

ONION CYCLES PODCAST
WORKBOOK
III / IV



BY NADINE ALMER





NADINE ALMER

www.wunderfinder.org



My beloved, fellow, healing-integrating onions: Thank you for this year together, the vulnearbility, the growth and journey of self discovery we shared with each other.

This workbook aims to put together a concise overview to be of continuous and consistent service to you.

With all my heart and soul:
Love and light, growth and expansion for you!

 @wunderfinderorg

 almer.nm@gmail.com





THE WHY

WELCOME+

Everything is connected—as above, so below. From the synapses in our brains to the mycelial networks beneath us, all is intertwined with the invisible force that moves the universe.

By understanding ourselves, we gain insight into the world and those we encounter within it.

My mission is to serve this intricate web of existence by listening deeply and helping others untangle what might seem overwhelming.

We are all connected, all seeking our way back to wholeness.

In my work, I open a safe space for vulnerability, where we explore the mosaic of our inner world.

By understanding each fragment of who we are—how we think, feel, and ultimately act—we shape a reality grounded in self-awareness and genuine connection.

LET'S WALK EACH OTHER HOME!



LET'S TALK ABOUT EVERYTHING!

COMMUNICATION

COMMUNITY & CONVERSATION

You can reach me through mail, Telegram, connect through social media or book your 1:1 talk with me: I am here for YOU!

Telegram '[OnionSquad](#)'

Telegram 'YOUmiracle Tribe'



YOUMIRACLE CHALLENGE

Join the YOUmiracleYOU challenge launching **January 11, 2025!**

This 21-day journey will set a powerful intention for the year ahead. Through a blend of body, mind, and soul practices, we'll plant your chosen seed and nurture it with group sessions, one-on-one support, and weekly action-based challenges.

If you feel called to join, [apply now](#) via email to secure one of the **15 limited virtual seats.**

I AM EXCITED TO MEET YOU!



ABOUT THE PROCESS

Throughout the year, we explored concepts and gathered tools to support self-reflection and self-responsibility. Our goal is self-empowered, experiential growth, guiding each of us toward the life and self we envision.

In this workbook, we'll consolidate our insights and reflect on the journey, with a focus on podcast episodes 22 through 37.

STORIES & EPISODES

Story 21, Ep. 22: Joie De Vie	page 1
Story 22, Ep. 23: Procrastination	page 7
Story 23 -31 , Ep. 24 - 32: The Being Human Series	page 8
Story 32, Ep. 33: Regeneration	page 10
Story 33, Ep. 34: Redefining Happiness	page 1
Story 34, Ep. 35: The NOW	page 12
Story 35, Ep. 36: Emotions & Feelings	page 14
Story 36, Ep. 37: Contemplation III	page 16



STORY 21, EP. 22: JOIE DE VIE

STORY 33, EP. 34: REDEFINING HAPPINESS

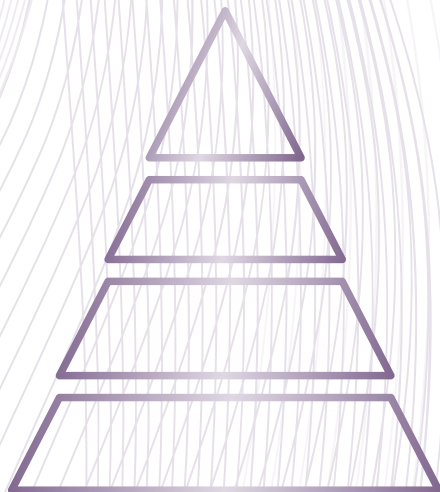
We only discover what supports us,
When everything we thought supported us,
Doesn't support us anymore.

II CARL JUNG II

FOR THE REASON OF THEIR CLOSE REALTIONSHIP WITH EACH OTHER, IN THIS WORKBOOK 'JOIE DE VIE & REDEFINING HAPPINESS WERE COMBINED.

HAPPINESS IS OFTEN MISUNDERSTOOD AS CONSTANT CHEERFULNESS, BUT TRUE JOY LIES IN CONTENTMENT AND ALIGNMENT WITH OUR INNER VALUES. BY EMBRACING LIFE'S NATURAL HIGHS AND LOWS, WE UNLOCK THE POWER TO CULTIVATE LASTING FULFILLMENT FROM WITHIN.

THESE ARE JUST A FEW APPROACHES—STAY CURIOUS AND EXPLORE YOUR SELF-EMPIRICAL JOURNEY. TRY, FEEL, AND DISCOVER WHAT TRULY SERVES AND SUPPORTS YOU ALONG THE WAY.



Maslow's Hierarchy of Needs

- **Basic Needs:** Physiological (food, water, shelter) and safety are foundational. Without securing these, higher-level needs can't be met.
- **Psychological Needs:** Love, *belonging, gratitude, and self-esteem (confidence, uniqueness, sense of achievement).
- **Self-Fulfillment Needs:** True self-actualization comes through embracing purpose, meaning, and inner peace.

REFLECTIVE JOURNEY THROUGH THE PYRAMID

ON THE NEXT PAGE YOU HAVE SPACE TO DO THIS EXERCISE OF DEEP SELF REFLECTION. IT IS NOT ABOUT RUSHING THROUGH IT, IT CAN BE SET ASIDE AND IS MOST BENEFICIAL WHEN WE TAKE AS MUCH TIME AS WEE NEED TO EVLAUTE WHERE WE ARE RIGHT NOW. VIEW IT AS TAKING STOCK TO BE ABLE TO SEE CLEARLY WHERE YOU WANT YOUR NEXT STEP TO LEAD YOU.



*FITTIM IS NOT BELONGING; AND SOME OF US MAY NOT HAVE AN ULTIMATE NEED TO BELONG AS THEY HAVE THIS NEED MET BY FEELING THEY BELONG TO THEMSELVES. IF YOU WANT TO KNOW MORE CLICK HERE TO ACCESS A VIDEO BY CHRISTINA LOPES EXPLORING THIS TOPIC DEEPER!



● PHYSIOLOGICAL NEEDS (FOUNDATION OF LIFE)

ASK YOURSELF:

- HOW DO I CARE FOR MY BODY'S BASIC NEEDS?
- AM I HONORING MY NEED FOR REST, NOURISHMENT, AND MOVEMENT?

● PHYSIOLOGICAL NEEDS (FOUNDATION OF LIFE)

ACTION:

- WRITE DOWN ONE SMALL CHANGE YOU COULD MAKE THIS WEEK TO BETTER SUPPORT YOUR BODY'S NEEDS (E.G., DRINK MORE WATER, SET A CONSISTENT SLEEP SCHEDULE, OR PLAN NOURISHING MEALS).

● SAFETY AND SECURITY (GROUNDED STABILITY)

ASK YOURSELF:

- DO I FEEL SAFE AND SECURE IN MY DAILY LIFE?
- WHAT PRACTICES OR ROUTINES MAKE ME FEEL GROUNDED AND PROTECTED?

● SAFETY AND SECURITY (GROUNDED STABILITY)

ACTION:

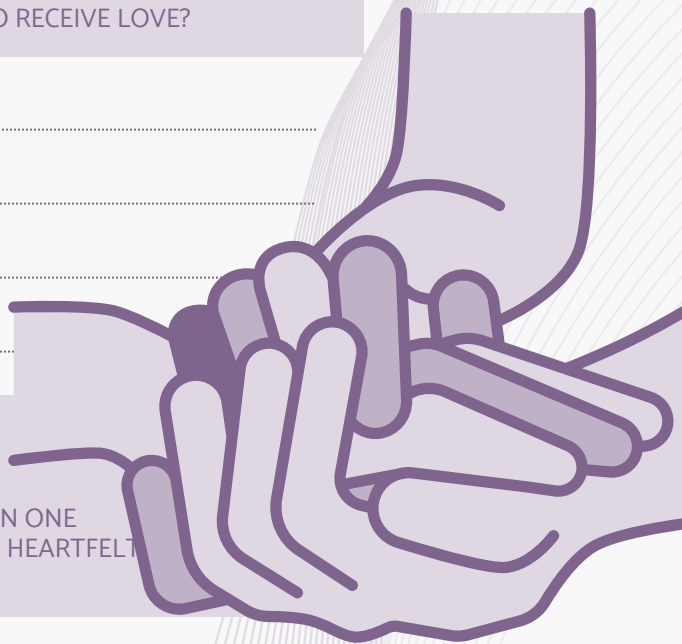
- IDENTIFY ONE STEP TO ENHANCE YOUR SENSE OF SAFETY, WHETHER PHYSICAL (E.G., ORGANIZING YOUR SPACE) OR EMOTIONAL (E.G., SETTING BOUNDARIES).



● LOVE AND BELONGING (THE HEART'S CONNECTION)

ASK YOURSELF:

- WHERE DO I FEEL MOST CONNECTED AND LOVED?
- AM I NURTURING MY RELATIONSHIPS AND ALLOWING MYSELF TO RECEIVE LOVE?



● LOVE AND BELONGING (THE HEART'S CONNECTION)

ACTION:

- LIST THREE PEOPLE OR COMMUNITIES THAT BRING YOU JOY. PLAN ONE MEANINGFUL CONNECTION THIS WEEK, SUCH AS A COFFEE DATE, HEARTFELT MESSAGE, OR SHARED ACTIVITY.

● ESTEEM (CONFIDENCE AND WORTH)

ASK YOURSELF:

- WHAT ACHIEVEMENTS OR QUALITIES AM I MOST PROUD OF?
- AM I VALUING MYSELF AS MUCH AS I VALUE OTHERS?

● ESTEEM (CONFIDENCE AND WORTH)

ACTION:

- WRITE A SHORT AFFIRMATION THAT CELEBRATES YOUR UNIQUE STRENGTHS AND ACCOMPLISHMENTS. PLACE IT SOMEWHERE VISIBLE TO REMIND YOURSELF DAILY.



● SELF-ACTUALIZATION (LIVING YOUR TRUTH)

ASK YOURSELF:

- WHAT LIGHTS ME UP AND MAKES ME FEEL ALIGNED WITH MY PURPOSE?
- HOW CAN I EXPRESS MY CREATIVITY AND AUTHENTICITY MORE FULLY?

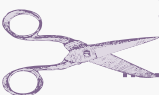


● SELF-ACTUALIZATION (LIVING YOUR TRUTH)

ACTION:

- CHOOSE ONE SMALL ACTION TO HONOR YOUR SELF-EXPRESSION OR GROWTH THIS WEEK, SUCH AS JOURNALING ABOUT YOUR DREAMS, ENGAGING IN A CREATIVE HOBBY, OR LEARNING SOMETHING NEW.

CREATE A "PYRAMID OF ALIGNMENT" ACTION PLAN BY SUMMARIZING YOUR COMMITMENTS FOR EACH LEVEL INTO ONE LIST. **POST IT WHERE YOU CAN SEE IT DAILY**, AND REVISIT IT AT THE END OF EACH DAY TO REFLECT ON WHAT STEP YOU TOOK TODAY TO ENHANCE YOUR EXPERIENCE OF LIFE ITSELF.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

PYRAMID OF ALIGNMENT

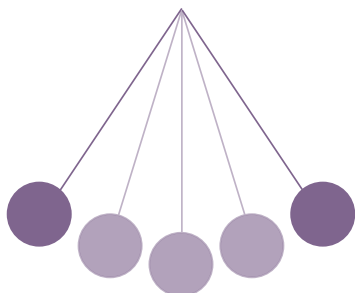


COMMITMENTS

-
-
-
-
-



STAY CURIOUS & OBSERVE



THE PENDULUM OF LIFE

- LIFE IS A SERIES OF SWINGS BETWEEN HIGHS AND LOWS.
- KEY INSIGHT: THE PENDULUM'S INTENSITY IS IN YOUR HANDS. EMOTIONS ARE TOOLS FOR GROWTH, NOT DEFINITIONS OF SELF. BECOMING AN OBSERVER ALLOWS YOU TO PAUSE, ASSESS, AND CHOOSE RESPONSES THAT ALIGN WITH YOUR HIGHEST GOOD.

THE TRUE NATURE OF HAPPINESS

- HAPPINESS ISN'T PERPETUAL CHEERFULNESS. IT'S CLOSER TO CONTENTMENT AND INNER BALANCE.
- EUDAIMONIA (STOIC WISDOM): HAPPINESS COMES FROM CONTROLLING YOUR INNER STATE, NOT EXTERNAL EVENTS. A STOIC MIND OBSERVES EMOTIONS, STAYS GROUNDED, AND CHOOSES ACTIONS THAT SERVE THE HIGHEST GOOD.



THE NEW "4-A-DAY" APPROACH *

- DOPAMINE: COMPLETE TASKS, ENJOY GOOD FOOD, AND PRIORITIZE SLEEP.
- OXYTOCIN: FOSTER CONNECTION THROUGH ACTS OF SERVICE, PHYSICAL TOUCH, AND NURTURING RELATIONSHIPS.
- SEROTONIN: EMBRACE MINDFULNESS, NATURE, AND SUNLIGHT.
- ENDORPHINS: ENGAGE IN EXERCISE AND LAUGHTER.

*TAKEN FROM IG
@IAMESTMOOREWELLNESS

BREAKING FREE FROM THE "IF... THEN..." TRAP

- AVOID CONDITIONAL HAPPINESS: "IF X HAPPENS, THEN I'LL BE HAPPY."
- FEAR OF OUTCOMES (BEST OR WORST) OFTEN HOLDS US BACK.
- BEGIN NOW: HAPPINESS IS IN THE PROCESS, NOT THE PERFECT RESULT.

Empowerment Through Self-Acceptance
EVERYTHING YOU NEED TO THRIVE IS
ALREADY WITHIN YOU.

True empowerment comes from self-nurturing and
aligning with your inherent strengths.

Focus on growth from within, and happiness will flow naturally.



THE 5 TO THRIVE FOR ME

STORY 22, EP. 23: PROCRASTINATION

PROCRASTINATION: UNDERSTANDING THE UNDERLYING FORCES

PROCRASTINATION IS OFTEN MISUNDERSTOOD AS MERE LAZINESS OR LACK OF DISCIPLINE, BUT IT IS MUCH DEEPER THAN THAT. AT ITS CORE, PROCRASTINATION ARISES FROM A CONFLICT BETWEEN THE BRAIN'S DESIRE FOR COMFORT AND SAFETY AND THE SOUL'S CALL FOR GROWTH AND EXPANSION. OUR NERVOUS SYSTEM IS WIRED TO AVOID DISCOMFORT, LEADING US TO CHOOSE WHAT IS FAMILIAR (EVEN IF IT'S PAINFUL) OVER THE UNKNOWN POTENTIAL OF GROWTH. THIS CREATES FRICTION—THE TENSION BETWEEN WHAT WE TRULY WANT (GROWTH) AND WHAT WE PERCEIVE AS SAFE (STAYING WHERE WE ARE). THIS FRICTION, WHEN LEFT UNADDRESSED, LEADS TO PROCRASTINATION.

CONSEQUENTIAL PROCRASTINATION

THIS OCCURS WHEN WE AVOID IMPORTANT TASKS—SUCH AS QUITTING A DRAINING JOB OR ENDING A RELATIONSHIP—THAT HAVE SIGNIFICANT IMPACTS ON OUR LIFE.

VS

INCONSEQUENTIAL PROCRASTINATION

THESE ARE TASKS THAT, IF DELAYED, WON'T DRAMATICALLY AFFECT OUR WELL-BEING, SUCH AS PUTTING OFF THE DISHES FOR THE DAY.

YOU ARE NOT LAZY!

The friction that causes procrastination can overwhelm our nervous system and lead to dysregulation. This dysregulation may stem from past emotional experiences or fear of failure or success. To overcome procrastination, it's vital to understand the why behind it and what works to bring balance back. Procrastination is not a reflection of your character—it is a survival mechanism. It is a sign that your nervous system is in protective mode. You are not undisciplined, you are simply trying to preserve your energy in the face of perceived danger.

APPROACHES TO WORK WITH YOUR PROCRASTINATION:

1

CALM THE NERVOUS SYSTEM

PROCRASTINATION OFTEN TRIGGERS A FIGHT-FLIGHT-FREEZE RESPONSE, WHERE THE TASK FEELS LIKE A LIFE-OR-DEATH SITUATION. TO BREAK THIS CYCLE, IT'S IMPORTANT TO INTERRUPT THE PATTERN AND REGULATE YOUR NERVOUS SYSTEM:

- ACTION: DO SOMETHING OUT OF THE ORDINARY—DANCE, SING, JUMP, RUN, OR ENGAGE IN ANY PHYSICAL ACTIVITY THAT DISRUPTS THE PATTERN OF AVOIDANCE AND CREATES A SHIFT IN YOUR STATE.
- PRACTICE: USE DEEP BREATHING EXERCISES TO CALM YOUR MIND AND BODY. TREAT YOURSELF WITH THE SAME KINDNESS YOU WOULD EXTEND TO A FRIEND IN NEED.

2

INTEGRATE AND HEAL

THE EMOTIONS TIED TO PROCRASTINATION OFTEN LIE DEEPER WITHIN US, STORED IN OUR PAIN BODY. AVOIDING THESE EMOTIONS ONLY INTENSIFIES THE PROCRASTINATION OVER TIME. TO HEAL:

- ACTION: MINDFULLY SIT WITH YOUR FEELINGS WITHOUT JUDGMENT. REFLECT ON WHAT MAY BE CAUSING THE EMOTIONAL RESISTANCE AND FACE THE UNDERLYING ISSUE.
- PRACTICE: USE TOOLS LIKE TEAL SWAN'S EMOTIONAL BODY EXERCISE OR SEEK SUPPORT IF YOU FEEL UNSAFE NAVIGATING THESE FEELINGS ALONE.



STORY 23 -31 , EP. 24 - 32:

THE BEING HUMAN SERIES

The 7 Powers of Wrath from Mary Magdalene Revealed by Megan Patterson provide a profound blueprint for understanding the human experience. These powers highlight the tension between the spirit's drive for expansion and growth and the human struggle with inherent limitations and discomforts. They represent deeply human experiences, each offering both challenges and opportunities for growth, with all seven being present in everyone, though not equally so.

DARKNESS

Often perceived as depression, this power embodies heaviness, helplessness, and emotional numbness. While these feelings can be a temporary and necessary part of the human cycle, darkness can also be self-perpetuating. Embracing this power involves reframing darkness as a time for inward reflection and growth, akin to the winter season or a woman's monthly cycle, where retreat and letting go make way for renewal and transformation.

DESIRE

Desire can be both a force for growth and a trap. When rooted in lack, it creates yearning for something we believe we don't have, which leads to dissatisfaction. However, balanced desire serves as a healthy drive, urging us to pursue goals and evolve, driven by intention and a love for creation, rather than a fear of what's missing.

IGNORANCE

This power points to the things we are unable to see or know at a given time. Ignorance can serve as a protective force, giving us time to grow into awareness. However, when we fail to recognize patterns or unconscious behaviors—such as repeating toxic relationships—ignorance keeps us trapped in cycles. It's the unconscious mind reacting without awareness of its deeper motivations.

ZEAL FOR DEATH

This power manifests in choices that harm our longevity, whether through self-destructive behaviors or excess in any form, such as addiction, overeating, or suicidal thoughts. These actions stem from an imbalance or disconnection with our purpose and can be signs that we are out of alignment with our soul's true needs.

FOOLISH WISDOM OF THE FLESH

This power points to the disconnect between what we know is beneficial for us (e.g., exercise or rest) and the choices we make to self-soothe or indulge in unhealthy coping mechanisms, such as binge-watching or overeating. It's a form of self-sabotage, where we choose the easier, more comforting path even when we know it isn't good for us.

THE REALM OF THE FLESH

Our relationship with the body and its physical needs represents this power. While indulging in physical pleasures isn't inherently wrong, an imbalance—such as overindulgence or neglecting the body's needs—can create harm. This power calls for a healthy balance, recognizing that both the physical and spiritual aspects of being human need care and attention.

WISDOM OF THE WRATHFUL PERSON

Wrath, or anger, is a natural and empowering emotion, but it needs to be expressed in balance. When we recognize our anger, accept it, and investigate its deeper roots, it becomes a source of wisdom and empowerment. Wrath can lead to positive change, but it becomes destructive if we spread it or repress it. The wisdom of this power lies in acknowledging anger as a tool for growth and understanding, learning from it instead of letting it control us.



In summary, these 7 Powers of Wrath are not inherently negative, they are expressions of the human experience. When we understand them, they become tools for self-awareness and transformation. By embracing and integrating each power, we can navigate the tension between our human limitations and the eternal spirit's desire for growth, ultimately learning to live a balanced, empowered life. Therefore, the space below is dedicated to your own reflections on how you have encountered any (or all) of them in your life before.

IT'S NEVER THE POWER ITSELF THAT IS HARMFUL.
IT'S THE ABSENCE OF AWARENESS, REFLECTION AND
INTENTION TO WORK WITH IT THAT MAKES IT HARMFUL.

I AGREE OR DISAGREE WITH THE STATEMENT ABOVE BECAUSE...



STORY 32, EP. 33: REGENERATION

The Seven Pillars of Regeneration

In a world where rest is often equated with sleep or passive screen time, the deeper, multidimensional forms of regeneration are frequently overlooked. True restoration extends beyond mere physical rest—it encompasses emotional, mental, spiritual, social, sensory, and creative renewal. These seven pillars form the blueprint of holistic well-being, guiding us to nurture every facet of our being. By identifying the signs of depletion and embracing the unique actions for each pillar, we can return to balance, vitality, and alignment with our authentic selves.

EMOTIONAL

Emotions are often dismissed as weakness, but they are essential indicators of our inner truth.

Signs you need it: Fear of trying new things, overthinking, suppressing emotions, leading to depression.

Action: Release emotional pressure by being authentic. Set boundaries, let go of others' expectations, and become your own best friend.

PHYSICAL

The body's wisdom is often ignored in favor of routine or convenience.

Signs you need it: Tension, headaches, fatigue, or clenched jaw.

Action: Reconnect with your body by listening to its needs. Move when it craves motion, rest when it asks for stillness, and build a genuine relationship with your physical self.

MENTAL

The constant barrage of information can overwhelm the mind.

Signs you need it: Mental fatigue, stress, restlessness, or sleeplessness.

Action: Embrace stillness and presence. Disconnect from external distractions, clear your space, and find clarity by focusing on the present moment.

SPIRITUAL

Disconnection from the larger universe leaves us feeling unmoored.

Signs you need it: Loss of hope, purpose, or faith in goodness.

Action: Explore spirituality as a fluid and personal practice. Seek what resonates with your soul, stay curious, and allow your connection to the divine to evolve with you.

SOCIAL

Belonging arises from authenticity, not conformity.

Signs you need it: Feeling isolated, misunderstood, or pressured to fit in.

Action: Curate your social environment. Distance from draining influences, align with those who appreciate your truth, and boldly live your authentic self.

SENSORY

The overstimulation of modern life dulls our senses.

Signs you need it: Sensory overwhelm—bland tastes, sensitivity to light or sound, or strong scent aversion.

Action: Detox your environment by stepping away from digital and urban noise. Retreat into silence to recalibrate your senses.

CREATIVE

Creativity fuels joy and purpose, but it needs nurturing. **Signs** you need it: A sense of monotony, loss of inspiration, or lack of purpose. **Action:** Schedule regular "playdates" for your inner child. Revisit past joys or try new creative outlets to refill your well and reignite your spark.

RADICAL TRUTH EXPERIMENT

On average we lie at least five times a day, to others as well as ourselves. For a day track with a pencil and a piece of paper how many times you lie. Just observe, no judgement. Are you surprised?

Every lie is one line and every bit, even a little white lie counts.:



OBSERVATION

For a week, at the end of a day, sit down and ask yourself

- What gave myself energy today?
- What drained my energy today?

Journal about the results of your data at the end of the week in the designated space below.

- Were there any surprises? What does the data tell you that you were not aware before?

Monday

[illegible]

Tuesday

Wednesday

Wednesday

Thursday

Friday

Saturday

Sunday



STORY 34, EP. 35: THE NOW

THE FASTER YOU ARE MOVING,

THE MORE YOU ARE IN FEAR..

THE MORE YOU ARE IN FEAR,

THE MORE YOU ARE THINKING.

THE MORE YOU ARE THINKING,

(about yourself)

THE LESS COMPASSION & KINDNESS YOU HAVE..

for yourself & others.

THE LESS COMPASSION & KINDNESS YOU HAVE..

for yourself & others.

THE MORE YOU MISS

the magic

ALL THE YOUS

II IG @ASHR_GRAY II

On a quiet evening, as the world slowed down, you close your eyes and imagine yourself walking along a familiar path. To your right stands a small house, cozy and inviting, its windows glowing softly in the twilight. Something about this place feels undeniably safe, like it has been waiting for you all along. You approach and knock gently. The door creaks open, and there, standing before you, is a child. For a moment, you freeze—it's you, your younger self, with the same curious eyes you remember. The child smiles knowingly, a spark of recognition lighting their face. Without a word, they extend their hand. You take it, and together you step inside. The warmth of the house embraces you. The hallway leads to a grand, inviting room, filled with the glow of a crackling fireplace. Cushions and sofas are scattered around, and in the center of it all is a circle of people, every single one of them unmistakably... you.

Some faces are younger, others older. There's the rebellious teenager with wild hair, the wide-eyed dreamer with ink-stained fingers, the version of you from that difficult year, and even the wise, weathered elder. A toddler sits contentedly on the lap of another, while a version of you, still grieving a past loss, sits quietly but looks up and smiles at your arrival. They all brighten the moment they see you.

"Come in! Sit with us!" they say, their voices a harmonious mix of familiarity and joy. You're ushered into the circle, handed a warm cup of tea, a plate of your favorite treats. You've never felt so... seen. They lean in eagerly, their eyes filled with love and curiosity.

"What's happening in our life right now?" they ask in unison.

You begin to share. Every victory, every struggle, every mundane and magical detail. They hang on to every word, nodding, laughing, even tearing up at times. You feel a weight lift as you tell your story. Time seems to stand still in their company. Finally, a question forms in your mind, one you hadn't thought to ask before. You take a breath and ask, **"So... who is the happiest of us all?"**

A quiet hush falls over the room. From the circle, your eldest self rises slowly, their eyes shimmering with wisdom and a quiet peace. They walk over and wrap you in a warm embrace, the kind that melts away doubt and fear.

Then, with a kind smile, they speak.

"Have a light heart," they say. "You are exactly where you're meant to be. You will be the happiest of us all. And whenever you need us, we're right here. Always. Welcome home."

The room fills with quiet murmurs of agreement, and each version of you takes turns embracing you, whispering words of encouragement and love. It's not a goodbye but a promise. A reminder. At last, the child who first greeted you stands, offering their hand once more. You take it, tears of gratitude welling up as you hug every part of yourself one last time before heading back to the door. Your younger self lingers for a moment, holding you close. They whisper softly in your ear: **"Thank you for holding on. Thank you for standing strong. Thank you for never giving up on yourself."**

With a final squeeze, you step back, leaving the house with your heart full. You find yourself back in your safe place, a little lighter, a little more whole. You stay as long as you need, letting it all sink in. And when you're ready, you open your eyes, feeling a sense of peace you hadn't known before.

Now, it's your turn.

Whenever you need them, all the versions of you are waiting, ready to listen, love, and remind you of how far you've come: Visualise and experience firsthand the wonder and grace the NOW WITHIN has to offer.





STORY 35, EP. 36: EMOTIONS & FEELINGS

NAVIGATING THE SEAS OF YOUR INNER WORLD

LIFE IS AN INTRICATE DANCE OF EMOTIONS AND FEELINGS. AMONG THE VAST SPECTRUM OF HUMAN EXPERIENCE, FIVE CORE EMOTIONS ANCHOR US: JOY, SADNESS, ANGER, FEAR, AND LOVE. EACH IS VALID, DEEPLY PERSONAL, AND UNIQUELY TRANSFORMATIVE. THEY CAN FEEL GOOD, BAD, OR EXIST SOMEWHERE IN BETWEEN, AS STATES LIKE EXCITEMENT, OVERWHELM, OR PERPLEXITY OFTEN BLUR THE LINES BETWEEN PLEASURE AND DISCOMFORT.

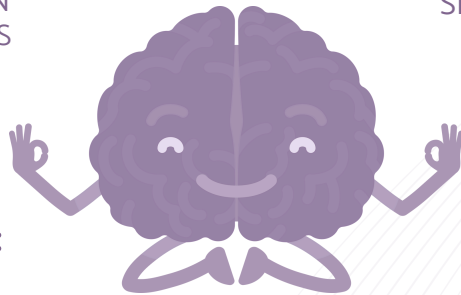
EMOTIONS

ARE PHYSIOLOGICAL RESPONSES, HARDWIRED INTO YOUR BODY'S NEURAL AND HORMONAL NETWORKS. THEY SPARK INSTANT REACTIONS—YOUR HEART RACES WHEN STARTLED, YOUR MUSCLES TENSE WHEN ANGRY.

VS

FEELINGS

ON THE OTHER HAND, EXTEND BEYOND THE PHYSICAL. THEY ARISE AS INTERPRETATIONS OF EMOTIONS, SHAPED BY PERCEPTION AND AWARENESS. FEELINGS BECOME THE SIGNATURE OF YOUR EXPERIENCED REALITY, WEAVING INTO THE BLUEPRINT OF YOUR IDENTITY.



REMEMBER:

Our brain is a creature of habit, always favoring the familiar—even if the familiar brings pain or discomfort. This is why changing habits, especially emotional patterns, can feel like climbing a steep mountain. The brain clings to old stories because they're predictable, safe. Breaking free requires conscious effort, self-awareness, and trust in the unknown.

WHEN CAUGHT IN THE SWIRL OF EMOTION, ASK YOURSELF:

- WHO DECIDES WHAT IS GOOD OR BAD?
- CAN A SITUATION CARRY BOTH, DEPENDING ON PERSPECTIVE?

Remember, every experience has infinite facets. Memory and perception shift over time, shaping our judgments fluidly. You hold the power to define the meaning and purpose of each emotion—whether it's a stepping stone for growth or an insight into your deepest self.

IT'S YOUR LIFE, YOUR PRACTICE, YOUR RULES.

1

Be Your Own Best Friend

As you navigate your emotional terrain, practice compassion. Treat yourself as you would a dear friend. Honor your journey by allowing space for each feeling to surface. Avoidance only amplifies what needs attention. Take the time to:

1. Acknowledge what you feel.
2. Investigate its root cause.
3. Appreciate the wisdom it offers.
4. Let go or integrate, when you're ready.

2

Becoming the Captain of Your Emotional Ship

When emotions are suppressed or ignored, they fester. Over time, they grow louder, demanding to be heard. But when you step into the noble work of feeling, transmuting, and integrating, you reclaim your power. You become the captain of your ship, steering through stormy seas with clarity and confidence.

And here's the key realization:
You are not your emotions or feelings. They are temporary visitors, guiding you toward growth and self-awareness.



OBSERVATION

1. **Observe:** Throughout the week, notice what arises within you. Is it an emotion or a feeling?
2. **Journal:** Reflect on a situation. Was it entirely good, bad, or something in between? How might others involved see it differently?
3. **Imagine:** Envision a life where you are not ruled by emotions but guided by them. Could your feelings serve as a compass, offering wisdom from the kingdom within?

Let your emotions and feelings become trusted allies—messengers bearing profound knowledge, leading you to a more integrated, empowered self.

You have the power to navigate your inner and outer world with grace and intention.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



STORY 36, EP. 37: CONTEMPLATION III

MONDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



STORY 36, EP. 37: CONTEMPLATION III

TUESDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



STORY 36, EP. 37: CONTEMPLATION III

WEDNESDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



STORY 36, EP. 37: CONTEMPLATION III

THURSDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



STORY 36, EP. 37: CONTEMPLATION III

FRIDAY

4 things
I am grateful for
today.

“My favourite thing that happened today.”

”

Tools that assisted me today.

Did I show myself kindness today?



STORY 36, EP. 37: CONTEMPLATION III

SATURDAY

4 things
I am grateful for
today.

“
My favourite thing that happened
today.
”

Tools that assisted me today.

Did I show myself kindness today?



STORY 36, EP. 37: CONTEMPLATION III

SUNDAY

4 things
I am grateful for
today.

“

My favourite thing that happened
today.

”

Tools that assisted me today.

Did I show myself kindness today?



CONGRATULATIONS

By choosing this path, you're entering a space of openness, dedicating time to nourish your Self. This is powerful, noble work—allowing you to fill your own cup so fully that its overflow enriches everyone around you. Here, we reconnect with our true essence, that unique, individual light within. We dig deep, trusting that the spirit we were taught to hide will re-emerge. Stepping out of comfort to rediscover our Self is an act of true courage.

This journey is one of a lifetime—not a race, nor a straight path, and not always graceful. It may bring you to your knees, yet it will also lift you higher than you imagined.

Remember: life is happening for us, not to us.

With love and light from my heart to yours,

Nadine

SHARING IS CARING!

Community is essential—through it, we see the reflection of our growth, find support on our journey, and experience the uplifting beauty of authentic human connection.

If you feel called to join us:

WE ARE HERE!

