward and you see the next person, standing in their own current, holding their own dial. Just as responsible for their flow as you are for yours. And the next. And the next. You let each of them keep their own gauge. You resist the urge to reach over and cover it for them.

That is the practice. Not scorekeeping. Not plugging. Just feeling your own water, meeting the channel honestly, and trusting others to do the same.



# ONE LAST THING

---

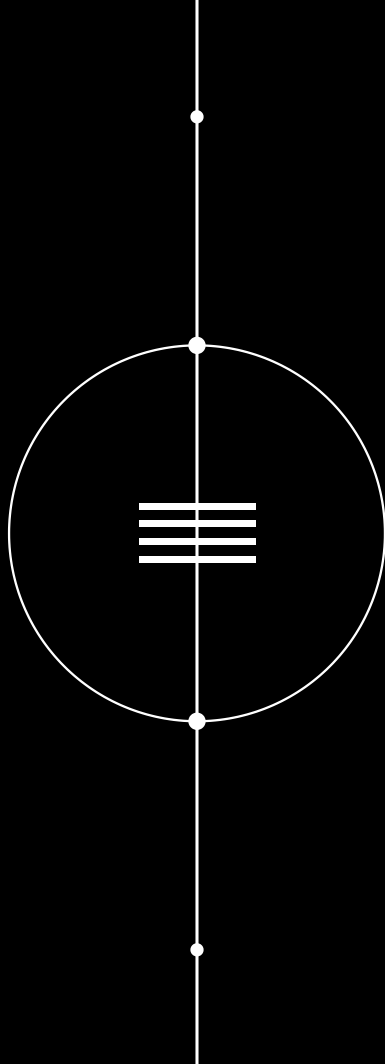
The reason I could write this is that I tried to say it.

There is an old truth that if you really want to learn something, teach it. I have found that to be exactly right.

The parts of me that were still forming came into focus the moment I tried to hand them to someone else. Speaking the parts I understood drew forward the parts that were still resting in shadow, not yet ready to be spoken. Shadow is not the enemy here. It is only where a thing waits until it is ready to be seen. Saying the clear parts out loud is what invited the resting parts to come forward on their own.

So if any of this resonates, do not just keep it. Try to give it away. Not to convince anyone. Just to find out what becomes clearer in you when you reach for the words.

That is the channel too. You teach, and in teaching you receive. You give the understanding away, and it comes back to you more whole than when it left.



*One channel. Flowing both ways. The way it was  
always meant to.*

Walk in love.

JAY PIERCE

FROM THE UNRAVELING CHANGE SERIES