

we can lovingly reclaim the steering wheel of our life.

To "grow up" is not to satisfy the 'outer-social-self', but to thank it for revealing our mistrusting programming that resides within us.

Starting to perceive yourself as awareness observing your programming, you allow your programs to evolve into the world you wish to see.

- This month, notice one robot or 'metaphoric animal' that jumps out when you feel hurt inside. Instead of resisting it, just say: "Thank you. I have this now—rest with me."

Rest in your awareness for short moments to reset an emotional disturbance. If you re-trigger your disturbance, rest 90 seconds, until able to get up and do something you enjoy.

By witnessing, we start to interrupt our code. It is the "separate-social-self" that uses attachments, addictions, and suppression. It doesn't stand on its own, like awareness.

Peace doesn't have to wait for all your worldly chaos to end. The chaos wasn't your wrong-doing, it was a teaching from our inner-self. It was the experience needed to help us grow, and start to know thyself.

Society often becomes trapped in its makings of political, social, and personal theatres. Being, too much in any one of these arenas, we get pulled into the "separate-self" and then control outcomes to our liking. Each time we control life, it's like being the frog stuck in the pot, slowly heating up until your capacity to jump out disappears.

But we can get out, as we recognise our natural peace and belonging, which is who we are beyond the self-made image. You can't control

what you experience, because what you experience is you.

While we cannot force inner and outer drama to cease, we can see our illusive robotic-grip on it that buries our peace and love.

Perhaps now, we can choose a different path:

- Forgive and forget whatever we have been—*with every blink, breath and sleep.*
- Forgive others and respond to them with the same compassion you'd hope to receive, recognising that we all stumble.
- Help the helpless and consider those suffering as your kin.
- Hold passion and pride in chains, and love in your heart.
- Forgive even the foolish and untruthful, for they, too, are caught in the machinery of their own programming.

May you find something to love each day,

Essential for Wellbeing

If this story touched you in any way and you'd like one-to-one reflection towards your "inner-essential-self", affordable coaching is available. Offered independently from the publication sponsors. Donation sessions are available by request. Contact: vini.ourbooks@protonmail.com or for a faster reply call 519.491.9902 (QSR, private line). Consider subscribing to our publication or dropping a donation (any amount) to help spread the wellbeing. Scan QR Code below.

Next month's story: the trap of having to suppress your feelings in order to prevent triggering others robotic-feelings (anger, hate, fear).

Community sponsors and donations (no matter how small) are greatly appreciated, making it possible to print more copies and share widely.

Thank you for being part of *Essential for Wellbeing*.



Is Your Home Compromising Your Family's Vitality?

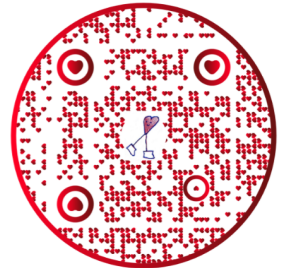
Wireless electro-magnetic-frequency (EMF) radiation is a silent, systemic stressor linked to declining fertility, developmental struggles, poor focus, and chronic health issues. As a professional Electrical Engineer, who has suffered from it, I identify and mitigate hidden radiation hazards to help you reclaim your sanctuary. Protect your baby, children, and self from biological risks. Call 519-491-9902 to book your professional home audit. Baby and maternity rooms are free. Scan QR Code for a [Free EMF Safety Guide](#).



https://ourbooks.ca/#latest_book
Free EMF Safety Guide



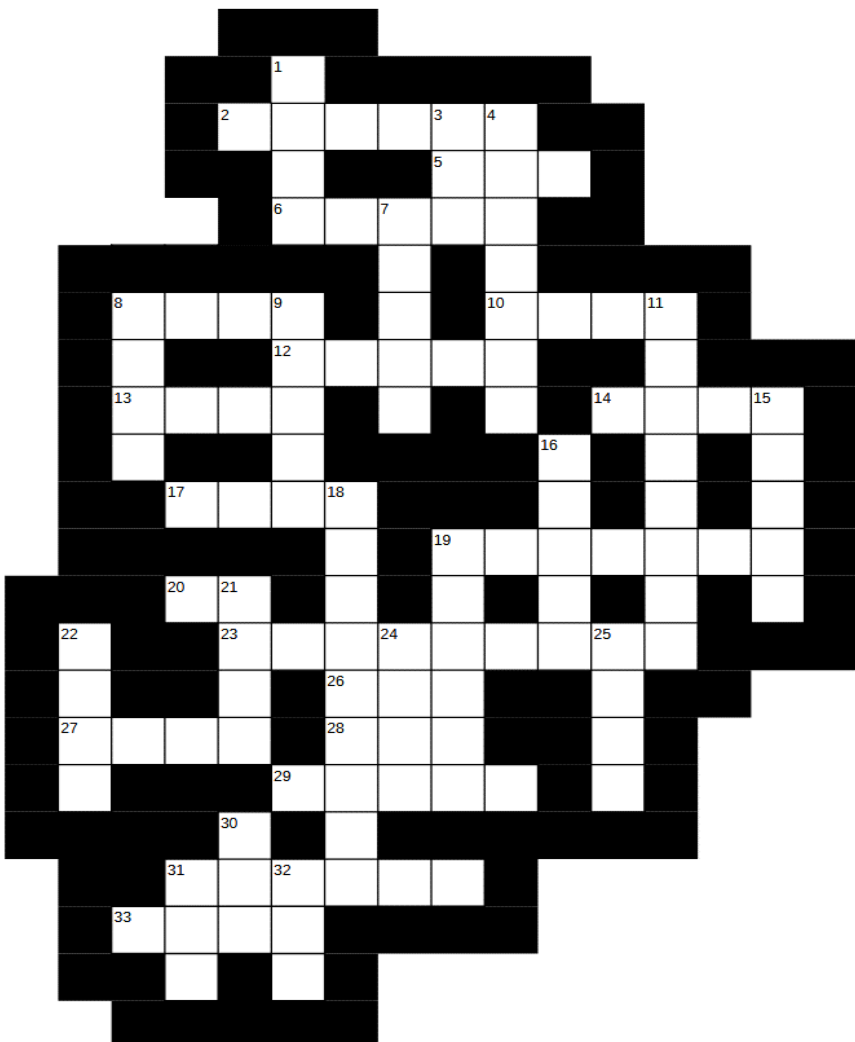
<https://qsrelectrical.com/services/>
EMF Home Audit



<https://ourbooks.ca/wellbeing/>
Monthly Subscriptions,
Donations (any amount),
Archives, Puzzle Answers,
Advertising Rates

Mila and the Robots Inside – Part 1: Back To The Garden

(read the story for the clues)



ACROSS

- 2 Each day is a lesson in personal _____
- 5 Burst of excitement!
- 6 _____ and eggs, breakfast
- 8 Take it easy
- 10 Awareness with narrow focus ('_____ light')
- 12 The organ that aches in sadness
- 13 Bellow
- 14 Big heap
- 17 Leaves
- 19 To hide something
- 20 You and me
- 23 Who we all are
- 26 Fish eggs
- 27 Robots cannot stop without _____
- 28 Donkey
- 29 Resting as awareness lets you _____ yourself
- 31 Our mind is like a _____
- 33 Radiating from a person

DOWN

- 1 Blah!
- 3 It takes _____ to Tango
- 4 Reality
- 7 _____ of the crop
- 8 Uncommon
- 9 Age your 'robots' formed
- 11 Strong emotions become
- 15 Premature
- 16 Kayak
- 18 Not together
- 19 Brie, feta, e.g.
- 21 Robots try to keep you _____
- 22 Not empty
- 24 Flower
- 25 I, me
- 30 Conflict
- 31 Instincts
- 32 A drop of golden sun