

aura

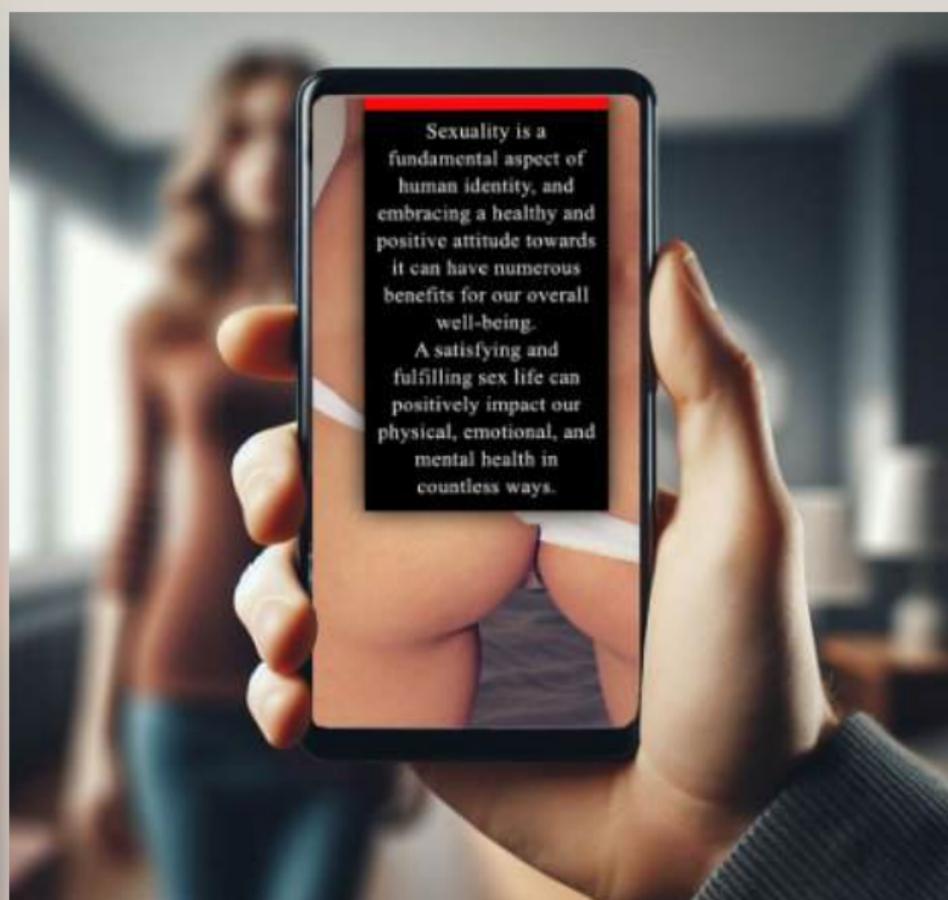
musings on how to acquire
the **glow** of being content
within yourself ...

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Sexuality is a fundamental aspect of human identity, and embracing a healthy and positive attitude towards it can have numerous benefits for our overall well-being.

A satisfying and fulfilling sex life can positively impact our physical, emotional, and mental health in countless ways.

SMARTPHONE FRIENDLY PUBLICATION

and specially formatted for most smartphone screens.

But it can also be opened on laptops, desktop computers, tablets, iPads, with Kindle, iBooks or any PDF reader.

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 the world what power you truly are.

aura

Sure, partly it's your win in the genetic lottery that attracts others: But when anyone sprinkles joy, alignment, and authenticity, your glow becomes irresistible. 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 conscientiousness within ... glow of being content within yourself.

Motivation gets you going. Discipline keeps you growing.

Motivation is like a spark—it can ignite your passion and push you to start, but it often fades when challenges arise. **Discipline**, on the other hand, is the steady flame that keeps you moving forward even when motivation wanes. It's the commitment to showing up every day, regardless of how you feel, that separates those who dream from those who achieve. Without discipline, motivation alone is just a temporary rush; with discipline, progress becomes inevitable.



The true power of discipline = turn effort into routine, and routine into mastery.

Greatness isn't born overnight; it's crafted daily through unwavering **commitment** manifested in small, disciplined actions repeated every day. Success is rarely the result of a single grand effort but rather the accumulation of daily habits. Whether it's reading a few pages, practicing a skill, or working toward a long-term goal, consistent effort compounds into remarkable results. The key is **consistency**—trusting that each small step, no matter how insignificant it seems, is building toward something greater. Over weeks, months, and years, these disciplined actions create lasting change.



Things Men Don't Understand



Many men don't understand how much energy women expend just **making sure they're safe.**

A woman cannot fully relax until she feels **physically** and **emotionally** safe.

Creating an environment where she can **turn off** that "safety monitor" lets her truly settle into her femininity.

A stylized illustration of a person sitting on a chair in a room. The person is rendered in a dark teal color, sitting in profile on a reddish-brown chair. The background is a deep red wall with a large, circular, textured yellow light source, possibly a moon or a lamp, in the upper right. To the left, a dark, leafless tree stands against the wall. The floor is a warm, golden-brown color. The overall style is painterly and expressive.

How do you
practice
self love?

By exploring
your self
hate.

Page two



Practicing self-love by exploring self-hate. Start by identifying **your “bitch” critical inner voice**—those harsh judgments like **“I’m not good enough”** or **“I don’t deserve happiness.”** Ask yourself: Would I say these things to someone I love? Nope, you wouldn’t ... see? ... how unfairly you treat yourself. Instead, pinpoint your negative self-talk without filtering or justifying. Recognize the patterns of self-hate. Yep, they are (almost) always rooted in past trauma with teachers, peers, parents or up-comparing to others creating unrealistic expectations. Jot these thoughts into your journal, remove them from your head. Take away their power. Create white space for self-compassion.

Next, **challenge these beliefs with kindness.** For every self-hating thought, counter it with a loving affirmation. If you think, **“I’m a failure,”** remind yourself, **“I am learning and growing, and that’s enough.”** In 30 days, this rewires your mindset. Remember, self-love isn’t about perfection; it’s about embracing your flaws and treating yourself “fairly” with the same patience and warmth you’d offer a dear friend. Become your best friend.

*“By approaching self-hate with curiosity rather than shame, you turn it into a **bridge**—one that leads not to judgment, but to a truer, **kinder understanding of yourself.**”*



IF YOU DON'T KNOW WHAT TO PURSUE IN LIFE, PURSUE YOURSELF. PURSUE BECOMING THE HEALTHIEST, HAPPIEST, MOST HEALED, MOST PRESENT, MOST CONFIDENT VERSION OF YOURSELF. THEN THE RIGHT PATH WILL REVEAL ITSELF.



This is the sort of effective and grounding reminder. When we feel lost or uncertain approximately our route, the best compass is often inward. By focusing on self-growth ... nurturing our physical, emotional, and mental well-being ... we create a strong foundation. Clarity tends to emerge naturally when we're aligned with our truest selves.

Healthiest - Prioritize movement, nourishment, and rest. A strong body supports a clear mind.

Happiest - Do more of what lights you up, or moves your needle ... even in small ways. Joy is often found in the present moment.

Most Healed - Face past wounds with compassion. Growth begins where comfort ends.

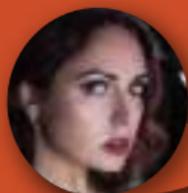
Most Present - Practice mindfulness. The future is built on how fully you live now.

Most Confident - Trust yourself. You've survived every challenge so far—that's proof of your resilience.

The right path isn't always a straight line: sometimes it's the one that helps you align with your purpose. Keep going.

Junk Sex as a trauma response?

a risky addictive activity to achieve a 'sex-high' to boost self-confidence and more positive body image, resulting in heightened feelings of self-worth and to gain a momentary sense of connection and intimacy while avoiding deeper emotional bonds

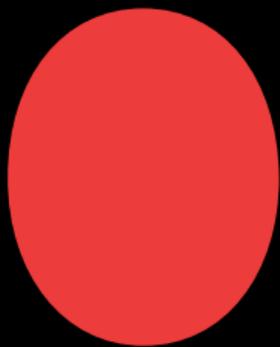




Junk Sex as a trauma response?

Why do some women and men behave like sexual trapeze artists ... swinging from one partner to another night after night? All more or less strangers with little or no emotional connection. Could it be that Junksex, sometimes seen as a trauma response, involves engaging in sexual activities without a desire for a committed relationship to fill an empty hole inside? Are they trying to fill the emotional vacuum inside, to catch a few moments of appreciation (“I’m good in bed”) or even sliver of love in a moment of passion and casual contact? Could this be an attempt to gain a sense of connection and intimacy while avoiding deeper emotional bonds for the fear of vulnerability? Hmmm ...





Make your
desire to
hear your
partner
be greater
than
trying to
be heard.

People think
about something
in the future
every 16
minutes.

Men think about sex
19 times a day
women, 10.

THE FRIENDSHIP RECESSION

We can hang out with **God** later.

For now, let's make time for our mortal **friends**.

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 inexplicably spelled “Aelx.”



Now, we're in what the Harvard Business Review calls a “Friendship Recession.” Which is 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

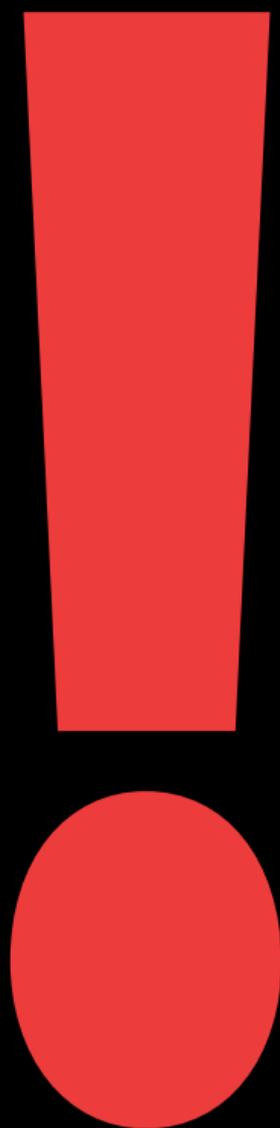
one. The rest? Lost somewhere between group chats and ghostings. We smile into screens, dine alone like Tolstoy protagonists, and Stanford U—yes, desperate Stanford—is offering courses on “how to make friends”. I suppose “Hi, my name is...” needed an extended course.

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.





do not judge people for
the choices they make
when you don't know
what options they have
to choose from.



10 min

10 min

15 min

30 min

ONE HOUR

The average woman says that she needs at least one hour a day in intimate conversation to keep her marriage alive, thirst-free, and growing. 10 minutes here, 15 minutes there, 20 minutes there. How hard can that be?

The importance of intimate conversation in your marriage. This can include sharing thoughts, feelings, dreams, and concerns with one another. It's something you both should value and recognize as vital for the

health and growth of your relationship. What does 'intimate conversation' mean to you personally? Talk it over. The key is to create an environment where both partners feel heard, understood, and valued.

Intimate conversation is about emotional connection

Husband: "For me, intimate conversation is when we can really connect on a deeper level...not just talking about our day or discussing practical matters but sharing our feelings and dreams. It's those moments when we truly understand one another."

Wife: "I agree with that. Intimate conversation is about emotional connection. It's when we can be vulnerable with one another, share our fears, hopes, and aspirations. It's not rushed or superficial; it's a space where we can be ourselves without judgment."

H: "Honestly, an hour a day seems like a lot with our busy schedules. I mean, I want to

Lock into her 10 min here, 15 min there, 20 min here thru the day

connect with her, but finding a whole hour every day can be challenging."

W: "I understand that, but I've noticed that when we don't have these longer conversations, I start feeling disconnected. It doesn't have to be all at once; we can break it up into smaller chunks throughout the day. 10 minutes here, 15 minutes there, just to check in with one another."

Sometimes, even brief moments of connection can make a significant difference.

Set times when you both are ready and are together for the moment

H: "I can see how that might work. Maybe we can chat for a few minutes before bed or during our morning coffee."

W: "And during lunch breaks or while we're cooking dinner together. Those moments can be precious too."

Remember it's not about the quantity of time but the quality

4

So many
ways to
communicate
with your
partner

of the connection. Be present in those moments and listen actively to one another.

Keep in mind that communication is not limited to just verbal conversations. Non-verbal communication, such as physical affection, gestures, and quality time spent together, also plays a significant role in maintaining a strong emotional bond.

The key is to find a balance that works for both partners in terms of the amount of time and the quality of conversation needed to nurture their relationship. It's critical for couples to have open and ongoing discussions about their needs, expectations, and preferences for communication

ONE HOUR

dark night of the soul?



"I am not broken. In this dark night of the soul, it is simply my emotions trying to protect me. Sun will shine again. Wait ...

Even if this feels big now, this feeling will not last forever. It never does.

No. I don't have to believe every negative thought my mind brings up.

I will ground myself with breathing in stillness, and healing by movement."



“Z is for Zephyr (and Other Zany Things)”

Zipped in zigzags through a zesty lagoon,
A zebra in sneakers danced under the moon.
With a xylophone zest (yes, spelled with a Z!),
He juggled some zeppelins quite zealously free.
The zoo was amazed at this zany affair,
A zinc-plated hamster flew into the air!
Zorilla reporters with zigzagging pens
Wrote headlines like “Zebra Starts
Whirlwind of Trends!”

“Pzzzt, so when alphabits gather for English tea, All bow at the end, quite politely, to Z. For Z isn't last 'cause it's lesser or late—it's saving the sparkle to shut the Grand Gate.”

own your time. Don't say "whatever works for you, say "I'm available at 10 or 3". clear boundaries earn instant respect.

Take control by confidently offering specific (time) options. This small shift communicates professionalism, self-respect, and efficiency. When you set clear boundaries, you eliminate ambiguity, reduce unnecessary back-and-forth, and **signal that your time is valuable**—earning instant respect from others. People naturally respond to decisiveness, and by asserting your availability upfront, you establish yourself as someone who is organized, intentional, and worthy of consideration."

"Try this now: Next time someone asks for your availability, reply with two concrete options."



“4 Great Tips for Expanding Your Aura”

1. Don't move erratically or aimlessly. Move slowly, relax. This gives the impression that you are in control and moving at your own pace.
2. Dressing better makes you feel more comfortable especially creating a positive impression on others compared to a sloppy appearance.
3. Speak less. Speaking less creates mystery that piques people's interest and makes them want to know more about.
4. Stay calm, listen before reacting with anger. This creates a small gap that helps dissipate tension.



Is coconut oil really better than any toothpaste?

Coconut contains **lauric acid**, which has antibacterial and antifungal effects against oral pathogens like *Streptococcus mutans* (a major contributor to tooth decay) and *Candida albicans* (linked to oral thrush). *Streptococcus mutans* is bacteria that glues to your teeth and causes dental erosion. However, coconut oil has no **Fluoride** which remineralizes tooth enamel and prevents cavities, a critical function coconut oil cannot replicate. Most studies on coconut oil are small-scale, and none conclusively proves it is superior to fluoride toothpaste. Very high doses (>0.8 ppm) of fluoride, a neurotoxin, have been associated with lower IQ scores. Perhaps use coconut oil as a useful **supplement** to oral hygiene and allow fluoride toothpaste remineralize the tooth enamel.



1. Become more selective. Set boundaries. Don't pay attention to everything that surrounds you. Avoid clickbaits. Media wants you to be exposed to advertising and they pay handsomely to writers just to write tempting headlines. The world is full of temptations, glittering objects, and siren calls. Learn to be selective. Some call it signal-to-noise ratio. Pay attention to signal, not noise.

2. Collect only the best or the most promising ideas. Ideas and thoughts tend to evaporate from your mind very fast. Send yourself a text or whatsapp audio clip when you have a good one on the mind. Try to capture them before it is too late.

3. Stop reading, learn synthesizing. Reading is said to be the best investment of time ever. No it's not. The publishing industry thrives on volume (longer books = higher prices, prestige), not efficiency. Books aren't inherently 'better' or

‘worse’ for learning—they’re a tool. Books have built-in redundancy. Books should embrace structured skimming. Modern learners NEED to learn to skip, skim, and synthesize—treat books like buffets, not fixed menus. No wonder 50% of readers abandon a book before page 100. That’s a fact the publishing industry doesn’t want you to know.

Then there’s the 1880 ‘forgetting curve’ by psychologist Hermann Ebbinghaus:

- Within 1 hour, you forget ~50% of info.
- Within 1 day, you lose ~70%.
- Within 1 week, ~90% is gone.

What works for me is to jot down into digital journal the most important data points I need to recall forever.

Use something like Apple’s password protected **Journal app** or similar on Android. One place. For all impo stuff. Only you can access. And you always know where it is.

4. Analyze your day. Before going to bed, spend 10 minutes analyzing your day. Be accountable: What things you managed to do well and what mistakes you made. And always end with a note of gratitude to make your dreams go better :)

5. Practice writing. It cultivates the discipline of thinking. Your thoughts (and posts) will cease to be random and chaotic. They will gradually become systematic and structured instead.