

ONION CYCLES PODCAST
WORKBOOK
II / IV



BY NADINE ALMER





NADINE ALMER

www.wunderfinder.org



My beloved, fellow, healing-integrating onions: Thank you for this year together, the vulnerability, 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!

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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 9 through 21.

STORIES & EPISODES

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STORY 9-13, EP. 9-13:

THE ART OF LOVE SERIES

RESOURCE: ESSAY BY ERICH FROMM

PREMISE

OF
FALLING IN LOVE
BY
CHANCE, LUCK,
CONCIDENTE,
FATE

- 1 BEING LOVED VS LOVING (OR ONE'S CAPACITY TO LOVE.
- 2 LOVE IS SIMPLE - FINDING THE OBJECT TO LOVE IS HARD.
- 3 FALLING IN LOVE VS BEING IN A STATE OF LOVING

VS

PREMISE

OF
AN ART THAT
CONSISTS OF
KNOWLEDGE &
EFFORT TO PRACTICE

- 1 THEORY: LEARNING AS MUCH AS POSSIBLE OF THE MATTER.
- 2 PRACTICE: PERSONAL OBSERVATION, DAILY CONSISTENCY, OPEN-HEART, FAITH & COURAGE.
- 3 MATTER OF ULTIMATE CONCERN/ DEVOTION

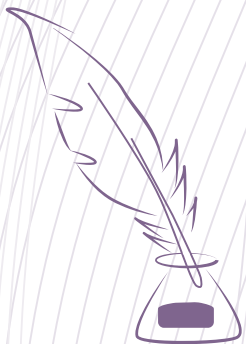
LOVE IS THE UNDERLYING GUIDING
PRINCIPLE IN ALMOST ALL OUR EFFORTS,
ACTIONS, STORIES, LYRICS, MOVIES,
POETRY.

YET LOVE 'ONLY' PROFITS THE SOUL AND IS THEREFORE DEEMED PROFIT-LESS.
TRUE? AND IF SO, WHY?

THOUGHT EXPERIMENT:

WRITE DOWN YOUR THOUGHTS ON WHAT YOU HAVE JUST READ, ON THE NEXT PAGE THERE IS DEDICATED SPACE TO DO SO.

NO INHIBITIONS, THESE NOTES ARE MEANT TO STIMULATE AND EASE INTO THIS TOPIC OF LOVE. THE UNDERLYING CURRENT OF YOUR PERSONAL RELATIONSHIP WITH LOVE.



YOUR THOUGHTS

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I LOVE ABOUT MYSELF

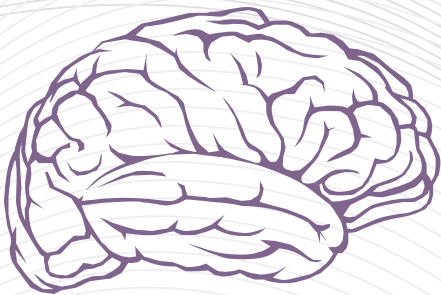
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PEOPLE LOVE ABOUT ME

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THEORY



- ONCE THE UMBILICAL CORD IS CUT - WE EXPERIENCE SEPARATENESS
- ONCE WE REALIZE WE ARE AUTONOMOUS BEINGS, SEPARATE FROM MOTHER TOO, WE DIVE INTO THE JOURNEY OF EXPLORING SAID EXPERIENCE OF SEPARATENESS.
- EACH EFFORT WE MAKE IS TOWARDS COMING BACK INTO WHOLENESS, OR ONE-NESS.

HOW?

THE MAIN 4 WAYS TO OVERCOME SEPARATENESS ARE LEADING OUR EXPLORATION TOWARD OUR OWN, UNIQUE APPROACHES TO COPE.



CONFORMITY

TO FEEL WE BELONG, WE CONFORM—SACRIFICING OUR TRUTH FOR SOCIETAL NORMS, SEEKING SAFETY THROUGH SAMENESS.



ORGASMIC

THROUGH FLEETING SEXUAL ENCOUNTERS, WE SEEK ONENESS, YET WITHOUT EMOTIONAL BALANCE, IT OFTEN LEAVES US DISCONNECTED.



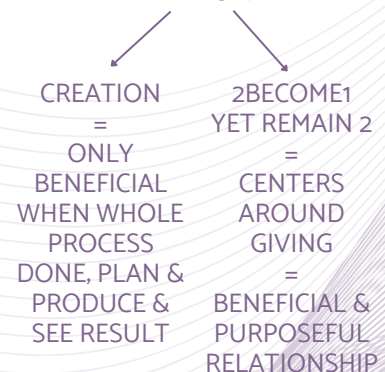
TRANSCENDENCE

SUBSTANCE ABUSE—ALCOHOL, DRUGS, OR OVEREATING—NUMBS THE PAIN OF SEPARATION BUT DEEPENS DISCONNECTION.



CREATE OR FUSE

WE UNITE WITH OTHERS OR CREATIVE PURSUITS. TRUE UNITY RESPECTS INDIVIDUALITY:



NOTE: FROMM ORIGINALLY DESCRIBES ORGIASTIC UNION AS COMMUNAL RITES IN TRIBAL SOCIETIES, BUT FOR THIS CONTEXT, CONFORMITY BETTER REFLECTS THE MODERN MIDDLE-EUROPEAN CAPITALIST LIFESTYLE.

THOUGHT EXPERIMENT:

THERE IS DEDICATED SPACE ON THE NEXT PAGE FOR YOUR THOUGHTS. AGAIN THIS SERVES TO PROCESS WHAT YOU HAVE READ ON A DEEPER, INDIVIDUAL AND MORE UNIQUE LEVEL THAT CORRESPONDS TO YOUR STORY OF IDENTITY AND BELIEFS.



PRACTICE & DEDICATION

LOVE IS NOT A TRANSACTION, IT FLOWS FREELY WITHOUT EXPECTATION. IT TRANSCENDS SPECIFIC RELATIONSHIPS AND CANNOT BE WITHHELD AS PUNISHMENT. TRUE LOVE IS A MINDSET AND LIFESTYLE—A DAILY PRACTICE OF INTENTIONALITY.

LOVE IS AN ART FORM THAT REQUIRES:

- CONSISTENCY: SHOWING LOVE EVEN WHEN IT'S HARD.
- PATIENCE: LETTING GO OF INSTANT GRATIFICATION.
- FOCUS: USING MINDFULNESS AND RITUALS TO DEEPEN AWARENESS.

ABOVE ALL, LOVE BEGINS WITHIN. YOUR RELATIONSHIP WITH YOURSELF SHAPES HOW YOU ENGAGE WITH THE WORLD. BE YOUR OWN NURTURER, YOUR OWN BEST FRIEND.

FOR THE NEXT MONTH, ASK YOURSELF DAILY:
“WHAT DID I DO TODAY TO SHOW LOVE TO MYSELF?”
LET THIS SIMPLE REFLECTION GUIDE YOUR GROWTH.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



STORY 14, EP. 14: MINIMALISM

IT'S ABOUT MORE.

BE IT THROUGH MOVING PLACES, PURGING OR THE ART OF MINIMALISM:
EACH HAS THEIR OWN BENEFIT AS LONG AS WE EXECUTE THEM

MINDFULLY

SOUL/HEART
LEVEL



QUESTIONS
CONNECTED ARE:

- WHY DO I HAVE WHAT I HAVE?
- WHY DO I CRAVE WHAT I CRAVE?
- WHAT MAKES ME HAPPY?
- WHAT ARE MY UNIQUE NECESSITIES AND HOW DO THEY DEFINE ME?
- WHAT DO I WANT TO OWN AND WHY?
- WHAT HAVE I OUTGROWN?
- WHAT DO I INVITE TO OCCUPY IN MY LIVING SPACE AND ENERGY FIELD?
- HOW DO I WANT TO LIVE MY LIFE?
- WHO AM I?

INTENTIONALLY

MENTAL/ BODY
LEVEL



EXERCISE

FOCUS ON ONE AREA OF YOUR SPACE
PREPARE 3 BOXES LABELLED 'KEEP', 'STORE 1 YEAR' & 'DONATIONS'
ALLOW TIMELESS-NESS INTO THE PROCESS, IF YOU SO WISH
!YOUR PRACTICE - YOUR CHOICE! *



BENEFITS
ARE:

- MENTAL UNLOADING
- ENRICHING MINDSET
- ENTHRALLING PHILOSOPHY
- EDUCATIONAL PROCESS THROUGH CHALLENGING BELIEF SYSTEMS AND DEFINING OUR UNIQUE MOTIVATIONS, ASPIRATIONS AS WELL AS WHYS
- WHO WERE WE AND WHO ARE WE NOW? WHO DO WE WANT TO BECOME?

BEING PRESENT

INTERNAL
REFLECTS
EXTERNAL



AWARENESS
DRAWN TO:

- CLARITY ABOUT ONESELF, ONE'S OBJECTIVE, THE LIFE WE WANT TO LEAD
- ORGANISATION
- LESS CHOICE MAY MEAN MORE FREEDOM
- MORE TIME FOR WHAT WE VALUE MOST, LESS TIME FOR CLEANING/TIDYING UP
- MORE PEACE AND BLISS, CONTENTMENT AND RELAXATION

THE BOX LABELLED 'KEEP', SELF-EXPLANATORY, WILL STAY.
THE BOX LABELLED 'STORE 1 YEAR' IS WHERE YOU KEEP STUFF YOU ARE UNSURE ABOUT. IF YOU THINK AND WANT TO USE AN ITEM FROM THAT BOX WITHIN ONE YEAR, TAKE IT OUT AND REINTEGRATE IT INTO YOUR LIFE.
THE BOX LABELLED 'DONATIONS' CONTAINS STUFF THAT CAN ALSO BE GIFTED TO PEOPLE YOU THINK WOULD EXPERIENCE JOY RECEIVING IT, LIKE A KINDERGARTEN FOR YOUR ARTS&CRAFTS SUPPLIES. GET CREATIVE IF YOU WANT!



*AS MENTIONED ABOVE, DECLUTTERING WHILE YOU ARE PREPARING TO MOVE OR PURGING IN AN IMPULSIVE MOTIVATION TO GET RID OF WHAT DOESN'T SERVE YOU ON YOUR JOURNEY ANYMORE IS AS VALUABLE AS A SLOW DECLUTTER THAT CAN BE A PROCESS OF MONTHS OR YEARS. WHATEVER SERVES YOU IS FOR YOU TO DECIDE. THESE QUESTIONS AIM AT EASING INTO THE PROCESS.



STORY 15, EP. 15 & 16: MEDITATION

MEDITATION, LIKE ANY PRACTICE, IS ABOUT BUILDING A RELATIONSHIP WITH IT. ALLOW IT TO UNFOLD IN A WAY THAT WORKS BEST FOR YOU—THERE'S NO ONE-SIZE-FITS-ALL APPROACH. FROM GUIDED MEDITATIONS AND STILL SITTING TO MINDFUL MOVEMENT OR BODY SCAN TECHNIQUES, THE POSSIBILITIES ARE ENDLESS. MEDITATION IS ABOUT BODY-MIND INTEGRATION: IT'S NOT ABOUT PERFECTION, BUT FINDING WHAT BRINGS YOU PEACE AND PRESENCE. IF IT CALMS THE MIND, HELPS YOU OBSERVE YOUR INTERNAL WORLD WITHOUT JUDGMENT, AND ENHANCES YOUR WELL-BEING, IT COUNTS.

CULTIVATE A DEEPER CONNECTION WITH YOURSELF BY DEDICATING A WEEK TO YOUR PRACTICE.



SCAN THIS CODE TO ACCESS
A BODYSCAN MEDITATION
TO GET YOU STARTED!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND THOUGHTS



STORY 16, EP. 17: THE PHYSICAL BODY

GENERALLY: THE 4 BODIES ARE STORAGE UNITS OF KARMIC ENERGIES, TRAUMATIC EXPERIENCES, BEHAVIOURAL PATTERNS, CONDITIONING, HABITS AND BELIEF SYSTEMS.

THE ETHERIC BODIES ARE REFLECTED IN THE PHYSICAL BODY, YET ALL BODIES REFLECT - AFFECT AND INTERACT WITH EACH OTHER.

SPECIFICALLY: THE PHYSICAL BODY IN ITS ESSENCE NEEDS TO BE APPROACHED WITH UTMOST **CARE, GENTLENESS AND LOVING ATTENTION.**

THE PRIMARY WAYS TO DO GOOD AND BUILD A RELATIONSHIP AFTER YEARS OR EVEN DECADES OF SEEING IT AS A SERVANT THAT HAS TO FUNCTION AND DELIVER, IS TO **LISTEN.**

THE THREE PILLARS OF LISTENING CLOSELY TO GET TO KNOW YOUR BODY ARE **REST, DIET AND EXERCISE.**

RELATIONSHIP BUILDING WITH YOUR MIND

THIS WEEK, EMBARK ON A JOURNEY OF SELF-DISCOVERY, EMBRACING YOUR PHYSICAL BODY AS THE LIVING, MIRACULOUS ORGANISM IT IS.

- BEGIN BY JOURNALING YOUR CURRENT THOUGHTS AND FEELINGS ABOUT YOUR BODY—YOUR CONNECTION TO IT, YOUR CHALLENGES, AND YOUR ASPIRATIONS.
- EACH DAY, TRACK YOUR EXPERIENCE USING A SIMPLE NUMBER CODE THAT CAPTURES YOUR ACTIVITY, REST, AND NOURISHMENT. THIS PRACTICE INVITES YOU TO STEP INTO THE ROLE OF A SELF-EMPIRIC RESEARCHER, OBSERVING WITHOUT JUDGMENT AND CHERISHING EACH MOMENT OF CONNECTION WITH YOUR PHYSICAL SELF.
- AT THE END OF THE WEEK, REFLECT ON YOUR JOURNEY: WHAT SHIFTED? WHAT INSIGHTS EMERGED? THROUGH THIS, YOU HONOR THE PROCESS OF BEING PRESENT WITH YOURSELF, FINDING JOY IN YOUR BODY'S RHYTHMS AND NEEDS.

DAILY TRACKING CODE:



MOVEMENT:

- 1 - NO MOVEMENT
- 2 - LIGHT ACTIVITY
- 3 - MODERATE EFFORT
- 4 - ENERGIZED AND FULLY ENGAGED



REST:

- 1 - NONE
- 2 - MINIMAL REST
- 3 - INTENTIONAL, RITUALIZED REST
- 4 - FULL DAY OF REST & REJUVENATION



NOURISHMENT:

- 1 - MINIMAL INTAKE
- 2 - BALANCED, TYPICAL INTAKE
- 3 - MINDFUL INDULGENCE
- 4 - OVERINDULGENCE (E.G., FAST FOOD OR BINGE EATING)

OBSERVATION

BEFORE

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Saturday

Sunday



OBSERVATION

AFTER

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SPECIAL MOMENTS

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CHALLENGES

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STORY 17, EP. 18: THE MENTAL BODY

GENERALLY: THE 4 BODIES ARE STORAGE UNITS OF KARMIC ENERGIES, TRAUMATIC EXPERIENCES, BEHAVIOURAL PATTERNS, CONDITIONING, HABITS AND BELIEF SYSTEMS.

THE ETHERIC BODIES ARE REFLECTED IN THE PHYSICAL BODY, YET ALL BODIES REFLECT - AFFECT AND INTERACT WITH EACH OTHER.

SPECIFICALLY: THE MENTAL BODY HOUSES OUR THOUGHTS, INCLUDING THE INNER DIALOGUE THAT OFTEN TRICKS US INTO BELIEVING WE ARE THOSE VOICES— BUT WE ARE THE OBSERVER, NOT THE THOUGHTS THEMSELVES.

THE GOAL IS TO CULTIVATE EQUANIMITY THROUGH MINDFULNESS AND EMBRACE OBJECTIVITY, RECOGNIZING THAT THE WORLD DOESN'T REVOLVE AROUND US.

BY DISTINGUISHING BETWEEN THE HIGHER SELF (EMPOWERING, GROWTH-ORIENTED THOUGHTS) AND THE LOWER SELF (REACTIVE, SELF-LIMITING PATTERNS), WE CAN ALIGN MORE CLOSELY WITH OUR TRUE NATURE.

RELATIONSHIP BUILDING WITH YOUR MIND

IN THIS WEEK, THE FOCUS SHIFTS TO CULTIVATING A DEEPER CONNECTION WITH YOUR MENTAL REALM. AS WE ROUTINELY CLEANSE OUR BODIES, IT'S EQUALLY VITAL TO PRACTICE MENTAL HYGIENE—PURIFYING OUR INNER WORLD THROUGH MINDFUL OBSERVATION. THIS EXERCISE INVITES YOU TO TRACK YOUR THOUGHTS AND EMOTIONAL RESPONSES, EMBRACING A SELF-EMPIRIC APPROACH TO UNDERSTANDING YOUR MIND WITHOUT JUDGMENT. OFTEN, WE PERCEIVE OURSELVES AS BEING TRAPPED IN NEGATIVITY OR FREQUENT LOW MOODS. HOWEVER, TRACKING CAN REVEAL THE TRUTH—HIGHLIGHTING PATTERNS AND SHOWING US HOW THE MIND TENDS TO LINGER ON NEGATIVES WHILE QUICKLY FORGETTING MOMENTS OF POSITIVITY.

THROUGHOUT THE WEEK, DOCUMENT YOUR EXPERIENCE BY USING THE FOLLOWING PILLARS. RECORD THE INITIAL LETTER OF EACH PILLAR WITH THE INTENSITY LEVEL THAT BEST DESCRIBES YOUR DAY:



INNER CRITIC/ HARSHNESS (I)

- 1 - STRONG PRESENCE
- 2 - APPEARED AND DISAPPEARED
- 3 - NOT PRESENT



KINDNESS/ SOOTHING (K)

- 1 - STRONG PRESENCE
- 2 - APPEARED AND DISAPPEARED
- 3 - NOT PRESENT



JOY/ CONNECTION (J)

- 1 - STRONG PRESENCE
- 2 - APPEARED AND DISAPPEARED
- 3 - NOT PRESENT

IF YOU FEEL CALLED TO DO SO, YOU CAN EXTEND THE TRACKING PERIOD FOR AS LONG AS IT CONTINUES TO SERVE YOU. TO DEEPEN THE EXPERIENCE, CONSIDER INCORPORATING YOUR FAVORITE COLORS INTO YOUR EVALUATION. FOR EXAMPLE, YOU MIGHT USE A SPECIFIC COLOR TO HIGHLIGHT DAYS WHEN THE INNER CRITIC WAS NOT PRESENT AT ALL. THIS NOT ONLY MAKES YOUR STUDY MORE VISUALLY ENGAGING BUT ALSO REINFORCES THE POSITIVE ASPECTS OF YOUR MENTAL JOURNEY. YOUR PRACTICE, YOUR RULES!



OBSERVATION

BEFORE

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OBSERVATION

AFTER

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SPECIAL MOMENTS

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CHALLENGES

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STORY 18, EP. 19: THE EMOTIONAL BODY

GENERALLY: THE 4 BODIES ARE STORAGE UNITS OF KARMIC ENERGIES, TRAUMATIC EXPERIENCES, BEHAVIOURAL PATTERNS, CONDITIONING, HABITS AND BELIEF SYSTEMS.

THE ETHERIC BODIES ARE REFLECTED IN THE PHYSICAL BODY, YET ALL BODIES REFLECT - AFFECT AND INTERACT WITH EACH OTHER.

SPECIFICALLY: EMOTIONS ARE POWERFUL, FLEETING RESPONSES TO STIMULI, OFTEN EXPERIENCED PHYSIOLOGICALLY, WHILE FEELINGS ARE MORE SUSTAINED, PROCESSED EXPERIENCES THAT ARISE FROM THESE EMOTIONS. FOR EXAMPLE, ANGER AS AN EMOTION MAY EVOLVE INTO THE FEELING OF FRUSTRATION OR RESENTMENT. BY UNDERSTANDING THIS DISTINCTION, WE CAN BETTER DIFFERENTIATE BETWEEN IMMEDIATE REACTIONS AND DEEPER, LONGER-LASTING STATES, WHICH ULTIMATELY SHAPE OUR EXPERIENCE OF REALITY.

FACING OUR REPRESSED EMOTIONS REQUIRES COURAGE—THE FRAGMENTS OF OURSELVES THAT WERE SPLIT OFF IN MOMENTS WHEN WE FELT UNPROTECTED, UNSUPPORTED, OR UNABLE TO PROCESS WHAT WAS HAPPENING. ONLY BY CONFRONTING AND INTEGRATING THESE REPRESSED EMOTIONS CAN WE HEAL, RECONNECTING WITH PARTS OF OURSELVES THAT WERE LEFT BEHIND.

RELATIONSHIP BUILDING WITH YOUR EMOTIONS

FOR EACH DAY, TRACK THE INTENSITY OF THESE CORE EMOTIONS (CE) AND INDIVIDUAL EMOTIONS (E) WITH A 1-5 SCALE, HELPING YOU SEE YOUR EMOTIONAL FLOW THROUGHOUT THE WEEK.

PILLAR ONE: THE FIVE CORE EMOTIONS

1. ANGER
2. SADNESS
3. FEAR
4. JOY
5. SURPRISE



PILLAR TWO: YOUR INDIVIDUAL EMOTIONS

IDENTIFY UP TO FIVE ADDITIONAL EMOTIONS THAT ARE IMPORTANT TO YOU, AS EACH EMOTIONAL JOURNEY IS UNIQUE. FOR EXAMPLE, YOU MAY TRACK EMOTIONS LIKE:

- DEPRESSION
- ELATION
- ANXIETY
- RESTLESSNESS
- CALMNESS

1.
2.
3.
4.
5.

DOCUMENT THESE EMOTIONS WITH THE SAME 1-5 SCALE TO OBSERVE HOW THEY SHOW UP IN YOUR DAILY LIFE AND TO CULTIVATE A DEEPER UNDERSTANDING OF YOUR EMOTIONAL LANDSCAPE.



OBSERVATION

BEFORE

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OBSERVATION

AFTER

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SPECIAL MOMENTS

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CHALLENGES

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STORY 19, EP. 20: THE SPIRITUAL BODY

GENERALLY: THE 4 BODIES ARE STORAGE UNITS OF KARMIC ENERGIES, TRAUMATIC EXPERIENCES, BEHAVIOURAL PATTERNS, CONDITIONING, HABITS AND BELIEF SYSTEMS.

THE ETHERIC BODIES ARE REFLECTED IN THE PHYSICAL BODY, YET ALL BODIES REFLECT - AFFECT AND INTERACT WITH EACH OTHER.

SPECIFICALLY: THE SPIRITUAL BODY IS THE ENERGETIC ESSENCE OF WHO WE ARE—THE INTUITIVE, ETHEREAL PART THAT YEARNs FOR GROWTH, CONNECTION, AND ONENESS. IT IS THE INNER FORCE THAT STRIVES TO EXPAND, INTEGRATE, AND BECOME MORE WHOLE. THROUGH OUR CONNECTION WITH IT, WE OPEN OURSELVES TO A DEEPER UNDERSTANDING OF LIFE AND THE WORLD AROUND US. WHEN WE NURTURE THIS RELATIONSHIP, WE BEGIN TO EXPERIENCE TRUE ALIGNMENT—FEELING GROUNDED IN OUR PURPOSE AND MORE CONNECTED TO THE INFINITE FLOW OF LIFE.

TO STRENGTHEN YOUR CONNECTION WITH THIS SPIRITUAL ESSENCE, WE TURN TO MINDFULNESS PRACTICES. THESE PRACTICES QUIET THE MIND, ALLOWING US TO LISTEN MORE DEEPLY TO OUR INNER WISDOM AND INTUITION. BY GROUNDED OURSELVES IN STILLNESS AND AWARENESS, WE CAN UNLOCK THE DEPTH OF OUR SPIRIT.

RELATIONSHIP BUILDING WITH YOUR SPIRIT

YOU ARE INVITED TO TRY ONE SPIRITUAL PRACTICE EACH DAY FOR A WEEK, CHOOSING A PRACTICE THAT HELPS YOU CONNECT WITH YOUR SOUL AND STRENGTHENS YOUR RELATIONSHIP WITH THE ESSENCE OF YOU. SUGGESTED PRACTICES INCLUDE MEDITATION (IN ITS MANY FORMS), QIGONG, YIN OR HATHA YOGA, AND BREATHWORK—FEEL FREE TO EXPLORE AND CHOOSE WHAT RESONATES MOST WITH YOU.



COMMITMENT (C)

- 1 - COMPLETED THE PRACTICE
- 2 - TRIED THE PRACTICE
- 3 - DID NOT PRACTICE



MINDFULNESS PRACTICES (P)

(CHOOSE ONE OR MORE FROM THE FOLLOWING LIST)

- MEDITATION (M)
- QIGONG (Q)
- YIN YOGA (Y)
- HATHA YOGA (H)
- BREATHWORK (B)
- OTHER:

EXPERIENCE (E)

- 1 - HARD TO FIND STILLNESS
- 2 - EAGER TO PRACTICE
- 3 - FELT TRUE PEACE



OBSERVATION

BEFORE

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Monday

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OBSERVATION

AFTER

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SPECIAL MOMENTS

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CHALLENGES

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STORY 20, EP. 21: CONTEMPLATION II

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 20, EP. 21: CONTEMPLATION II

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 20, EP. 21: CONTEMPLATION II

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 20, EP. 21: CONTEMPLATION II

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 20, EP. 21: CONTEMPLATION II

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 20, EP. 21: CONTEMPLATION II

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 20, EP. 21: CONTEMPLATION II

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!

