From Surviving to Conscious Living

For people who want to understand

what is going on within them



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ACKNOWLEDGEMENTS

This workbook is confidential and intended solely for personal use.

Awareness

Reflection arises:

- I notice my heart is beating faster
- I see this happening when someone criticizes me
- I recognize this is old

This often arises when a situation reminds me of an experience

Focus:

"I am aware that I am experiencing something."

Awareness does not mean you no longer feel pain.
It means you are present with what you feel.

And that is where space begins.

Intuition – your quiet inner compass

Beyond thinking, there is something else: intuition.

A quiet knowing.
A gut feeling.
A flash of insight.

Many people with trauma or chronic stress lose contact with their intuition, not because it is gone, but because fear speaks louder.

Intuition whispers.
Fear shouts.

Awareness helps you learn the difference.

The wasp example

Imagine a wasp flying nearby.

Many people panic, swatting, freezing, reacting.

You are not "on the menu" of the wasp!

But panic provokes attack.

When you observe calmly, you see what is happening:
The wasp is simply looking for food.

This is how you can relate to your inner reactions.

Instead of:

- pushing away
- fighting
- suppressing

I used to fear the unknown

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PAGE FOR DIFFICULT DAYS

If you are reading this, today may feel heavy.

Perhaps everything feels too much, too empty, or too exhausting.

You do not need to solve anything today.
Being here is enough.

Take a slow breath in and out.

What feels heaviest right now?

What do I notice in my body?

Something that might help me a little today:

☐ rest
☐ silence
☐ talking to someone
☐ movement
☐ distraction
☐ crying
☐ sleeping
☐ something else:

One small, gentle step I can take now:

Someone or something that can support me:

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EXERCISE COLLECTION – Gentle Practices for Daily Use

You do not need to do every exercise.
See this as a collection of possibilities.
Choose what fits you in this moment.
Small, repeated moments of attention create more change than large, one-time efforts.

1. Body Scan (foundation of self-connection)

When to use: tension, doubt, overstimulation

How to do it:

- Close your eyes or soften your gaze
- Scan your body from head to toe
- Notice without changing anything

Ask yourself:

- Where do I feel tension?
- Where do I feel space?
- What needs attention right now?

Purpose: learning to listen without fixing

2. Extended Exhale

When to use: anxiety, restlessness, panic

Inhale for 4 counts; Exhale for 6 counts; Repeat 10 times;

A longer exhale activates your parasympathetic nervous system, your calming system.

3. The Mini Boundary

When to use: people-pleasing, overload

Choose one small boundary, for example:

- responding later
- postponing something
- honestly saying you are tired

Observe afterward:

- What do I feel?
- What happened?

Purpose: building safety around boundaries

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Step-by-step guide after completing the workbook

Living with awareness – a gentle guide for everyday life



Step 1 – Slow down and return to yourself

After completing the workbook, the real integration begins.

- Take a moment of stillness each day (1–5 minutes is enough).
- Ask yourself: *"How am I really doing right now?"*
- Breathe calmly and connect with your body.

Purpose: moving from doing to **being**

Step 2 – Keep tuning in to your inner compass

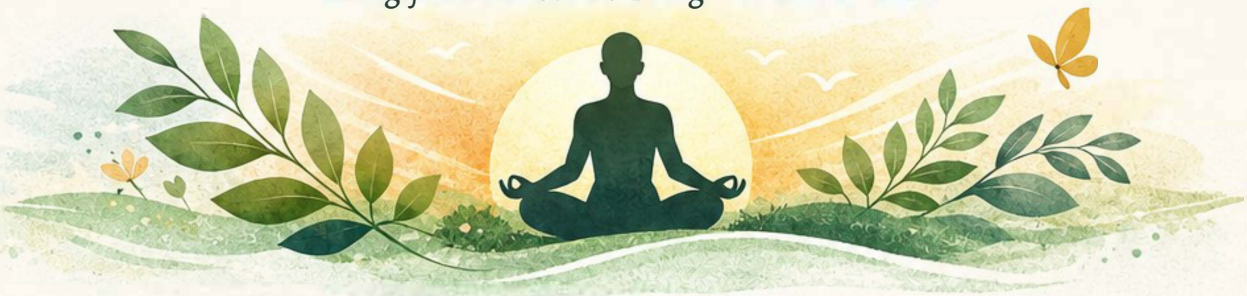
You have learned that your truth lies within you.

- When making choices, ask yourself: *"Does this feel right for me?"*
- Recognize the difference between adapting and aligning with yourself.
- Allow yourself to choose what feels right, even when it feels uncomfortable or scary.

Purpose: living in alignment with yourself

STEP-BY-STEP GUIDE AFTER THE WORKBOOK

Living from Conscious Being – A Gentle Guide



1. **Pause & Return to Yourself**



Ask yourself: "How am I really doing right now?"

2.



3.



4.



5.



6.



7.



8.



9.

Order your program