



why the gay scene no longer matches your vibe.

a journal for gay men letting go of scenes that no longer serve them.

**this reflection is for anyone who's ever walked into a space that
used to feel like home and suddenly felt like a stranger. if
you've outgrown the performance, the pretending, the
pressure to keep up — this is your moment to pause.
because your evolution isn't something to hide — it's
something to honor.
you're not broken for feeling different. you're just vibrating
higher.**

an RGL Divinations journal.

by keir michael

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disclaimer.

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free version

chapter one – once upon a vibe.

chapter two – when it stopped feeling good.

realgaylife+ members

chapter three – low vibes everywhere.

chapter four – the loneliness of high frequency.

chapter five – what a high-vibrational gay man feels like.

recommended readings + sources

deep dive journal prompts.

seven day reflection cards.

affirmation cards.



@Travieso78702



"Apart from YouTube, I don't do social media. There is just too much racism, antisemitism, and ageism online. Even those that seem perfect don't feel good enough."



@Karl_95



"Grindr done grinded away at my energy."



@Woke_kay96



"Jack'd is full of guys just wanting sex and it's bogus to me smh."



@grayadonas



"I've found the gay community to be very superficial at times even though many will try to claim that it isn't."



chp. 1 | 5

once upon a vibe

remembering when the gay scene felt magical, alive, and full of hope.

there was a time when stepping out of the closet felt like stepping into a whole new world — electric, free, and full of possibility. for many of us, coming out wasn't just a personal milestone, it was a spiritual shift. suddenly, we could show up in gay spaces — bars, parks, pride events, house parties — and see others living openly and boldly. it was more than just socializing; *it was the first time we felt like we weren't alone in who we were.*





ask yourself...

what was happening in your life right before you came out?

before we step into freedom, we often sit in a quiet kind of tension – a buildup of emotions, moments, and realizations that eventually lead us to choose truth. by remembering what was happening in your life right before you came out, you can better understand what you were carrying, what you were craving, and what finally became too heavy to hold in silence.



now think about that day – the day you revealed yourself, when you officially came out and let the people in your world see who you truly were. maybe it was loud and dramatic, or maybe it was quiet and sacred. either way...



ask yourself...

what emotions rose up in you afterwards? what did it feel like to finally be seen?

i felt relieved

i felt scared

i felt empowered

i felt free

i felt hopeful

i was unsure

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.





what was the first space or moment where you felt fully, openly
you — and not afraid? how did it feel being in that space?

maybe it was a gay bar, a pride event, a friend's apartment, or just a quiet
moment with someone who saw you. **there was something about the
people, the energy, and the freedom in that environment that told you: it's
okay to just be.** those spaces weren't perfect, but they held room for truth,
for softness, for you to show up without shame — and that was everything.



and if you've never felt that kind of safety or belonging — you're not alone. that
absence is exactly why conversations like this matter, and why i'm committed
to creating spaces where we, as gay men, can truly connect, relate, and exist
without performing. **we all deserve spaces that feel soft, honest, and real —
and if they don't exist yet, it's up to us to start building them.**



if you've never felt that kind of space before... imagine it now.



ask yourself...

what would it feel like to walk into a space where you don't have to shrink, prove, or perform — just be?

nonjudgmental

emotionally safe

chill

diverse

spiritual

sober-friendly

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

even if you've never stepped into a space like this, **visualizing it matters**. when we give shape to what we need — when we picture it, name it, and feel it in our body — we start to believe it's possible. your mind begins to recognize it as real, and your spirit starts to call it in. ***the space you're dreaming of might not exist yet — but imagining it is the first step to finding it, building it, or attracting it.***



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when it stopped feeling good.

the slow realization that something shifted — or maybe *you* did



carry that feeling with you – the excitement, the freedom, the sense of finally belonging. now ask yourself... **when did that start to fade?** maybe it wasn't one moment, but a slow unraveling. maybe the space didn't change overnight, but something in you did.



ask yourself...

was it me or the community?

mark all that apply.

i shifted / changed

i became more emotionally self-aware

i started valuing depth over attention

i outgrew the need for constant validation

i began healing and setting boundaries

i craved slowness and intentional connection

i became more sensitive to energy

i wanted community, not just company

the community / people / spaces shifted / changed

the vibe became more superficial

people became more image-obsessed

hookup culture became more dominant

no one wanted to talk – just be seen

the space began rewarding performance over authenticity

spiritual or emotional conversations felt unwelcome

the energy felt chaotic or draining



whether the shift happened within you, around you, or both — what matters most is that you notice it. awareness is powerful. **when you take the time to sit with the shift, without judging it, you allow yourself to honor your truth.** *something changed — and your job isn't to fix it or force it back. your job is simply to acknowledge it.*



ask yourself...

was there a specific moment or experience that made you feel out of place?

do you feel like you're pretending or performing more than being yourself?



over time, many of our spaces — the ones that once radiated freedom, love, and connection — began to feel different. **in my opinion, lust, ego, and performance slowly replaced joy, empathy, and authenticity.** instead of being places where we could rest and relate, they became spaces where we felt watched and measured.



think about the last time you were in a gay space...



ask yourself...

did you feel free to just exist, or did you feel like you were being watched, compared, or performing?

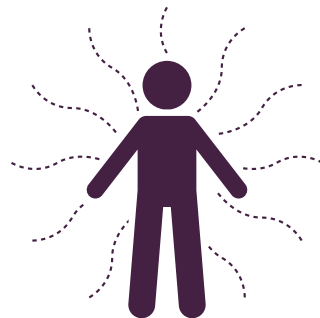
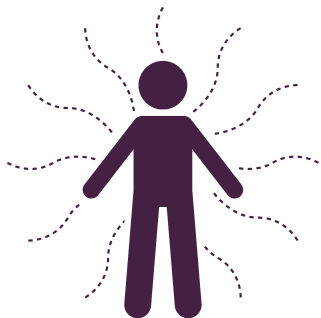


according to the Map of Consciousness developed by Dr. David R. Hawkins, **emotions like lust and pride rank among the lowest vibrational states, while love, joy, peace, and enlightenment sit at the top** (Hawkins, Power vs. Force, 1995). lust vibrates at just 125, pride at 175, while love is measured at 500 and joy at 540. *these energetic frequencies aren't just theoretical – they deeply impact how we relate to ourselves and others.*



ask yourself...

have you ever walked into a room or group and instantly felt a shift – whether heavy, tense, warm, or open?



low vibration

vs.

high vibration

lots of judgmental looks
or side-eyes

genuine eye contact

conversations centered
on appearance, status,
or sex only

warm body language
(relaxed shoulders, open
posture)

comparison, gossip, or
performance

uplifting conversation
(deep, curious, kind)

tension in the body
(tight jaw, crossed arms,
shallow breath)

laughter that feels
natural

fake smiles, forced
laughter, or talking over
each other

people hyping each
other up without ego

feeling watched, sized
up, or excluded

space to speak and be
heard



when spaces are built on low-vibration energies like validation-seeking, body worship, and shallow status games, the collective vibe drops. and **for those of us who are sensitive, intentional, or spiritually aligned — that shift is not just uncomfortable, it's viscerally felt.** so it's no surprise that what once felt like home might now feel hollow.





LETS GET REAL WITH OURSELVES...

assessments aren't about judgment – they're about awareness.
they help us see where we are right now, so we can decide where we want to go.
getting honest with ourselves gives us a starting point for real, intentional growth.

am i a highly sensitive gay man?

not 100% sure how to answer that?

want a more honest look at where you really stand?

i created a short assessment that helps you figure it out.

head to realgaylife.com and get your personal score.

(it only takes a few minutes, and your results might surprise you.)



realgaylife.com



take an assessment



am i a highly sensitive gay
man?

write you score here



have you been blaming yourself for feeling disconnected...

when maybe, you've just been outgrowing the energy?





📧 **thank you for doing the work.**

seriously — this is how we change things.
by slowing down, getting honest with ourselves, and choosing something deeper.
you doing this work matters!
it's how we build the kind of community we all wish existed.

this free resource was made possible by **real gay life patreon subscribers** and
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if you found this helpful and want access to the **full guided journal**, plus:

unlimited deep-dive prompts

7-day reflection cards

and full **affirmation decks** for every topic [**join us now**](#)