



aura

musings on how to acquire
the **glow** of being content
within yourself ...

GLOW LIKE THE STAR YOU ARE! ✨

Your aura isn't just energy you share w/ your kids, family, friends or animals—it's the HigherSelf radiance of your inner being, illuminating your think-path and signaling to yourself and every one what power you truly are.

aura

Sure, partly it's your luck in the genetic lottery that attracts others: But authenticity wins. Anyone who sprinkles joy, alignment, and authenticity, creates irresistible glow. It draws new connections, new opportunities, and abundance.

Like our sun holds our planets in orbit, your authenticity doesn't just shine—it naturally attracts and keeps around that what aligns with you.

We are all called to take the higher road, not because we feel virtuous, but because that's where our peace is. Here we draw attention to the aura you create within yourself. The rewarding HigherSelf within ... glow of being content within yourself.



Why do we take it so personally?

Back in the huntin'-N-gatherin' times, being excluded from the group could mean losing access to food, community, protection, and even survival itself. As a result, we've developed a **hyper-vigilance to social slights**, even when they're online or unintentional. **Our brains are wired to detect social threats with remarkable sensitivity.** The **amygdala**, the brain's alarm system, processes **SOCIAL REJECTION** in much the same way it processes physical pain. What might seem like a small critique or a passing remark can trigger a

disproportionate emotional response because, deep down, our brains still treat it as a potential threat to our social standing.

The Spiral of Self-Reflection:

Sure, a certain degree of self-reflection is healthy—it helps us learn, grow, and adjust our behavior. But, when it's combined with the **Fundamental Attribution Error** (our tendency to blame others' actions on their character while attributing our own mistakes to circumstances), this introspection can quickly turn toxic. For example, if someone snaps at us, we might immediately assume it's because we did something wrong, rather than considering that they might just be having a 'bad-personality' day.

This tendency to **internalize blame** can lead to unnecessary self-doubt, reinforcing the idea that we're at fault even when the situation has little to do with us.

Try to see their "**causal layer**" of behavior, don't get upset about their "**reactive layer**". They're snappy cuz THEY had a crappy day, not that you failed.

The Role of Early Social Conditioning:

From childhood, we're taught to seek approval and avoid disapproval, shaping how we interpret social interactions. When a parent, teacher, or peer

reacts negatively, a child often assumes they must have done something wrong, reinforcing the habit of taking things personally. This conditioning lingers into adulthood, making us prone to over-analyzing tone, body language, and offhand comments. Even in professional or casual settings, a neutral or ambiguous remark can send us into a tailspin of self-doubt, as our brains default to interpreting it as criticism.

Breaking the Cycle:

Recognizing that this hypersensitivity is a product of evolution and upbringing—not objective reality—is the first step in managing it. **By consciously challenging the assumption that every negative interaction is our fault, we can reduce the emotional weight we assign to them.** Techniques like **cognitive reframing** (“Maybe they’re just stressed”) and self-compassion (“Their reaction isn’t always about me”) can help rewire these automatic responses. Over time, we can learn to acknowledge our emotional reactions without letting them dictate our self-worth.

Energy is magnetic. Confidence bends reality. Talk like the world is listening.



How To Do Your Inner Work

INNER WORK, OR HOW TO STOP DRIVING YOURSELF MAD IN 6 EASY STEPS:

First, follow your **intuition**—that quiet inner voice often knows what's right before your logical mind catches up. Trusting it strengthens self-trust over time.

Alongside this, nurture a **positive mindset**, not through forced optimism, but by reframing challenges as opportunities and consciously shifting negative thought patterns. Positive mindset is said to increase your brain power by 31%. The world's a wretched place, but if you pretend hard enough, you might just fool yourself into thinking it's not. And if that fails, there's always wine.

Now, **shadow work**—because nothing says “personal growth” like staring into the abyss of your own neuroses. Dig up the repressed or uncomfortable



aspects of yourself with honesty and compassion. This unearths hidden fears, traumas, and limiting beliefs, allowing for true healing.

Meditation (snore ;) is next, if only to quiet the part of your brain that won't stop screaming, "Where are all these thoughts coming from?!" Sit still, breathe deeply 6-4-8, and try not to fall asleep. Tho' naps count as self-care now, don't they? That's what Dalai Lama said.

Eat high-vibe foods, nutrient-dense, whole foods that energize the body and sharpen what's left of your mind. Avoid junkfood made with seed oils: it will throw your omega6:omega3 balance to some absurd ratio like 25:1 when normal is 3:1 or less. No junkfood crap.

Finally, **avoid toxic people**, unless you happen to be one—then, by all means, carry on. But if you must cut someone loose, do it with style. Ghosting is so gauche; a well-timed withering remark is far more satisfying, like "your ability to find the cloud in every silver lining is truly remarkable."

There you go. Do your inner work and put some humor into it, the greatest virtue may well be the ability to laugh at ourselves.





What to Do With Inner Traumas

(A Slightly Unflinching Guide)

Oh, those. The emotional landmines you've been politely ignoring since the third grade. Well, darling, you've got three choices:

Stare at Them Directly Like a Fool

Drag them into the **light**. Write them down. Say them out loud to your therapist, your cat, or a bartender (who didn't ask). Watch them melt away like an ice-cream cake in the sun. Or ...

Turn Them Into Something Useful

Art. Music. Poem. Anger. A really blistering X thread. Trauma is compost—pile enough of it together, and something grotesque but interesting might grow.

Outlive Them Out of Spite

The oldest trick in the book. Every morning you wake up uncrushed by the weight of your own history is a middle finger to whatever (or whoever) thought they'd ruin you. Or, of course, you could just drink until they blur. But that's more of a short-term solution with long-term consequences, and we're trying to be healthy here.

Things Men **Don't** Understand

Many men don't understand that a woman saying "**I'm fine**" is a live autopsy on the relationship.

And right now, he's losing big time. And sleeping alone on the sofa. Her needs???

She needs her man to hear "**No, I am not really fine**. I want you to really listen to me. I want you to be part of my solution. I want to feel cared for. **I want to feel that my feelings matter to you.**"



Our Lizard Brain



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Oh, That Quaint Little Lizard Brain

Ah, yes—the lizard brain, that charming ancient “reptilian brain” in your skull like a paranoid hermit, it governs our instinctual survival behaviors. It keeps us alive but sometimes ... every email is a tiger and every awkward silence a prelude to exile. It means well, truly! It just hasn't caught on that we no longer live in caves and man-eating tigers are rare.

What It Thinks It's Doing:

"Danger? PANIC NOW, THINK LATER."

It's great for protection, BUT it can overreact in day-to-day life when **real threats** are absent. It's like a bodyguard who tackles you at the sound of a popped balloon. It's easily triggered by hater comments, angry tweets, or someone unknown calling you a “retard” online.

It detects threats and launches super-fast physiological responses (adrenaline release, increased heart rate). It prioritizes **immediate safety over rational thought.**

That's the good part. That's why you don't burn badly on a hot stove: Your reptilian brain reacts fast enough before you get third-degree burns.

But, sometimes, its reactivity can lead us into trouble: Think of your fast responses as "reactive brain" responses. You lose the rational part of your **emotional regulation** and you lash out angrily at your partner when **your ego is hurt**.



You blurted out something **irretractable** without thinking. Your inner-drama lizard, the amygdala, mistakes wounded pride for mortal peril. Stress hormones flood

the system, short-circuiting rational thought. You regress to caveperson diplomacy: hurt feelings = throw verbal insults and call everyone else stupid or weak.

Lizard reactions are fast; wisdom is slow.

Try these: Hold your breath for 6 seconds.

Say "I need a minute". Say "Do you want to rephrase it?" "Am I understanding you correctly?"

Remember, "Anger is just love, with its back up against the wall."

At the end of the day, your **lizard brain** is just a jumpy, over-caffeinated survivalist who hasn't updated its software since the Pleistocene. Use your emotional regulation to curb its enthusiasm and handle it like you would a nervous guest at a party—kindly, but with firm control of the wine bottle.

Think before you speak

Think before you speak

Think before you speak

Off The Internet

about the store locating on a
Lower Third Street.

Debra Jackson said she likes shopping at the Dollar Palace because it is convenient and casual.

"I don't have to get all dressed up like I'm going to Wal-Mart or something," she said, adding she shops at Williams' store "to





Self-Talk for Anxiety

“This feeling is temporary, even if it feels overwhelming right now. I can ride the wave instead of fighting it. I am safe even if I feel that my body is reacting. I don’t have to believe every anxious thought. I have survived this before. I can survive this again.

I will now ground myself by filling in my lungs (70%), then topping up (30%) with extra deep breath, then I hold for count of 4, and exhale long for 7 counts. Repeating this will relax my vagal nerve and activate the parasympathetic nervous system.



More about the technique

Dr. Andrew Huberman's tips:

That's it !!!

70% Fill (Diaphragmatic Breath) – Engages the vagus nerve by expanding the belly/lower lungs. Add to that ...

30% Top-Up (Chest Expansion) – Ensures full oxygen intake without strain.

Hold for 4-6 Counts – Enhances CO₂ tolerance, calming the nervous system.

Exhale for 7-9 Counts (Long & Slow) – Triggers vagal tone, reducing heart rate & stress.

Extra Tips for Vagal Stimulation:

Humming/Singing (Exhaling with sound boosts vagus activation).

Cold Exposure (Splashing face with cold water or a cold shower).

Gentle Neck Massage (Carotid sinus, behind ears).

A large, stylized orange letter 'J' is positioned on the left side of the page. The letter is thick and has a slight shadow effect. The dot of the 'J' is a solid orange circle.

jealousy is a powerful emotional “alarm” oxytocin response that functions as a mate-guarding behavior. Its purpose is to protect valuable romantic relationships from potential rivals.

Jealousy triggers heightened vigilance, possessiveness, and defensive actions when a perceived threat arises, such as a rival showing interest in one’s partner.

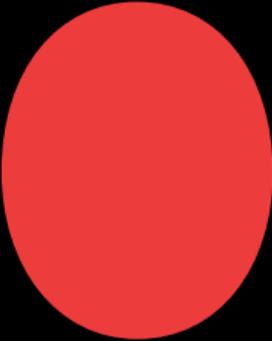
Men distress over sexual infidelity (paternity test?) whereas women react to emotional infidelity (loss of commitment or resources).



All suffering is
self-inflicted.

Your perception
shapes your
reality.

You become
what you
tolerate.



Nobody is
coming to
save you.

There is no
finish line.



FEAR

**Forget
Everything
And
Run**

or

**Face
Everything
And
Rise**

**choose the
latter**



The "Honeymoon Phase" Actually Changes Your Brain Chemistry

During the initial intense romantic phase (6–18 months), your brain releases high levels of **dopamine** and **oxytocin**, creating an almost addictive "high" similar to that of cocaine. Many couples mistake this shift for "falling out of love," when it's actually a natural progression to a more mature relationship.

The "7-Year Itch" Is Real (But It's Actually Closer to 3–5 Years)

Studies show that divorce rates peak around years **3–5** of marriage, not year 7. This is when the initial excitement fades, and incompatibilities become harder to ignore. The second slump is around the **10–15** year mark, often tied to midlife crises or parenting stress.

THE SILENT EPIDEMIC

How **loneliness** became the new normal.

Remember? Once upon a time, people had friends. Really! Actual friends—not followers, not contacts, not the barista who remembers your name because it’s spelled “Aelx.”

it takes 50+ hours to turn an acquaintance into a casual friend and 20 + hours to develop a close friendship.



Now, we're in what the *Harvard Business Review* calls a “Friendship Recession.” Which is kinda polite, really. I'd call it a social famine with WiFi.

Studies show **we've gone from packing 10 close companions into our lives to barely managing one.** The rest? Lost somewhere between group chats and ghostings. We smile into screens, dine alone like Tolstoy protagonists, and Stanford U—yes, desperate Stanford—is offering courses on

“how to make friends”. I suppose “Hi, my name is...” needed an extended course.

Formerly communal rituals—temples, teams, tea—all fading into the fog of deadlines and dog-sitting. Yep. Pets are the new people, and frankly, they’re better at eye contact. And won’t unfriend you on social media. Unconditional love.

Still, friendship isn’t optional fluff. It’s the good china of life—ignored until it’s too late. And dying people NEVER say, “I wish I’d spent more time with my inbox.”

So here’s a radical idea: call someone. Forgive someone. Risk being interrupted. Invite, invest, insist.

1. **Schedule friendships like workouts**—because, let’s face it, spontaneity is dead
2. **Text less, talk more**: create the 5-minute voice note that deepens any friendship
3. **Conduct friendship audits**: cut ‘energy vampires’ and level up your circle—keep the joy and ditch the drains.
4. **Stop saying ‘we should hang out!’**—schedule a meeting right there and then instead
5. **Make the effort**: Research from the *Journal of Social and Personal Relationships* suggests it takes 50+ hours to turn an acquaintance into a casual friend and 200+ hours to develop a close friendship.

dark night of the soul?



The hour is late, the candle gutters low,
A whisper crawls where once the heart stood tall.

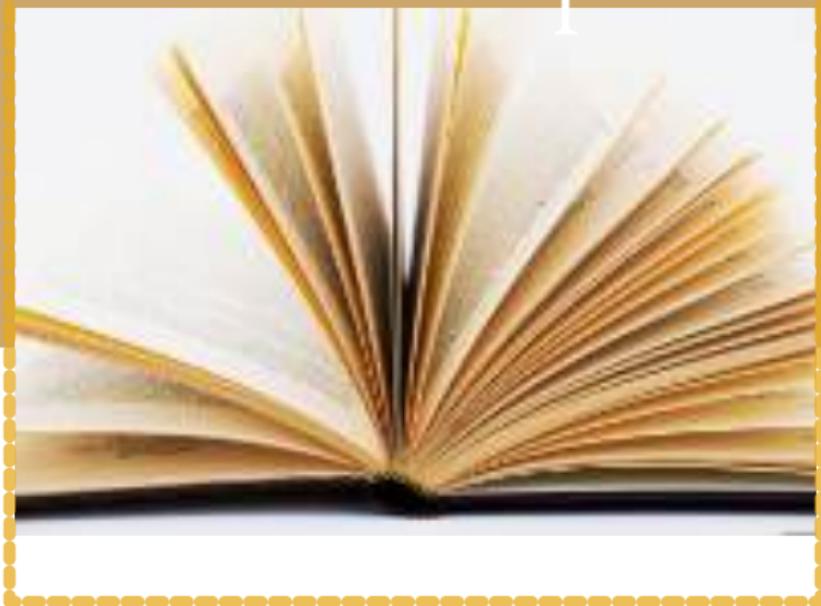
The stars, like pinholes peppered in the sky.
And every light is cold, distant, and so small.

The road is paved with echoes of a name,
that once was sweet as strawberry wine.
Now only sad, sad loneliness fills the hollowed cup,

And every step is dust, and ash, and brine.
The wind, a whistling thief, slips through the splintered door,
To rifle through the relics left behind.

The brittle bones of love long-undermined.
The soul, with empty hands, is but a beggar in the night.

Life as Chapters



What if you replaced negativity with optimism? What if all this time, all the struggle, has been leading you to a **new beautiful chapter in your life**? What if everything does work out, even if it doesn't seem like it right now. What if who I become is who I needed to be all along? Would your thoughts and behavior change too? **I believe so.**



The highest noted vibration is authenticity. It vibrates even higher than love. Love is not the highest vibrational force. **Truth is**. The idea is that when you're authentic, you're radiating a frequency of truth and are not holding back parts of yourself. Leaning to a sense of clarity and alignment.



Life is all about pizza.

Life is like playing poker for a pizza—you bluff your way through with confidence, convinced your “pair of pepperonis” is a winning hand, only to realize too late that the rules keep changing. Just when you think you’ve got it all figured out, someone raises the stakes, the pizza gets cold, and you’re left wondering if you ever really knew the game at all. But in the end, you share the slices anyway, because the real win isn’t the perfect hand—it’s laughing with the people who saw right through your terrible bets and still let you have the last piece of crust.



CREATIVITY AS SURVIVAL BEYOND FRIVOLITY TO FUNDAMENTAL NECESSITY

Brené Brown reminds us that creativity isn't frivolous—it's survival. Whether through art, innovation, or everyday problem-solving, it's how we metabolize life's chaos into meaning. Deny it, and we risk spiritual malnutrition; embrace it, and we step into fuller, more resilient humanity.

Creativity as a Nervous System Regulator

Neuroscience reveals that creative acts (like journaling, dancing, or even cooking) downregulate stress responses by engaging the prefrontal cortex. So doodle in the margins during that meeting. Call it "stress art." Call it therapy. Just don't call it a waste of time. In a world of overwhelm, creativity isn't a luxury—it's a **grounding technique**.

Innovation as a Collective Lifeline

Brown's research on vulnerability underscores that shared creativity builds communal resilience. Think of crowdsourced solutions during crises (e.g., inventive folks coming together during flood or hurricanes).

Idea: Host "problem-solving circles" where communities brainstorm local challenges with a "yes, and..." mindset.

Everyday Creativity as Rebellion

In a culture obsessed with productivity, choosing to play—whether through improv, gardening, or repurposing old objects—becomes radical. It defies the **myth that worth is tied to output**.

Challenge: Dedicate 10 minutes daily to a "useless" creative act. Notice how it shifts your relationship with time.

Spiritual Malnutrition & the "Creativity Hunger Gap"

Just as bodies crave nutrients, souls crave creation. Denial eventually shows up as apathy, addiction, or existential fatigue. Brown's work on wholehearted living suggests creativity is a **core food group for the spirit**.

Reflection: What does your "creative diet" consist of? Are you starved for expression? Creation is soul food. So ask yourself—when's the last time

you made something that wasn't a grocery list?

Failure as Metabolic Fuel

Creativity requires risking failure—a theme in **Brown's Daring Greatly**. But failed attempts aren't waste; they're metabolic by-products, like compost for growth. And can be redone. Practice: Art you can repaint. Music you can re-record. Everything can become better. No fail.

Resilience Through Re-enchantment

Creativity restores wonder, which trauma and monotony strip away. Brown's emphasis on "rising strong" aligns with finding meaning by reimagining our narratives.

Exercise: Rewrite a painful memory as a fairy tale or sci-fi story. How does perspective shift?

Call to Action:

Creativity isn't a trait reserved for the "talented"—it's a birthright and a lifeline. To withhold it is to deny your own pulse of a full life.

Creativity's not for the "gifted." It's for the breathing. So hum off-key. Rearrange the furniture at 2 AM. And for God's sake, stop calling it a "guilty pleasure." Guilt's boring. Survival's stylish. Mocking sacred cows (productivity, failure) while nudging your own creative action.

The comfort illusion:

Staying safe feels smart
but slowly kills your
dreams. choosing
security over growth
becomes a prison!!!

Safety over risk? Sure, it feels comfortable, but it stifles your ambition and keeps you trapped in your **half-self**. By betting on security you avoid the discomfort of **growth**, AND you also short-sell your chance to achieve your **full-self** and your biggest dreams. Yep, over time, this mind-prison becomes a self-imposed limit on your **true potential** and leaves you wondering "what if I had done that?" Remember, death-bed people don't regret the things they did but the things they didn't do. True fulfillment comes from taking calculated risks, and facing uncertainty along the way.



Be sure to wash your lemons and limes before cutting into them. Lemons can contain up to 25 types of bacteria on the skin from storage and handling. Contaminants also transfer from cutting boards and knives.

Vinegar Method: Mix 1 part white vinegar with 3 parts water and soak the lemons for 5–10 minutes. Vinegar helps kill bacteria and remove wax.

Baking Soda Method: Dissolve 1–2 teaspoons of baking soda in a bowl of water and soak the lemons for 10–15 minutes. Baking soda helps break down pesticides and wax.