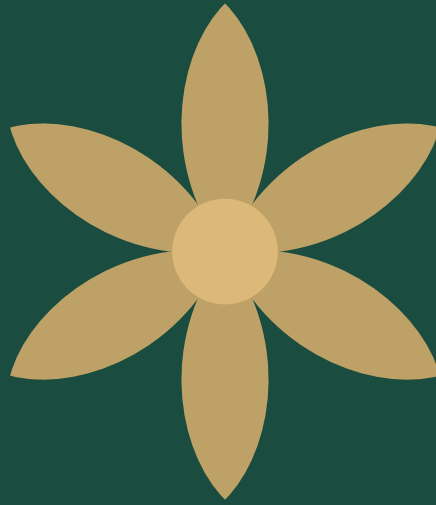




IN HER RHYTHM ©

Meet the Innerkind

seven companions, one for each part of you

You are not one mood.
You are all seven, and they take turns.

living abundantly with ease

aradhanaarya.com

HOW TO USE THIS

She is not a personality type.

The quiz told you who is leading today. Tomorrow it may be someone else, and that is the point. The Innerkind are seven parts of you, and the one at the front is usually the one with the most to say about what is currently in the way.

Read your companion's page first. Then read the other six, slowly, and notice which one you skip. That is often the one worth sitting with.

Each page holds her gift and her shadow, a mantra you can borrow, and one small thing to do with your body. Start with the body. The insight tends to follow it rather than lead it.

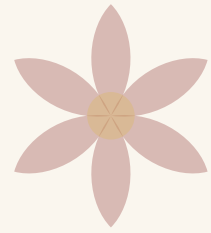
The walk begins at the root, because safety comes before ambition.

Everyone starts with Ruby, whichever companion is leading you today. Rooted, the first chapter of the app, is free. Twenty-eight days, about two minutes a day, at the pace your body sets.

THE ANCHOR · ROOT

Ruby

SAFETY



She is the one who checks the ground before you build on it.

Ruby knows that nothing lands in a braced body. Not love, not money, not rest. She does not ask you to be brave. She asks you to be safe first, and lets the brave arrive on its own.

THE SHADOW

Control. When safety is missing you try to manufacture it. You plan everything, hold everything, and never quite put it down. It looks like being on top of things. It feels like never being off duty.

THE MANTRA

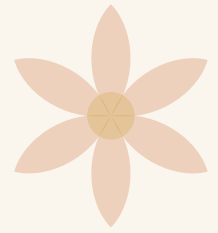
LAM · *I am safe here.*

SOFTEN INTO HER

Both feet flat on the floor. Breathe in for four, out for six, ten rounds. The long exhale is the part that tells your body the danger has passed.

Ask her: what would I do differently if I knew I was safe?

THE MUSE · SACRAL



Marigold

DESIRE

She is the one who remembers what you wanted before you were sensible.

Marigold does not think your wanting is too much. She thinks it has been on hold. Pleasure, creativity, the thing you do for no reason other than it delights you.

THE SHADOW

Numbness. Wanting felt greedy or unsafe, so you turned the volume down and called it being low maintenance. Nothing is wrong. Nothing is much of anything.

THE MANTRA

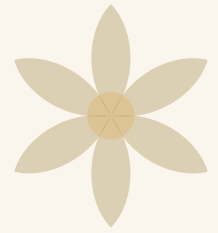
VAM · *I am allowed to want this.*

SOFTEN INTO HER

One hand on your lower belly. Move your hips slowly, side to side, for a minute. Desire needs movement in the body before it needs permission from the mind.

Ask her: what do I want, before I decide whether I am allowed?

THE FIRE · SOLAR PLEXUS



Sol

WORTH

She is the one who stops you shrinking to keep the peace.

Sol is load-bearing. Abundance does not fail at the wallet, it fails at the worth, and Sol is where the worth lives. She is your clean no and your named price.

THE SHADOW

Shrinking. You soften the ask, discount the price, and take up less room than you have already paid for. Agreeable is not the same as generous.

THE MANTRA

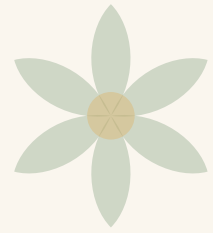
RAM · *I take up the room I am in.*

SOFTEN INTO HER

Stand. Hand just above your navel, and breathe wide into your ribs rather than up into your chest. Then say one no out loud, to nobody. Practise it in an empty room first.

Ask her: where am I making myself smaller than I am?

THE TENDER · HEART



Willow

RECEIVING

She is the one who teaches you the other half of love.

You are excellent at giving. Willow has watched you do it as a way of never having to ask. She is here for the harder skill, which is letting something land.

THE SHADOW

Over-giving. You help so that you are never the one who needs help, and then quietly keep score. The resentment is not a character flaw. It is a bill that was never sent.

THE MANTRA

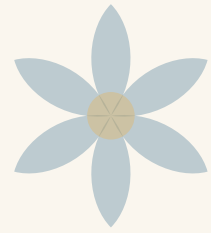
YAM · *I can let this land.*

SOFTEN INTO HER

Hands on your heart. Inhale a little longer than you exhale, six rounds. Then let the next compliment land without correcting it. Say thank you, and nothing else.

Ask her: what would it cost me to let someone give me something?

THE VOICE · THROAT



Lark

TRUTH

She is the one who says the sentence you have been rehearsing for a month.

Lark is not loud. She is accurate. She knows the difference between keeping the peace and keeping quiet, and she knows which one you have been doing.

THE SHADOW

Silence. You call it keeping the peace, but it is usually keeping quiet, and it costs you either way. The sentence stays in your body and shows up as a sore throat and a tight jaw.

THE MANTRA

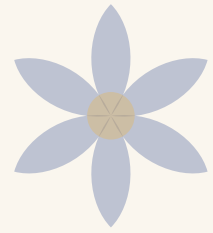
HAM · *The true thing, said gently.*

SOFTEN INTO HER

Hum. Low and steady, mouth closed, one minute. The vibration travels through the vagus nerve and settles you. Then say the sentence out loud, alone, before you say it to anyone.

Ask her: what is the true thing, and who needs to hear it?

THE SEER · THIRD EYE



Indie

CLARITY

She is the one who was right the first time.

Your intuition is not the problem. It is lit, and it always has been. Indie is the part of you that knew before the evidence arrived, and watched you talk yourself out of it.

THE SHADOW

Second-guessing. You knew, and then you gathered opinions until the knowing was buried under everybody else's. Research became a way of not deciding.

THE MANTRA

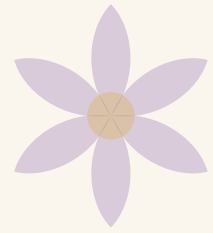
OM · *I already know.*

SOFTEN INTO HER

Close your eyes and rest your palms lightly over them for thirty seconds. Then write the answer to the question you have been avoiding, in one line, without editing it.

Ask her: what did I know before I started explaining it away?

THE DREAMER · CROWN



Skye

ALLOWING

She is the one who opens your hands.

Skye is the end of the walk and the least effortful part of it. Open hands receive more than closed fists. Surrender without giving up, trust without naivety.

THE SHADOW

Gripping. You force the thing that was already on its way, then call the exhaustion commitment. Or you float off entirely and call the avoidance peace.

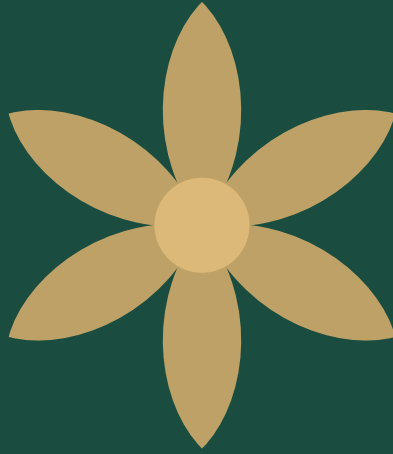
THE MANTRA

OM · *I open my hands.*

SOFTEN INTO HER

Sit with your palms open and facing up for two minutes, with nothing to achieve. Open hands are a posture the body reads long before the mind agrees to it.

Ask her: what am I gripping that would come anyway?



Start where it begins.

Rooted, the first chapter, is free.
Twenty-eight days, about two minutes a day.

aradhanaarya.com

Living abundantly with ease

With love, grace & gratitude

Aradhana x