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Essential for Wellbeing

"Restoring Connection, One Story at a Time"



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Essential for Wellbeing is written by Nick Wallace, from Sarnia, Ontario. I write stories, essays, and reflections about the quiet truths we all feel but rarely say out loud. I lost my job, my marriage, and people I loved—all in a stretch where those around me seemed more willing to twist my words than face themselves. It dissolved me. But also opened something. Eventually, I realized the thing I kept trying to outrun wasn't out there. It was in me. I started to see the patterns I'd never questioned, and the beliefs I'd carried without knowing it. The culture around me offered plenty of escapes, but lacked peace. And culture isn't meant to be something that we follow—it's just a word for what you and I do together. These stories are for the part of you that's been taught to stay silent—the part that still knows you're not the frightened reflex trying to control life. You are life. Each month is an invitation to pause, reflect, and remember—told through true stories that start with my life and end in yours.

A Note On This Month's Story: We each have an "inner sanctuary"—a place to go when the pressures of school, work, or society feel tight or uncomfortable. We are the 'keeper of this secret' who can choose to live differently from others, to feel belonging in our world. [Ages:](#) All ages.

The Story of the Inner-Sanctuary

What if, in the dawn of the human race, when we felt like the first human beings on Earth, we lived in a forest that was our playground, garden, and mother? What if, knowingly or not, we felt one with nature, universe, and the divine—for aren't those just different names for the same thing? We were one with each other, the soil, the plants, the animals, and the cosmos that provided the building blocks, atoms, and intelligence. Can you imagine?

Culture shaped us, but we must ask: have we become our culture, or is a part of our original self still there, waiting? This multi-generational shift from being part of the Earth to being programmed into machine-like behaviour, in a material world—could be called **"The Great Shift."**

And here's why I want my child to know, and what I want you to remember: you are not expected to choose between the civilized and the wild. You are both. The question was never which one you are—it's whether or not you remember you're both.

So when a few global societal designers speak of the **"The Great Reset,"** perhaps we can instead reshape that idea into something more genuine: *a remembering of the whole*. A falling back to the whole you, and not to a place with no technology, but to our own living psyches, where we're all united as sons and daughters, brothers and sisters—all of us part of the Earth.

Depending on who you've become through the millennia, and your lifetime, you may prefer a life that feels long, secure, and full of convenience—even if it comes with all the health issues of the modern age. Or, since security is fading, you may prefer a life that is shorter but more vibrant, with playing in the forest, being curious about nature's beauty, feeling connected. This isn't a fork in the road. Neither is wrong. But are you hitting the reset button enough?

We can always spend more free time in nature—somewhere real—and leave our 'devices' and cultural self behind.

And based on this, let's have a short story intended to remind us of what is forever in our biology and psyche.

Once, long, long ago, before there were clocks and phones to tell us how to spend our minutes, and before there were walls to tell us where we belonged, the world was a giant, green playground and garden. Back then, humans were like the fox and the deer. They didn't live in boxes made of stone; they lived in the arms of the trees. They

didn't have pockets full of money; they had sachets full of shiny pebbles, sweet berries, and secrets were shared by the birds and wind.

In those days, the forest was the only school you ever had. Everyone learned everything they needed to know. And you learned how to be kind by watching the wolves and wild horses look after their own, and by listening to the birds share their best songs with the morning.

There was no rushing. It never came to mind. The sun would always rise, and the moon would always tuck you and the flowers into bed. No one fought over who owned the waterways or the land, because how can you own something that birthed your very body?



Humans back then were wild and happy, just as each child born today is. Their feet were strong, their hearts were light, and they were always paying attention to the wisdom of nature and the cosmos. And then, humans had a curious idea.

So they imagined it, and pulled stones from the ground, melted metals in the fire, and built tall castles and towers to reach the sky.

They imagined countries and borders—and planted a flag, and fences within them—to mark "this is mine" and "that is yours." They identified with their country, king, or conqueror and became enemies with those

outside of their borders. They competed to create a world of busyness, connecting themselves to non-living systems and economies that made life go even faster. They became very clever, yes, but they also became very busy, separated from nature, and chronically ill.

And the busier humans got, the more they forgot the language of the Earth, and their own true nature of being. Today, the forests and oceans are fading, as is the feeling of union we once held within.

The world is full of screens, satellites, and unnatural rules that govern everything about the global culture. Culture is another word for 'us'. But do you agree with how the world is being used today? Do you ever feel like you're being cultured to fit into a puzzle that feels a little too tight or a little too sharp? Do you feel like you're being told to hurry to a place you aren't sure you want to go?

And here is the secret I really want you to know: **You are still wild and civilized.** The walls and roads are yours. The screens are yours. You built them because you were curious—and you can hold them without losing the forest.

Even though you use computers, your hands still know the magic of the soil you came and live from. You are a miracle—a being of natural

open intelligence, living tissue, and wild forest, walking (or wheeling) around on two legs.

Sometimes, the world feels very serious. People fight over things that don't really matter, over stories they invented, and they forget that the Earth and nature's intelligence is the reason we're all here. Our identity may have shrunk into something much smaller: our thoughts and opinions. But you get to choose. You've always had the choice.

You can be the person who remembers. You can be the one who slows down to help when everyone else is rushing and flickering frantically. You can be the one who looks at a tree and still sees a friend holding half your lungs.

When you go outside, try to see that you aren't just a student in a classroom, a face in a screen, a cog in an upside-down economic machine. You are a child of the Earth that comes with a much larger identity and responsibility. We are able to respond in balance. You are the forest and future of it. And the best part? You've been waiting for you all along.

Now, close your eyes. Listen to your breath. You are home. Not the wild you left—the whole *you* that never left. **This is your inner-sanctuary.**

The End—or maybe, for your heart, just the beginning.

Reflection. It's hard sometimes to fit into a society that keeps changing in the opposite direction of the natural living system we come from. Probably because the busy, combative world we live in isn't getting us

any further ahead. Yet it reveals something deeper in us—something that keeps calling us home.

If we could be our whole selves, we'd admit that our ignorance—of self, of others, of the world—is far greater than our knowledge. We'd let everything we thought we should be, and everything we thought was *me*, return first to our larger identity. Then whatever we make, and whatever we do, won't be in service of the heart's defense.

Feelings are a natural phenomenon, like a flowing river. Yet we've been misguided to turn them into difficult emotions and arguments that only hurt if we believe them. Our feelings reveal who we are; our emotional characters demand protection. Nature does not get stuck, she repairs herself naturally, as we can too.

You're a living system. Your body repairs itself, your mind wanders toward what it loves, your heart keeps time with something older than clocks. You were not built to be defended. You were built belonging.

So when the world asks you to armour up, remember that you already have a home. It's the one you've been carrying the whole time. We don't have to put armour over our own heart so we don't have to feel what's underneath. That's just the effects of a system based on fear.

Did this story find you? Let one find you every month. Scan below.

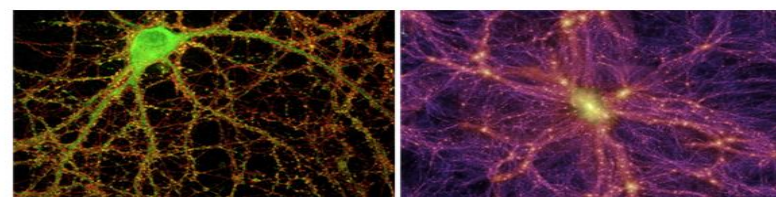
May you find something to be one with each day—a tree, a breath, a person, a moment. That is enough.

Essential for Wellbeing

One of these pictures is the human brain. The other is the network of galaxies which make up our known universe.

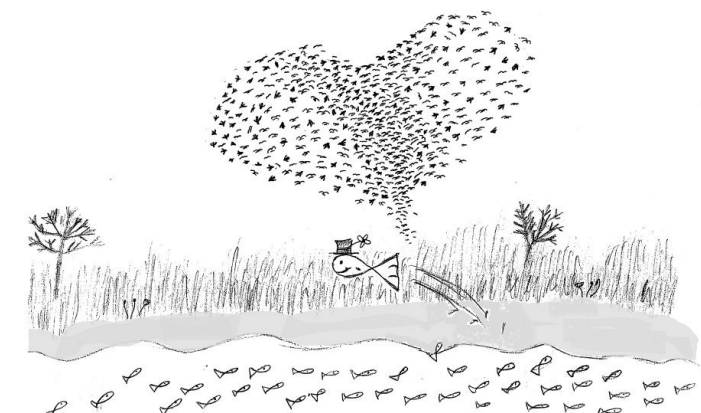
If we put them side by side...

Can you tell which is which?



In 2022, Astrophysicist Franco Vazza and Neurosurgeon Alberto Feletti discovered that the insides of our brains and the structure of the vast universe are nearly identical.

The smallest parts of the universe mirror the largest. The micro and the macro. The microcosm and the cosmos.



You get to choose which way you go
from the book *Who We Are*, found at the Downtown Market and ourbooks.ca

ALLISON INQUIRY
Listening to Canadian Covid-19 Vaccine Injured

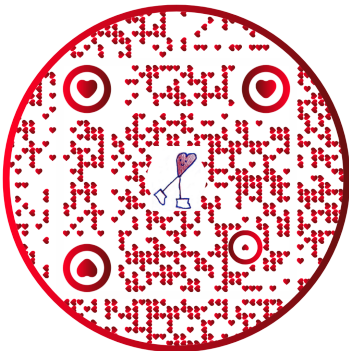
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Inner-Sanctuary

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**ELECTRICAL
ENGINEERING**
QUALITY • SAFETY • RELIABILITY

Is Your Home or Business Compromising Your Vitality?
Synthetic wireless radiation can cause electro-hyper-sensitivity (EHS), a federally recognised disability.¹ An invisible, silent stressor linked to poor focus, chronic health issues, and declining birth rates. As an electrical engineer, who has suffered from it, I identify and mitigate hidden hazards to help you reclaim your sanctuary.

Protect your embryo, baby, and child from biological risks, as they're 10x more absorptive.² Wireless devices are designed to withstand high frequencies, but we're not. Call 519-491-9902 to book an audit. Baby rooms are free.

¹ <https://www.womenscollegehospital.ca/wp-content/uploads/2022/06/Preliminary-Clinical-Guidelines-for-EHS.pdf> ² <https://pubmed.ncbi.nlm.nih.gov/31457001/>

