You Are Human,

and I Love You

A practical guide to emotional mastery,
nervous system healing, and personal power
— through Neurological Art

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THE INVITATION

You may have arrived here by accident — or not. Curiosity may lead you here, or fatigue, or even hope. Whichever reason is yours in this moment, you are welcome here. And this is how you will know whether this book meets you where you are right now

This book is for you, if:

- You've tried advice, self-help, routines — maybe even therapy — and still find yourself circling back to the same place
- You feel your struggles, sometimes even understand them in great detail, yet still react in ways that feel automatic and unchosen. With clarity arriving too late to matter
- Deep down you're capable and emotionally resilient, but exhausted from years of holding yourself together, and fighting what feels like the "wrong" parts of you
- You're tired of wisdom that fades, and want change that settles into your body and actually stays

What makes this place different is that change here happens through lived experience. This book is neither ungrounded theory, nor a collection of reasonable advice. It gathers embodied tools that work directly with your nervous system through breath, attention, and simple physical acts

Your struggles didn't come from the lack of your effort:

Chances are, you are still not where you want to be in life. But not because you failed to try. You've already listened, read, applied. You've changed routines, dropped habits, promised yourself that tomorrow would finally bring relief. And yet the same loops return. The same tiredness settles over your shoulders. In the quiet moments, familiar thoughts may arrive — that others seem to move through life more easily, and that what is theirs isn't meant for you

You may feel like the main character of your life, and yet somehow not feel important enough within it. You may want others to see you more clearly, while still not fully seeing yourself. Habits may return despite your best effort, as if they live deeper than intention alone can reach. And you may carry a quiet exhaustion from being strong in ways few people ever notice

Read with your body, not just with your mind:

As your eyes move through these words, some may resonate more than others. Notice which one touched you most. Notice yourself noticing it. Then observe how your body responds. There may be a pause, a slight pull forward, or a moment of resistance. A memory may surface. Your breath or facial expression may shift. You might even feel an impulse to skip further ahead, or to look away completely. You don't need to change any of this. Just let it be. This is how the body should meet something real. With care, and at its own pace

Your life is shaped in your body, in the moments you freeze, push, please, withdraw, overthink, or disconnect. Your nervous system doesn't grow through motivational slogans, clever explanations, or emotional pressure. It learns through lived experience. This book works at that level. It helps you remember a language you were born speaking — through breath, choice, and simple forms of self-expression — guided by the signals of your own nervous system rather than by the outside answers

Nothing to prove here, but something to use:

You won't be asked to believe anything here. You won't be judged, shamed or forced. You're invited to meet yourself through the physical presence of this book — something you can hold in your hands, something to return to, and work with at your own speed

These pages are meant to be touched, marked, and lived with. The more you meet them by reading, writing and drawing, the more they become a quiet record of your nervous system unfolding

Through this book, you'll work with a set of tools designed to meet you in real moments: in the middle of spiralling, during a conflict, while making hard decisions. They change how your mind and body respond as life is happening for you. Not to you, *for* you. Fears you didn't know you carried may soften. Choices that once felt blocked can begin to open. Beliefs that once felt fixed may reveal themselves to be more flexible than you thought. You'll start to recognize your nervous system the way you recognize your own reflection — as something familiar, readable, and responsive

And this work doesn't happen in isolation. Others are moving through it alongside you. Neither in comparison, nor competition, but in the same direction, in the same world we share, at the same time

You are already on your way:

Sometimes the moment that leads into change is subtle. A thin line between "*back then*" and "*from now on*". If you're unsure of what is happening right now, that uncertainty itself is part of the moment. That is the right direction, keep going

And all of this sounds too simple? Good. The simplest tools are often the sharpest. Just a book, and a pen. Let their weight settle in your hands, and see where they take you

But before we fully start, pay attention here:

This book is **for creative and informational purposes only**. It guides you towards personal reflection through the lens of neurological art. **This content — including stories, exercises, and metaphors — is not a substitute for professional medical advice, diagnosis or treatment.** If you are experiencing emotional distress or mental health challenges, please consult a licensed healthcare provider

By engaging with these pages, you take full responsibility for your own emotional, mental, and physical responses. The author and publishers are not liable for any consequences, interpretations, or decisions based on this content

To continue — is to become accountable
for your own experiences with this material.
Read responsibly, and move in your own rhythm

RESPONSIBILITY AND CHOICE

Now, beyond the legalities. I want to help you. In the deep and loving way that I once needed myself. This book exists to offer something real. Something I've used in my darkest days. Not once, but again and again, through trial and error, whenever I needed a way back to myself. And even beyond that

Tools have power. They reveal what's been hidden and advance what once felt immovable. But every power must be met with humility. If you don't meet it with humility, it will teach you humility. As many times as you need, until you learn it. The way fire teaches respect to the hand that holds it

Everything here is part of that tool. A mirror that strips away the disguises. A doorway you may choose to step through. Only you can decide when to pause, when to go deeper, or when to stop

If we were in the same space — a quiet kitchen late into the night, beside a waterfall, or in the stillness of a candlelit room — I would connect with your nervous system and guide you with more personal attention. But here, in this altar of a book, we meet differently. Not eye to eye, not yet. Still, heart to heart

Let's make your first vow here, a small ritual to mark the beginning of your journey. **On this very page**, in the blank space below, **in regular pencil** write these words: "*My tools have power. I meet them with respect. I choose how fast and deep I go. Still, I go.*"

And remember: you are the master of yourself. You choose the path

Travel it gently