

9-DAY INNER PEACE CHALLENGE HANDBOOK



by Felix New

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9-DAY INNER PEACE CHALLENGE – HANDBOOK.

STEP 1- Read the welcome letter 😊

WELCOME, WELL DONE & THANK YOU!

First of all, I very much respect you for saying 'YES' to your wellBEING.

It is much easier to fall into a routine and habits that slowly eat away at our health and sanity...

...than it is to pull the breaks and start being honest with ourselves. To start healing. To starting inviting inner peace back into our life.

Some people think saying 'YES' to yourself is selfish... "wouldn't I be doing more good by helping others who need help?"

CREATING A BETTER WORLD, STARTS WITH HEALING OURSELVES.

You can only make real and consistent positive changes in the world, once you've worked on your own demons and started your healing journey. Your journey back to inner peace.

If you fail to gain clarity on what inside of you is in the way of your inner peace... then you will most probably blame the world or people around you for everything that's 'wrong' in your life. They will become or may have already become the reason you feel you can't experience inner peace.

Inner peace is at the core of healing - yourself, the people around you and the world as a whole.

If you re-connect with your own place of inner peace, you will also start to see it in others (even if they can't) and become an ALCHEMIST.

You might be thinking: "Alchemist – that sounds fun!"

Yap, it's powerful!! You will be turning fears into love. Darkness into light.

...BUT be WARNED... This is not going to be all sunshine and rainbows!

To get to the calmer waters, our boat needs to first sail through the rough waves. To bring more peace into our life, we have to be willing to look at the chaos from time to time.

These 9-days may feel intense... and why wouldn't they?!

We are up against years of baggage and hurt you've been carrying around with you. Years of doing things that work AGAINST your inner peace.





Emotions and thinking patterns can be heavy stuff... but with the light of awareness we will always be the winners. Love always finds a way.

Inner peace in essence is coming back to the love we are at the core. For some of you that may sound very deep now haha – but it will all make sense at the end of the challenge.

Importantly, whatever we are up against is not our enemy. The ravishing dragon protecting its nest, doesn't have any evil intentions does it? It simply wants to live and survive... and so does your pain and struggle.

We simply tame the dragon with our sword of non-judgement and our alchemising torch of awareness and love.

I know you are ready for this. I have trust in you.

REMINDER – there's no such things as a quick fix. This life is a dance not a race.

The purpose of the 9-Day Inner Peace Challenge is to do a radical change in direction.

Nothing more and nothing less than that.

We shouldn't go into the challenge with the expectation that we will shed away all of our problems, traumas, fears etc.

Healing and inner peace is a lifelong journey. We need to be loving, kind and patient with ourselves. During the challenge, we will initiate the process of shedding those things that no longer serve us.

We steer our ship in a beautiful direction where we will gain the courage to face our problems DIRECTLY... We will no longer run from what's haunting us... Ain't nobody got time for that.

You may make mistakes... you may get knocked down... but you will NEVER give up and you WILL re-connect with your inner peace in the most beautiful way.

Your future is glorious. Our future is glorious. We got this.

Please be kind to yourself in the process. There's a child in there that just wants to experience this life with a playful innocence... even if you feel disconnected from that child, it's never left... and it's about to take back the reigns of your life. Buckle up. It's about to get magical.





I want to also take this opportunity to thank you from the bottom of my heart for supporting what I do. Your support means the world to me and means that I can spread more love with the products and service I offer. It allows me to invest in others who are doing amazing things to make this world more peaceful and loving place.

By booking a 30 minute call with me, (or simply spreading the word about the 9-Day Inner Peace Challenge) you are not only showing yourself that you care about your inner peace, but you are also giving school children in the US and UK the opportunity to learn about well-being and inner peace. With every call, I donate 5% to MINDUP.

Doing the challenge is a win, win, win.

My deepest gratitude to you. Let's do this.

Much love,

Felix





PRE-CHALLENGE

WISDOM & INFO

STEP 2 – Read the background information below

Get to know the different tools and methods we'll be using over the 9-DAY CHALLENGE.



Please ensure you've read this section before you start the challenge.

You can refer back to this handbook at any time... it's yours to keep forever 😊
Feel free to print it out.

WHEN DO I START THE 9 DAY CHALLENGE?

If you'd like, you can start tomorrow... however, you might want to gather a few things and then start your 9-Day Inner Peace Challenge.

This might include a fridge full of healthy greens... read the information below, think about it and then set a day to start.

These are the things I recommend you have in place:

- ✓ A minimum of 30 minutes a day you can dedicate to the challenge over the next 9 days (ideally 45 mins).
- ✓ Access to journaling material (pen, paper/notebook).
- ✓ Time to go into Nature: 10 minutes on Day 1 & 45 Minutes on Day 5 (can be moved to another day if your schedule doesn't allow it). A small park



or garden is sufficient for day 1. For Day 5 a more remote spot is desirable, but not essential.

IMPORTANTLY: You don't NEED to buy anything or take a holiday from work to do the 9-Day Inner Peace Challenge. It's designed to fit around other commitments...even for busy bees.

Although you do need to invest some time in yourself if you're serious about your inner peace.

Nonetheless, take a listen within and see if you're being called to do any preparation before you start.

You will now learn about a few techniques we will be utilising to bring balance and inner peace back into our life.

Importantly, **everything in this challenge is optional.** You are the one who makes a choice.

Anything you do should be because you want to try it. I'm not telling you to do anything. I'm just giving you suggestions and hope that you give them a go... Because they CHANGED MY LIFE.

DOPAMINE DETOX

Isn't Dopamine a good thing?!

Yes, it's the famous 'feel-good' neurotransmitter. Its purpose is to reward us. So why on Earth should we detox from it?!

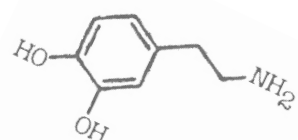
The problem is not dopamine itself... it's how we go about seeking it.

We are thirsty for a hit of dopamine... we get it whenever we engage in pleasurable activity... although it never lasts 'long enough'.

Just in the form of a spike. The excitement of anticipation and the rush of receiving.

We think about eating a doughnut. It excites us. We have the doughnut... it feels amazing at first.... and then declines with every bite.

We're excited to post the new pic... we post it... we get those likes on social media... it feels great... and a few seconds after it's gone... but we WANT MORE!





...this can relate to anything we do that results in our reward pathways activating.

“What goes up, must come down.”

The result is that we are left feeling scattered and mostly focused on securing the next ‘hit’ of dopamine.

The environment we’ve created... or found ourselves in... is unnatural. Therefore, we don’t ‘feel right’ or at peace when we engage in this dopamine seeking cycle.

There’s little room for the humble joy that comes with inner peace.

Addiction to our electronic devices... phones, laptops... video games... even junk food.... isn’t too unlike a drug addiction when it comes to our brain.

Healthy habits, don’t aim to reduce levels of dopamine in our brain, as dopamine has a range of functions - including motivation and learning. The point is to reduce or stay away from problematic behaviour that gives us these unnatural spikes. The dopamine receptors get to calm down in the time of detox. As a result, we feel more balanced and peaceful.

The idea is not to cut out all activities that give us ‘rewards’ and feel good. The idea is to re-set during the challenge and keep a close eye on our behaviour after the challenge. With awareness, we can set healthy limits.

Fun fact: With meditation, we can naturally create dopamine, which will not leave us scattered.

IMPORTANT REMINDER: The point of this challenge is not to cut out everything pleasurable at once. We are simply reducing some unnatural behaviour.

HOWEVER; if you have an ‘addiction’ to a device or activity (you might be unaware), be aware that you may feel some withdrawal during the detox. This is nothing to be worried about, and many of the tools we use in this challenge will help to bring a healthy awareness to it. Either way, please take it easy and don’t push yourself TOO HARD... okay?

I’d rather you keep doing what you do with a sense mindful awareness than feel stressed out the whole 9-Days. The last thing we want is for you to feel overwhelmed and end up relapsing worse than before...

So, your detox may be more of a conscious reducing rather than a complete cutting out. YOU know YOU - I’m letting you call the shots on this.





See how much you can reduce pleasure seeking activities... you know, those things you do that you know deep down are not serving your inner peace in the long run.

Please do further research on 'dopamine detox' and speak to a medical professional if needed.

IN OUR HECTIC MODERN WORLD, THE BLISS YOU WILL FEEL DURING THIS DETOX WILL PROBABLY SURPRISE YOU.

There really are a lot of tempting dopamine spiking activities out there.. junk food, sexual activity, social media ... whatever it is. Over these 9 days, we will heavily reduce it or cut it out, so you can get refocused on those things that bring you a sustainable feeling of well-being and 'reward'. Some called it delayed gratification I just call it not being a 'lab rat'.

You can then choose what and how much of it you re-introduce into your life. We are pressing the re-set button and let's be honest, if you don't do it now, the chances of you taking a massive step back from these things any time soon are rather slim...

If an essential part of your work includes social media, here are a few tips to reduce the adverse effects it has on you, so you can dive in quickly to do what you got to do and then return to 'normality':

1. To avoid the lush bright colours of social media (designed to target the reward pathway) turn your phone and computer to monochrome/Grayscale.
2. Use a 'timeline eradicator tool' for Facebook that replaces the news feed with an inspirational quote (E.g. News Feed Eradicator).
3. Set specific times where you use social media/email (e.g at 12pm and 4pm). You'll get all done and then return to your real life.

PHONE DETOX

Phones have become such an integral part of our lives, that we don't even question them. To me, it almost feels like the phone has always been there since I was born (actually, I got my first phone at 12).

I wrote these lyrics in a song I wrote on social media addiction:





"Oha, we don't seem to know how.. we're always on our phones now... and can't seem to put them down.. Oha, please just put your phone down... I want to get to know you... see the world that's all around..."

...and then they seem to lose touch, cos screens ain't enough... and I'm not saying it's all bad – we just got to control it. Do you control that new phone or does it control you... who really controls it?"

Having a phone around us 24/7 is practical at times, but not designed for aiding our inner peace. You don't need to be a scientist to figure out that constantly being 'connected' with the world, will leave us feeling disconnected from ourselves. Therefore, we need to be mindful of how we use our no-longer brick-phone devices.

1. I have a rule of not using my phone for 1 hour after waking and 1 hour before going to bed.
2. Since we are doing a social media detox, please save the 9-DAY Challenge meditations on your computer or phone in advance so you can access them without internet (I've made the files as small as possible). Ideally, you don't turn on the internet until 1 hour has passed, and you have completed your morning routine.
3. If you are using the internet to access meditations in the morning and night (you can find most of them on the 'Insight Timer' app and all of them on the Inner Peace Challenge download page), please ensure you disable all notifications on your phone. We don't want any peace sapping taking place.
4. With the set times you have for checking e-mails etc., you don't need to use your phone for anything non-essential.
5. With essential tasks, we dive in quickly to do what needs to be done and don't waste any time watching or clicking on something we didn't plan to.
6. Turn your phone to airplane mode unless you are using it or expecting an urgent message/call.

...Whenever I spend less time on my phone, my peace and happiness always improve... Again, I don't need to be a genius scientist to pick up a correlation here.

NEWS DETOX

While we're at it, how about we leave out the NEWS as well for a bit...



Now, don't get me wrong... there's nothing wrong with being informed about the world... the problem is that (main-stream) news-outlets don't simply fulfil the purpose of informing you with what is relevant for you to know.

They also throw in a bunch of fear and irrelevant stuff that is sapping away at your energy and inner peace.

I stopped watching and consuming the News about 4 years ago.

The effect it had on my inner peace has been tremendous. I started feeling better after the first day of skipping those 'important headlines'! ... with everyone always telling me I must 'watch the news to be an informed and educated person'...and me doing it simply not to be uninformed or uneducated...

...when I stepped away from the news - I felt like I was taking my power back... as silly as that may sound.

"But don't you miss all the important matters going on in the world?"

That is what I initially thought... and that is why it took me months before I actually went for it... 4 years later, I'm still breathing and haven't missed anything important that I had to act on.

The truth is... this world is so busy that you will always see a headline somewhere... hear people talking... or someone will tell you about it.

You could even go as far as dedicating a few of your friends or family members to inform you of any ESSENTIAL news to make sure you don't miss anything important.

How about you pick 1-3 people who will keep you informed? They will essentially act as your filter... be sure you agree in advance on the level of detail they will share with you... some people are unstoppable when they feel passionately about a topicand for the next 9 days, we need a bit of PEACE and time to go within!

If cutting news out completely is not an option (although I would urge you to try and make it work), try to reduce your consumption to an absolute minimum. You will thank me later.



BRINGING PEACE BACK INTO THE TEMPLE



“Your body is a temple”

Who’s heard this saying? People use it to try and get you to eat healthy food you don’t like.

As with most cliché sayings, there’s more wisdom here than we might want to admit.

What’s the key characteristic of a temple?

It has a lot of stairs...

yeah – sometimes...

what else?

It’s peaceful.

...Yes!

To ensure our body is also a place of peace, we have to bring in food that calms the chaos created by a lifestyle & food that disrupts our health. Our lifestyles literally make our body (and mind) scream for help – in the form of unpleasant symptoms.

The symptoms are our body showing us red flags... telling us to bring back balance... “who has time for balance these days?!” ...we say as we keep on pushing... and grab a quick bite that’s already disappeared into the ethers of our stomach before anyone could count to ten.



Our body is a miraculous healer that's constantly in operation to come back into balance... we have to start working with our body and not against it.

Our body is a portal to peace or chaos. Depending on how we treat it.

THE BEST FOOD FOR INNER PEACE



...and the best food is: NO FOOD.

That may seem like a bit of an anti-climax, but... there's gold here, I promise!

Time-restricted eating a.k.a intermittent fasting, has been AMAZING on my journey of turning my body back into a temple... from what can only be described as a fusion between an open-bar and a late-night takeaway truck.

The principle is simple, instead of stuffing our face whenever we like, we only eat within an 8-hour time window and fast for 16 hours in-between. Fasting means NO food or caloric drinks whatsoever (water is great)... and yes, that left-over chocolate brownie is also food.

You can select what time you choose, although research suggests it's best having your last meal no later than 8PM and your first meal at 12PM. Ideally, you'd stick to 2-3 meals a day and cut out the snacking.

I realise that this may be something very new and challenging for some of you... I was the biggest breakfast endorser for years.

I couldn't leave the house if I hadn't had a bite. "That's just how I am", I said.

The transition to time-restricted eating was tricky, and I often had to fight with my energy levels... but I made it!

I've now skipped breakfast for over 1 year and 4 months – something I'd never thought I'd be able to say!

Now, let's get to YOU.

What are your initial thoughts reading this? "Yeah, that sounds do-able?" or "ABSOLUTELY NOT - INNER PEACE IS GREAT, BUT YOU AIN'T TAKING AWAY MY BREAKFAST!!"



If you are person 2 – don't worry. You can simply have your last meal earlier in the day and by the time 16 hours of no food have passed, you'll be able to enjoy breakfast PLUS the health benefits of intermittent fasting.

Speaking of health benefits... Felix, what are they?

I'm glad you asked.

Here's a list of the benefits I experienced that all relate to cultivating a state of inner peace. Many of these are scientifically proven benefits, although research in the field is still in its early stages.

I believe we'll hear a great deal more about the amazing healing benefits of fasting in years to come...

1. Mental clarity
2. Reduced stress
3. Reduced anxiety
4. Feeling 'lighter'/fewer digestion problems
5. Massively boosted immune system
6. Improved mood
7. Weight-loss (body fat percentage decline)
8. Improved sleep
9. Greater spiritual awareness



FASTING: THE PRACTICAL BIT

When it comes to getting started with intermittent fasting, I realise that 9 days is way too short to cultivate all these health benefits. I recommend that you try intermittent fasting (16 hours fasting, 8 hour window of eating) during the 9-Day Inner Peace Challenge. It will most probably be a little challenging if you've never done this before...

...but you will also most likely start to experience more mental clarity and reduced stress/anxiety, which will be more than welcome during these 9 days and in life in general, no?

The challenge will also be a 'great excuse' to start implementing this healthy lifestyle change, which you'd otherwise be putting off until 'next week' for ever...

Experiencing the full list of benefits may take a few weeks or even months, but every person is different and will have their unique experience. I can't make



any promises, but I have a feeling that by the end of day 9, you will want to continue to explore the world of intermittent fasting.

I heard about intermittent fasting over a year before I started trying it out. I always thought it's something "I will do in the future when I have more time"... then one day I just said "screw it, let me try this fasting thing"... and I am extremely grateful that I did.

If your living arrangements make it challenging to introduce fasting, see if you can get others to join you or just try your best to try intermittent fasting a few days a week.

For those of you who are hard-core about this fasting business, it can also be very empowering to fast for longer than 16 hours... maybe even for a few days... this will certainly take the detox of your body to the next level. If you're feeling called towards that, there's plenty of information online. I've yet to experiment with prolonged fasting, but I'm sure I will in the near future.

WHAT TO EAT? VEG OR MEAT?

I'm honestly not here to tell you to be a vegan or meat-eater or anything... all I will say is that fresh plant-based food has served me best along my health and inner peace journey. If you think about the animals in nature that eat plants, those are generally the peaceful ones. If you eat the right plants, they have amazing healing properties.

The great thing about fasting is that I don't need to keep an eye on calories... as long as I eat relatively healthy, my body will repair itself during the fasting period. It's magical, really.

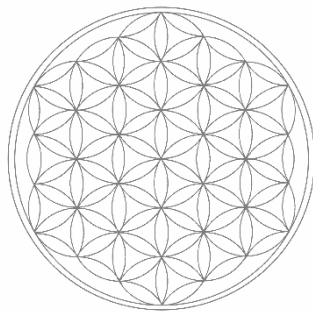
If you eat meat and dairy, try cutting down your consumption for this challenge. This is of course optional, but something worth experimenting with. You'll most likely feel lighter, more balanced and healthier thanks to a boosted immune system and a clearer mind.

WHAT ARE THOSE THINGS YOU ARE EATING OR EATING HABITS THAT YOU KNOW ARE CAUSING CHAOS IN YOUR TEMPLE?

Try to be good to your body during this challenge. Fasting should be a great tool to accelerate this. You will become more grateful for what's on your plate.



True inner peace is found in the present moment. The here and now.



To appreciate the true beauty of a clear blue sky, you can't be lost thinking about the past or future.

To truly appreciate the people or anything in your life, it's the same...

When your attention is fully in the moment you are in, that's when you can connect to the beauty of the moment and those in it.

The breath is a powerful tool to anchor us in the present moment. A slow in-breath and out-breath will always take us back to the present moment at all times.

"Heaven on Earth is found in the present moment."

THE VALUE OF MEDITATION

The great thing about meditation is that it takes you from being the 'thinker' to the 'observer'. That's where the magic of life happens. In the book 'My Happiness Button' (find your e-book copy of it on the download page), I call this 'the outsiders view'.

...because you are almost like an outsider observing what's going on in that mind and body of yours... you are NOT the chaos. You are the observer of it. A very clear difference. I find this incredibly freeing.

On the Inner Peace Challenge download page (<https://felixnew.com/inner-peace-challenge>), you will find a bunch of guided meditations I've recorded for you. I've also uploaded most of them on the Insight Timer app (the most popular meditation app).





On the download page, I've allocated the specific day of the challenge for each of the meditations. You can do them at whatever time feels right to you. Many people like to do them in the morning.

If you've meditated plenty before, I hope the meditations in this challenge provide a new angle for you. If you're a beginner – I hope these meditations open up a door into a beautiful new world for you.

STRETCHING & WHY TO DO IT FOR INNER PEACE



In a holistic model of health, you can't separate Mind, Body & Spirit.

The importance of stretching for inner peace is MASSIVE.

There's a fairly unexplored structure in our body that benefits the most from stretching and suffers a lot from the lack of it! **The fascia**. If you have any friends who are into massages or yoga, you may have heard of this before.

The fascia system of the body (a 3-dimensional network of connective tissue), is what gives your body its shape and stabilization. Not the skeleton as was always assumed.

If you don't stretch your body enough and spend a lot of time sitting on a chair, this can cause hardening and sticking together of the fascia as a biological protection response by your body.

If the fascia become hardened and stuck together in any area of your body, this can result in pain and tension in this or other areas, as the fascia system is a body-wide network.



The fascia also store your response to emotions (and 'trauma') and can contract as a result. A slow contracting process, not as fast as flexing a muscle.

By stretching, not only do you release some of this trapped tension, but you also keep your body healthy and start to embody a posture that radiates confidence and inner peace. If you don't stretch often, implementing stretching in your day may well feel like a HUGE release that will also reflect in your mood and inner peace.

If you take a look on the download page, you will find the 'Inner Peace Stretches'. I'd like you to pick at least 5 of those stretches and do them in the morning and before you go to sleep. It should take you less than 10-15 minutes. If another time of the day suits you better, that's fine too.

If you have your own stretches that work for you, that's perfect! Just be sure to do them.

OUR INNER PEACE MORNING AND NIGHT-TIME ROUTINE

A famous philosopher once said: *"every 9-Day Inner Peace Challenge warrior needs a morning and night-time routine."*

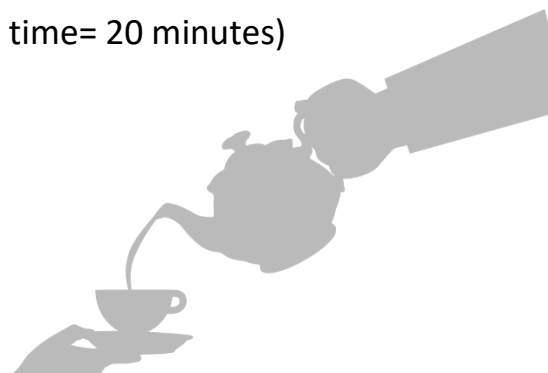
Okay, maybe I made that up...

...But the importance of morning and night-time routines for peace and success in life has been preached by countless gurus and legends for centuries. So, it seems paramount that we also have one for this challenge.

Honestly- having a morning and evening routine has changed my life in profound ways. I can't see myself giving them up. I can't wait to hear what they do for you.

Our morning routine is as follows:

1. 1st hour of the day, no phone/internet use (except for listening to meditations). You may have to get up a little earlier to fit this around your work/commitments
2. We rise and go straight into meditation
3. After meditation we journal (meditation + journal time= 20 minutes)
4. We do 5+ Inner Peace Stretches
5. Then we have a delicious glass of water





6. Whatever you feel called to do and supports your inner peace that doesn't include work or the internet (up to 40 minutes) e.g. going for a walk, writing, cleaning, more stretching, working out...
7. We fast until 12pm (earlier if your last meal was before 8pm)

What meditation will I be doing?

I recommend that you either do the meditation specified for each day or save that for later and use the following simple technique for your morning meditation:

We get comfortable with our spine upright.

We close our eyes.

We breathe in and out of our nose and then count 1, we breathe in and out and then count 2...

...Until 10 and then we start again from 1.

We observe the sensations in our body as our breath goes in and out.

If we get lost in our mind, we come back to the breathing and start again from 1. That's it. A very simple yet calming meditation.

We do this for 10 minutes.

If you prefer some guidance – I created a guided meditation for this purpose that has some calming background music and me guiding your through this exercise (find it on the download page: **'Morning Meditation 10 Minutes'** – it's a 9 Day Inner Peace Challenge exclusive meditation - you won't find it on any meditation app)

If you are doing the meditation without guidance: I personally don't time it... I just do what feels like 10 minutes to me and don't stress about it too much. If you think you would benefit from timing...you can set a timer on your phone for 10 minutes.

What journaling exercise will I do?

The journal exercise is also straightforward.

We bring to mind 5 things we are grateful for and write them down.

We then journal about any plans and intentions we have for the day.





For example, we could write about how we will approach our day/work with a sense of calm and gratitude.

Anything that's on **your heart** is perfect for the morning journaling exercise.

This serves as a way to set intentions and have a release so you can approach the day with a fresh and positive mind.

I know it's easy not to do this as it may seem like a hassle and pointless exercise... "why should I spend more time writing?... I do plenty of that at work."

This is an opportunity to truly write for YOU. No filters. To write down whatever you wish the day ahead to look like. Whatever is on your heart.

Remember: Everything in this challenge is optional. Only do it if you'd like to give it a try. I can tell you it's a surprisingly powerful tool.

Our night-time routine:

1. We have our last meal before 8pm
2. Last hour of the day, no phone/internet use (except for listening to meditations)
3. Inner Peace Stretches
4. Journal to calm down the mind (stop thinking exercise + gratitude)
5. Night-time Meditation
6. Some light reading if you'd like (nothing work-related)

What's the night-time meditation?

The meditation we will do at night is the same as the morning one.

The only difference is that you can do this one lying in bed (yay!).

With your head flat on the bed (without a pillow), and your arms by your side, make sure the palms of your hands are facing upwards.

Now do the 1-10 counting breathing exercise while watching the sensation of the breath in your body.

The exercise is about awareness, but don't worry if you happen to fall asleep 😊. That means you calmed your mind like a champ.

You can also do the guided morning meditation at night (found on the download page).





What journaling exercise will I do?

The journaling exercise we will be doing has 3 steps – we will write down answers for each of them.

1. What challenges did I face today? What first step can I take tomorrow to tackle them?
2. What thoughts are troubling me at the moment? Can I influence these things?
3. What 5 things am I grateful for right now?

...once you're done – please leave the journal or paper outside your bedroom if possible.

Before you start the challenge, you could prepare 9 pages with these questions written down so you can easily do the exercise at night.

Night-time STRETCHES:

I don't want any of this to feel like 'homework' or something you have to do. This should be something you mindfully enjoy and feels like 'me time'.

Pick 5 stretches from the Inner Peace Stretches video (can be the same as in the morning).

Night-time stretches will help you release some of the tensions built up in your body over the day. When you wake up the next day, you will then be fresh and rejuvenated... It only takes a few minutes.

Inner Peace Challenge Songs

As many of you will know, music is one of the main ways I express myself and aim to spread a positive message. I truly believe in the healing power of music.

I feel so grateful that in 2019, my songs were streamed in 44 countries, reaching beautiful souls all over the world! ...And during this challenge, they will hopefully find a special place in your heart too.

I've picked a song for each day of the challenge. This will cover the topic of the day in a very 'digestible' way and give you a soundtrack to enjoy 😊



Find the songs on the Inner Peace Download page. You will also find a Word document with links to lyric/music videos for the songs. Enjoy!



GETTING READY FOR DAY 1

BE SURE TO START YOUR DAY WITH OUR MORNING ROUTINE TOMORROW.

MEANING: NO PHONE FOR THE 1st HOUR (unless playing back a meditation).

NO checking of social media or e-mails...

ALSO - before you gobble up that breakfast muffin, remember you are waiting until 12pm to eat (or whatever time fits your 16 hour fasting period)... instead, you get to enjoy a blissful meditation, stretches and journaling exercise.

That means you should think about what time you'll have your dinner today, so that you can have 16-hour fast that fits your schedule (before 8pm is recommended).

If you are fitting it in with work, it might mean getting up earlier. Once you've levelled up your inner peace, you'll make this time back as less time will be wasted lost in your mind... don't worry! This is an investment in yourself.

The morning routine section you've read, details the meditation and journaling exercise we'll be doing tomorrow morning. However, you can also do the specific meditation for DAY 1 tomorrow morning (found on the Download Page).



DAY 1

Day 1 – time to get stuck in with the challenge!

The background reading you've completed above will have given you a solid armour of knowledge and foundation for this challenge.

Today is the first day of your social media, news and body detox. You will also be starting your morning and night-time inner peace routine. I designed this day to be an easing into the different things we've committed to for the next 9 days.

I realise that some of these might be huge changes for you, so let's approach them with a calm nature and try not to do too much else today. They're already huge steps towards our inner peace. We want to make sure we start the challenge in a way, that allows us to stick to our commitments for the next 9 days. The time is now - let's go.

Agenda for today – **Start to Tune into Your Inner Peace**

1. Social media, news and body detox
2. Morning and night routine
3. Do the 2 inner peace exercises for today
4. Listen to the Day 1 Inner Peace Song

EXERCISE 1: GROUNDING: TAKE YOUR SHOES & SOCKS OFF!

You heard me – get into your garden, or local park and GROUND yourself with your bare feet on the grass for at least 10 minutes.

You may get some strange looks from people, who think you're some crazy hippy, but the health benefits are well worth it... even if a crowd started gathering around you!

Grounding is part of re-connecting with nature, which has been KEY on my inner peace journey. It's so easy and brings so many benefits with it.



The scientific benefits of grounding are under-researched, and many of the known benefits stem from people self-reporting. From my own experience, the benefits are undeniable.

Reported benefits are:

- Boosted immune system and natural defence
- Reduced inflammation
- Improved sleep
- Improved digestion
- Improved mood
- Quicker injury recovery and pain reduction
- Improved blood flow
- Improved heart health (study on less red blood cell clumping after grounding)



Grounding is an amazing tool for INNER PEACE as we are all charged... and need a release. Unfortunately, most of us rarely get to tap into the natural electrical connection we should have with the Earth... as we walk around in shoes and socks all day.

Tip: you can also buy a grounding mat to experience the benefits of grounding while indoors (e.g. while working at your computer).

Maybe you'd like to ground yourself on all of the days of the challenge. For me, it's always one of the first things I do in the morning. Let me know how you like it!

EXERCISE 2: INNER PEACE MEDITATION

The first meditation. It will reconnect you with your inner calm and true nature. Find it on the download page: 'Meditation DAY 1'. If you didn't do this meditation for your morning routine, please find 10 minutes today to do it. You can also find it on the Insight Timer App by searching for 'Felix New Inner Peace'.

DAY 1 Inner Peace Song - 'Light' by Felix New (find it on download page)





Note: Be sure to do the night-time routine tonight (see background information section).

Take it easy today, and see if you can start to sense your inner peace. Even if it's just subtle. Pay close attention to how you feel after the grounding exercises and the meditation.

DAY 2

We had a bit of a calmer start yesterday, so that means today we get straight into it with some deep healing.

Agenda for today: **Emotional Integration Work**

1. Social media, news and body detox
2. Morning and night routine
3. Read the info about emotional integration work (below)
4. Do the emotional integration exercise you'll find in this section
5. Do the journaling exercise you'll also find in this section
6. Listen to the Day 2 Inner Peace Song



While fasting, grounding, eating healthy and so on... are all great tools to aid us on our inner peace journey, there's NOTHING more powerful than going to the root cause of a lot of our pain.

Going right into the middle of the hurricane. Looking the wild and ravishing dragon directly into his eye... Looking the darkness directly into the eye and shining your light to alchemise fears and pain into love. To let go. To release. To heal.

The key word here is FEELING. I'm someone who's always spent an unhealthy amount of time in my THINKING and very little in my FEELING. Unfortunately for me, I discovered that the thinking will simply re-play past hurts, regrets, fears and traumas. A loop I can't get off out simply by thinking.



The KEY is **FEELING!**

But how do I feel? ...I mean seriously... No one ever taught me how to... if anything we were told to shut that off... “ew, put that away”. As a guy, I thought I had to be tough and not pay any attention to ‘weak’ feelings.

The reason why feeling is so important is because our body stores the reaction to events.

Whenever something feels **WRONG**... but you have to do it anyway... that leaves a mark and so-called ‘trauma’.

Every time we experience a remotely similar situation, this response and feeling gets woken up... oh oh.. the sleeping dragon has woken and is about to go **WILD**.

Luckily, there are some amazing tools out there that help us access our feeling and allow us to release tensions that don’t serve us.

This process will undoubtedly be uncomfortable, but **VERY VERY** freeing. There is no end to what you can let go of. There’s a lot of tension and worries you can release.

On top of that, becoming more familiar with how we **FEEL** is hugely important as our inner guidance system... our intuition, is always talking to us... if we can tune into what we **KNOW/FEEL** to be right or wrong instead of what we **THINK**.. that’s when the magic happens baby!!

THE ICEBERG OF EMOTION





The *Iceberg of Emotion* (a popular concept in psychology), shows us that there's most definitely more to each one of us than meets the eye.

The point of emotional integration work is that you INTEGRATE as much of the whole iceberg of emotions as is possible - into a healthy new you. You gain awareness of what the iceberg looks and feels like. You accept it. You let go. That's the basic formula.

During the challenge, we directly look the dragon in the eye... we embrace much more of the iceberg than is usually showing itself. This is where TRUE transformations happen, and you can move mountains (or icebergs!).

This is a concept I use during my day to day life. Whenever something comes up, I try to go into the feeling and apply the technique to integrate it.

TECHNIQUE – EMOTIONAL INTEGRATION:

I learned the technique from my friend Reinhard Burits, a former professional football player, Mind Coach and co-Founder of the Jaw Yoga Academy (<https://www.jawyoga-academy.com/>).

I recorded a guided meditation for you that guides you through the steps. However, it's important for you to understand what the steps are. Especially if you are using this directly in or after a challenging situation where you might not get the chance to whack out your phone and go into meditation.

Back to the iceberg;

STEP 1: BRING TO MIND A SITUATION WHERE YOU FELT 'BAD, GUILT, ANGRY etc'... OR USE THIS METHOD DIRECTLY IN A SITUATION WHERE YOU FEEL YOU NEED IT.

STEP 2: FEEL THE EMOTION (ALL OF IT). WHERE IN YOUR BODY DO YOU FEEL IT? LET THE FEELING INTENSIFY. FEEL IT FULLY. LET IT GROW IF IT WANTS TO GROW. DON'T HOLD IT BACK. BREATHE SLOWLY INTO THIS FEELING DURING THIS EXERCISE.

STEP 3: THANK THE FEELING. IT'S HERE TO GUIDE YOU AND KEEP YOU SAFE. KEEP BREATHING SLOWLY INTO IT.

STEP 4: HONOUR THE FEELING. HONOUR YOURSELF FOR DOING THIS WORK AND BEING BRAVE. KEEP BREATHING SLOWLY INTO IT.



STEP 5: REMIND YOURSELF YOU ARE THE CREATOR OF THIS FEELING. NOTHING EXTERNAL HAS CREATED OR PLACED THIS FEELING IN YOU. YOU ARE THE CREATOR OF YOUR REALITY. KEEP BREATHING SLOWLY INTO IT. YOU ARE NOT A VICTIM. YOU ARE THE CREATOR OF YOUR REALITY.

STEP 6: KEEP BREATHING SLOWLY INTO THIS FEELING. DON'T PUSH IT AWAY. DON'T END THIS EXERCISE BY YOURSELF. LET THE FEELING STAY AS LONG AS IT NEEDS TO. WITH YOUR PURE AWARENESS, NON-JUDGEMENT AND SLOW BREATHING, IT WILL PASS BY ITSELF.

STEP 7: FEEL HOW YOU FEEL IN YOUR BODY AFTER YOU'VE DONE THIS TECHNIQUE.

REPEAT WHEN AND AS OFTEN AS NEEDED.

EXERCISE 1: Applying Emotional Integration work

If you find yourself in a situation today where you feel you could use this method (if possible) take the time to give it a go.

If not, bring to mind a situation that made you angry, sad etc. use the emotional integration technique for this situation. Remember: don't push it away. Follow the steps of this technique. Let it expand in your awareness and then let it pass naturally - as it will.

If you prefer to do this exercise with a guided meditation, I have created one for you called 'DAY 2 – Emotional Integration Work Meditation' (not available on Insight Timer, find on the Inner Peace Challenge download page).

You can continue to use this technique on the other days of the challenge and in your day to day life as I do.

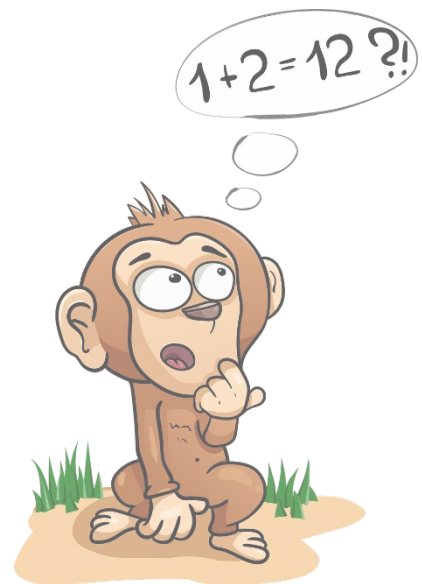
EXERCISE 2: JOURNALLING exercise

Spend 10 minutes writing down any reflection from exercise 1 or anything you'd like to release. Even if nothing comes to mind right now, just sit down and give it a few minutes. Something always comes. If it feels liberating, you can then get rid of the paper as a symbolic act.

DAY 2 Inner Peace Song - 'Inner Peace' by Felix New (find it on download page)



DAY 3



I hope you know that this challenge is the beginning of something very special for you. Your life will never be the same again... In a good way! It's great to see you show up for yourself.

Today, we'll give some extra attention to our monkey mind. They call it monkey mind, as it keeps jumping around from one thought to the next and never rests. As with many things, the key to freeing ourselves and calming our cheeky monkey, is to bring awareness to what's going on. Non-judgemental awareness. If we judge, the monkey mind is active again.

With the meditations we've done so far, you will have seen first-hand, how slowing down the breath also calms your mind. As we are focusing on calming the mind today, the breath is one of our greatest tools for inner peace and calm. Just because breathing is 'free', that doesn't mean it's not immensely valuable for transforming our life. Awareness is crucial for inner peace. You can read hundreds of books on how to challenge specific behaviour... but it is only with awareness that behaviours and patterns start to fade away.

Agenda for today: **Tackling Negative Thought Patterns**

1. Social media, news and body detox.
2. Morning and night routine
3. Read the information on thought patterns
4. Do the 'Stop over-thinking' meditation
5. Listen to the Day 3 Inner Peace Song



Negative SELF-TALK PATTERNS

Self-talk patterns can be extremely destructive.

Our bright torch of awareness is vital to tackle them. As we go through our day, we will observe the patterns and watch when they occur. Our sword of non-judgement is always by our side. We then try to replace the patterns that don't serve us with more helpful ones.

If you catch yourself saying something non-loving to yourself such as: "ah, I'm just so stupid" or "will I ever get anything right?" or "See – I'm just not good enough."

...then bring to mind someone you love. What would you tell them if the same had happened to them?

Say those words you would have told this person to yourself - from a truthful and loving place. Feel the connection with yourself healing as you say those words.

If we can continue to meet our negative self-talk with this sense of awareness and re-framing, it will become more positive and loving over time. Essential stuff for inner peace.

THINK ABOUT SOLUTIONS NOT PROBLEMS

Depending on when you are reading this guide, there's recently been a bit of chaos on the planet. Undoubtedly, something that will go down in history and have an impact on many years to come.

At the beginning, I was constantly thinking about all the problems... money, health... security... ANYTHING future related that might be a problem or has the potential of becoming one.

As has happened to the majority of people around the planet, I was sucked into the chaos, and my inner peace was shaky at best.

Apart from using the tools in this handbook- what also helped me regain my inner peace, was to STOP thinking about problems all the time... stop playing them over and over in my head... to change the mental DVD.

I stopped thinking about all the things that could go wrong and how much they could impact my life... INSTEAD, I decided to focus on SOLUTIONS.



Wouldn't it be MASSIVELY more productive to prevent the future that I am so worried about... if I think about ways to solve the problems and not merely just the problems?

If I think about the problems, I am calling in those problems to manifest in my life.

If I think about solutions, I am calling in those solutions to manifest in my life. A bit of a no-brainer if you ask me.

Easier said than done.... I know... but with observing my thinking, I try to call myself out whenever I think about a problem and say: 'Hey, think about solutions, not problems!'

But what if there is no solution?

Good questions, if no solution comes to mind... all we can do is **accept** the situation as it is. Thinking about it won't make it any better - it will simply rob our peace without bringing any positive returns. It will just activate the monkey mind, and we will find very little peace.

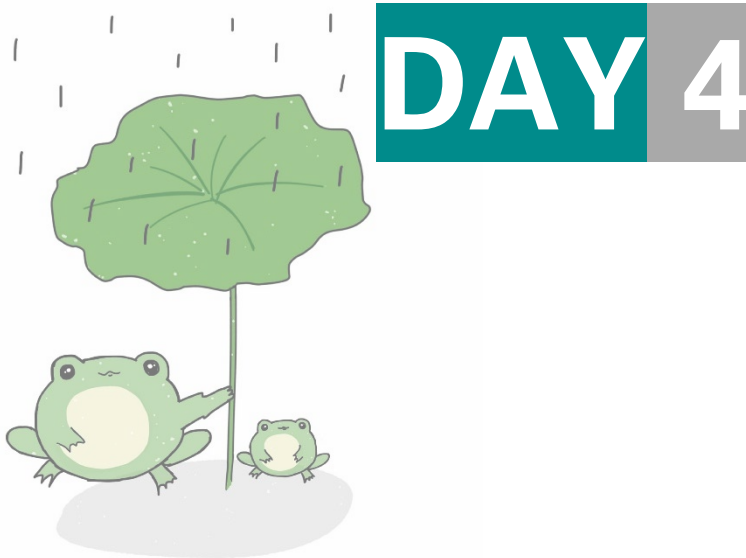
SO, THE OVERALL STRATEGY IS:

1. THINK ABOUT SOLUTIONS NOT PROBLEMS...
2. IF YOU CAN'T THINK OF SOLUTIONS, PRACTISE ACCEPTANCE...
3. DON'T THINK SO MUCH IN THE FIRST PLACE - MOVE ON TO BEING IN THE MOMENT FULLY AND NOT THINKING SO MUCH (awareness is key)...

STOP Over-thinking Meditation

I designed the meditation for today to tackle overthinking and bringing non-judgmental awareness to thoughts. You will find the meditation on the download page: 'Day 3 – Stop Overthinking' (Inner Peace Challenge exclusive not available on Insight Timer or anywhere else).

DAY 3 Inner Peace Song - 'Meet Again' by Felix New (find it on download page)



Agenda for today: **Healing Your Inner Child**

1. Social media, news and body detox
2. Morning and night routine
3. Read the info about healing your inner child
4. Do the Inner Child Meditation by Felix New
5. Listen to the Day 4 Inner Peace Song

“At the core of the most hateful and bitter people, you will find a hurt inner child. The adult’s behaviour is nothing more than an angry and frustrated cry for help...”

Even if you wouldn’t describe yourself as a hateful or bitter person, chances are your inner child can do with some healing. Chances are that once you devote some care and attention to your hurt inner child (or teenager!), you will feel a lot of heaviness drop from your life.

This was and is certainly the case for me. I was surprised at how easily I tear up whenever I do an inner child healing meditation or exercise. Definitely a release. Clearly, there is plenty there that was never healed... and suppressed instead. Guilt, shame, unworthiness and anger are just a few common things you can start healing.

The two most important steps for healing your inner child are:

1. Connecting with your inner child
2. Embracing your inner child

We will do a powerful meditation today to connect and embrace our inner child.



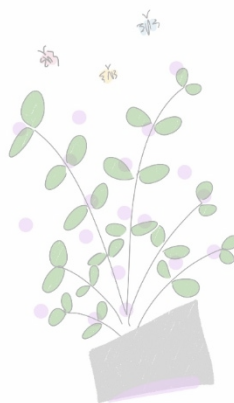
Day 4 – INNER CHILD MEDITATION BY FELIX NEW (available on Insight Timer).

DAY 4 Inner Peace Song - 'Kid Again' by Felix New (find it on download page)

DAY 5

Agenda for today: **Re-connecting with Nature**

1. Social media, news and body detox
2. Morning and night routine
3. Do the 'Harmony in Nature' exercise (this is your meditation for today)
4. Do the journaling exercise to reflect on your experience in nature.
5. Listen to the Day 5 Inner Peace Song



RE-CONNECTING WITH NATURE. RE-CONNECTING WITH THE PRESENT MOMENT. RE-CONNECTING WITH INNER PEACE.

Nature is always in harmony. Imagine a forest with fallen trees scattered all over the place... some may have fallen due to lightning strikes... some may have been blown over by the wind... some may have collapsed by the heaviness of all the ivy growing on them... it may all look a little chaotic to an outsider... To the forest, this is perfect harmony. Trees grow. Trees fall. Insects



and birds nest and feast on the fallen trees. The soil gets enriched. New life grows.

Why don't we look at the 'chaos' in our life in a similar way?

Because we don't accept what's happening.

We demand that things must 'be this way' or 'something is wrong'.

The amazing thing is... when we go into nature, we can quickly switch our vibration of 'something is wrong' to 'everything is in harmony'. We can soak up some of the pure acceptance and peace that nature is radiating. We do this naturally without even trying.

Exercise - Harmony in Nature

The task for today is simple: get into nature by YOURSELF for 45 minutes or more.

The more remote the better (for this experience, it's best to get some distance from people and all their chaos), although a park will do, just take extra care to pay close attention to the harmony of nature – it's everywhere – even in a tiny park or garden.

As you walk through your chosen beautiful spot, it doesn't matter if it's the first time you're visiting or if you've been there 100s of times. Be fully in the moment. Observe the sounds, smells... the sensations of your feet walking... everything. Feel how harmony radiates the air.

If you need to plan ahead and won't have time to go into nature by yourself for 45 minutes today, simply switch this day with another day of the challenge and come back to it.

JOURNALLING EXERCISE:

How was your experience in nature today? Write down what you experienced. Did anything surprise you? Did you find out something you didn't know? How did your thoughts and emotions behave? Were you able to re-connect with something? Do you intend to go back? (if so – why? Would you do anything differently next time?). All answers are great. There's no right or wrong. This is your experience.

DAY 5 Inner Peace Song - 'Mother Earth' by Felix New (find it on download page)



DAY 6



Agenda for today: **Turning Fear to Love**

1. Social media, news and body detox
2. Morning and night routine
3. Read the info below and as you go through your day, take on the lens of 'everything is working for me – not against me'
4. Do the 'Turn Fear to Love' meditation
5. Do the journaling exercise you'll also find in this section
6. Listen to the Day 6 Inner Peace Song

Everything is working FOR YOU, not AGAINST YOU.

Even if sometimes it feels like you're fighting this battle of life alone... if it feels like not much is going your way... you are always supported, and everything is working FOR YOU.

"Felix, is that just some spiritual babble?"

It may sound like it... but think about it... every hardship, every argument, every 'failure'... has made you grow stronger in one way or another... it opened up new doors and opportunities in one way or another...

How many things that you thought were 'bad' ended in something that you were glad happened? How many 'bad' things in your life will end up leading you exactly to where you need to be?

I know it's annoying when someone tries to tell you your hardship is a 'blessing in disguise', and although that may be true, I'm not trying to take away your struggle...



...all I ask, is that from today on, you try to approach life with the lens of 'everything is working for me' not 'everything is working against me'.

It is us who decide to label events and things as 'bad'. What would be possible if we stopped doing that?

This rest of the faith that with patience, life will conspire in your favour to lead you to where you want to be. I say you are supported, because... every time... even if it's at the last minute... something comes through that helps you get through a tough situation, no?

Every time I've been in a tricky financial situation, somehow something came through to save the day... sometimes it does like to wait until the last minute... but it comes! Life is working for me, not against me.

MEDITATION FOR TODAY: Day 5 - TURN FEAR TO LOVE (available on Insight Timer)

Journal Exercise: A 3 Step exercise.

1. Write the following affirmations into your journal 3 times:

"Everything is working for me, not against me."

"I am guided and supported in all I do."

2. Bring to mind a difficult situation, that turned out to work FOR YOU, and not against you. Write about it in as much detail as you'd like.
3. Bring to mind a situation where you thought you were not supported, but then support/help came to you just on time. How did it make you feel when you saw the light at the end of the tunnel? Write about it in as much details as feels right to you.

DAY 6 Inner Peace Song - 'Can't Hide' by Felix New (find it on download page)



DAY 7



Agenda for today: **HEALING RELATIONSHIPS & GRATITUDE**

1. Social media, news and body detox
2. Morning and night routine
3. Do 'The Powerful Letter of Compassion' exercise.
4. Read the text on Gratitude & do the 5 minute gratitude meditation
5. Listen to the Day 7 Inner Peace Song

Today we will cover two topics.

First, we do a powerful exercise to bring inner peace to a relationship that's a source of pain and frustration...

...and finally we move on to a touch of blissful gratitude.

The chances that a troubled relationship with a friend or family member negatively impacts your inner peace are fairly high. Most of us have at least one person in our life who is or used to be close to us... and has now become a great source of our suffering.

We might have even decided that we will 'not have anything to do with them anymore'. However: Deep down - we wish that there was a way that we could resolve the conflict or at least let go of the resentment we hold against them.

COMPASSION, is our best tool. I know that it might feel like the last thing we'd want to do... "bring compassion to THEM...no thank you!"... let's try an exercise!



The Powerful Letter of Compassion

There's a powerful two-part exercise from Thich Nhat Hanh (Buddhist Monk & Peace Activist). I'm sure it will work wonders for you. It should take you 10 minutes or more.

PART 1- Close your eyes and get comfortable...

1. Start by bringing to mind yourself as 5-year-old child... imagine yourself happy and smiling.
2. Now bring to mind the hurt and vulnerable 5-year old child you once were...
3. Next, move on to the person you have a troubled relationship with. Imagine them as a 5-year-old child. Happy. Smiling.
4. Now, bring to mind this person as the sad and vulnerable 5-year-old child. See if you sense any compassion for them.

PART 2 – From this state of compassion for this person's struggle, write a LETTER to them, where you show compassion for their behaviour. Write about all the things you love about them. If you need, go back into meditation and imagine all the unhealed struggle and pain this person was/is carrying with them... no one ever showed them how to heal it properly... they were so full of tension and anger that it spilt over into the lives of others.. including your life.

Optional Step: If you'd like you could give this letter to the person... even if you haven't spoken to them for a while...

...you might be surprised at the power of this letter... if they see that your behaviour towards them was simply based on not understanding why they behaved the way they did... from not having a deeper sense of the hurt and struggled they carried around with them... that will usually change a lot for them.

Give them the chance to explain to you what hurt them... listen compassionately.



DAY 7 - PART 2



Gratitude

Usually, when I tell someone about the coaching work I do with clients and the themes I address in my music... the word gratitude hits my conversation partner's eardrums fairly soon.

I whole-heartedly believe in the power of gratitude and think it's quite possibly the easiest and most powerful mindset shift we can adopt to return to our true nature and peace.

Back in the days when I started making YouTube videos, pretty much every video I made was about gratitude. I didn't really have much more to say to the world apart from 'appreciate what you have instead of focusing on what you don't have'. After recovering from 4 years of illness where my energy levels were pretty much non-existent... when I returned back to 'normality', gratitude for life was all I could feel and think about.

"Isn't it amazing to have another day with good energy?!" Isn't it amazing I get to enjoy this walk... talk to this person... the beauty of the room I'm in and how much time and effort it must have taken to build it... the food I get to taste... the sun on my face...

...then as I went through my day, doubt and fear kept coming in to wash over me; but what will I do about blah blah blah.... And what if blah blah blah don't like that I said blah blah blah... I feel like I don't function well in society anymore... will I ever?

Back to gratitude. Back to presence. Back to inner peace... even if just for a few minutes... those minutes became more... the more I came back to my true nature over and over again.

That was always the formula for my continued progress, sanity and well-being. Some people have told me that it's a miracle I manage to keep such high spirits during all those years of social isolation and recovering from illness... I have to give a lot of credit to the power of gratitude.

Let us connect with the power of gratitude. Back to YOU.





What place has gratitude had in your life? Is it a daily tool or a random reassuring thought?

Are you grateful for your 5 senses? Grateful for any people in your life? Are you grateful for the spiritual or life insights you've gained? Anything goes!

GRATITUDE JOURNAL EXERCISE

For the morning routine, we've brought to mind 5 things we are grateful for. Today, I'd like you to dive deeper into the WHY and DEEPLY connect with the feeling of gratitude. Write down 5 things you are grateful for today. Close your eyes and bring to mind why you are grateful for these things. What do they mean to you? What would your life be like if you 'lost' them. Then write down in as much detail as you'd like, what came to mind.

Really feel how this mindset shift feels. Bask in gratitude and keep reminding yourself to come back to gratitude as you go through your day.

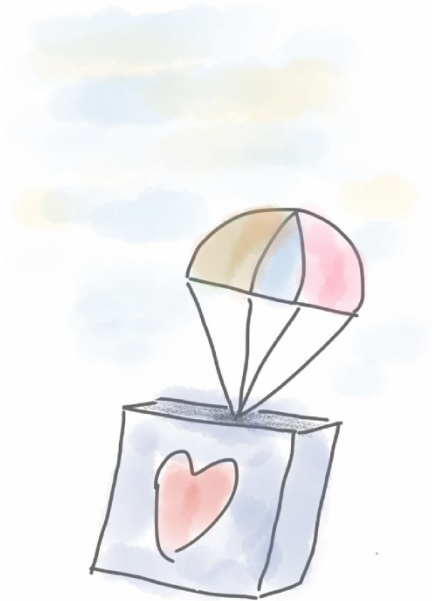
The magical number seems to be '5' today – as I also **have a 5 minute gratitude meditation** I'd like you to do. It's called: Day 7 - Re-connect with Gratitude & Bliss (available on Insight Timer).

Enjoy, my friend. Much love and gratitude to you for being on this path with me. What a great day to be alive.

DAY 7 Inner Peace Song - 'Thank You' by Felix New (find it on download page)



DAY 8



Agenda for today: **RADICAL (SELF-) LOVE**

1. Social media, news and body detox
2. Morning and night routine
3. Do the Love & Heal Yourself Bliss Meditation
4. Do the journaling exercise for today
5. Listen to the Day 8 – Inner Peace Song

Maybe the word ‘radical’ has already scared you off?

When it comes to loving ourselves... in my opinion, we can never be too radical.

Why is that?

Because we are so radically, self-destructive and self-limiting, that we need to bring some balance back into the equation. We have experienced years and years of negative self-talk (often sparked by others and society).

We need something radical. To shake us back to our true self. To bring us back to an appreciation and love for who we are. To heal and to shine.



Today's meditation is something very special. You will be visiting a familiar place... Find it on the download page 'Day 8 Meditation- Love & Heal Yourself Bliss'. As this is one of my most popular meditations (it made it to the front page of Insight Timer as a 'Staff Pick'), you may have already done it before. Don't worry – it may be even more powerful this time. Get ready for a powerful journey.

JOURNALLING EXERCISE:

In today's journaling exercise, you get to write about all the thing you love about YOU. This could be something you've done... or a quality/personality trait. If it takes some time to come to the surface, then first write about someone you love and what you love about them... and then move on to yourself.

DAY 8 Inner Peace Song - 'Shame' by Felix New (find it on download page)

DAY 9

The final day...





Today is the final day of the 9-Day Inner Peace Challenge. Mhhh... what theme could we choose for today?

How about 'Unconditional Love'.

I'm not asking you to buy a bouquet of red roses or stop using conditioner to wash your hair...

Instead, we tune into our ability to choose to experience love in any given situation.

When experiencing love is our goal in whatever we do and whoever we talk to... our chances of being in inner peace are fairly high.

Our level of inner peace is in direct correlation to how successful we are at tuning into love. Anything else we expect from a situation is us seeking for an external sense of fulfilment that never comes or stays.

We will do an unconditional love meditation to bring us into tune with the vibration of love and peace for all. Honouring this vibration and nurturing it, is key for a peaceful life. If you understand how everything is connected, it will be much easier to let go of feelings such as hate or resentment.

Unconditional love is quite possibly the most powerful tool we can pick from our inner peace tool kit. It's something we were born with and is natural to us... we just need to return to it.

I understand that extending love to all can be a huge hurdle and might feel difficult... just trust yourself. You will guide yourself back to a deep sense of love. Even feeling a brief spark of it, is already amazing.

Meditation for today: Day 9 - Unconditional Love - Coming Home To Love (available on Insight Timer).

For the rest of the day, I'd like to ask you to do whatever you feel called to do to nurture your inner peace and love.

This could be embodying what you re-discovered in today's meditation, something we did on another day of the challenge, or literally anything you feel called to do but usually wouldn't take the time for. Show yourself some love.

In whatever situation you find yourself in today, try to make love the goal. So in practical terms, this would mean that your goal is not to convince your



friend that you're right and they're stupid... but to experience love in your exchange, regardless of what you say or talk about.

When you are by yourself and love is your goal in any given situation... how do you treat yourself? Do you beat yourself up for negative self talk or gently come back to the present moment?

Agenda for Today: **Unconditional Love**

1. Social media, news and body detox
2. Morning and night routine
3. Do the Unconditional Love Meditation
4. Do whatever you feel called to do to nurture your inner peace and love
5. Be sure to ease your way back into 'normality' tomorrow
6. Listen to the Day 9 – Inner Peace Songs

If you're diving back into social media and the news tomorrow, ease your way into it. Are you keeping up the intermittent fasting? Let me know.

DAY 9 Inner Peace Songs - 'Unite & Love' by Felix New (This is a mix of two songs 😊 - find it on download page)

-----**YOU'VE DONE IT!**-----

The warmest of hugs and congratulations – you've managed to do something HUGE the last 9 days. I know the challenge can be hard, but I'm glad you stuck with it. I'm sure you are too.

Feel free to drop me an email to let me know about the ups, the downs and anything else in between. You can also connect with other 9-Day Inner Peace Challenge 'graduates' in the dedicated Facebook group:

<https://www.facebook.com/groups/193243972127462>

Of course, your challenge doesn't stop here... this is a lifelong journey and I'm glad you joined me, my friend. Seriously though, WELL DONE!

You're one strong and beautiful BEING. Let's make this world a brighter place.

Much love,

Felix





INNER PEACE PRODUCTS/UPGRADES

INNER PEACE PROGRAM WITH FELIX NEW. DIVE DEEP INTO INNER PEACE & The Real YOU



8 x 1-to-1 sessions of diving deep into transforming your inner peace, finding your **WHY** and tapping into happiness.

Includes 8 x 1-hour calls with Felix New.

This programme is designed for people who want dive deep to heal and make real changes in their life. I will be there to personally hold you accountable.

To find out if we are a good match – e-mail me at info@felixnew.com with the subject line 'Inner Peace Program', letting me know what you'd like to work on/explore on the calls with me. Please note that there are only a few spots available and if I don't feel we're a good fit, it's never personal!



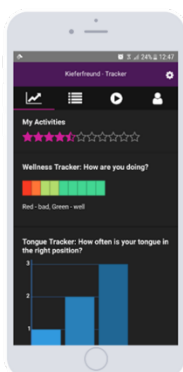
Would you like to relax the strongest muscles in your body?

Kieferfreund (Jaw Yoga) was designed to tackle, jaw tension with cutting-edge Myofunctional science and Mindfulness – all packed into an app.

If you liked the jaw stretches on the download page, and you often suffer from a tense jaw, teeth grinding or teeth clenching... or you simply want to keep your face and jaw in good health and balance --- this is for you!

I developed this app together with Kieferfreund to guide people with effective video instructed exercises and tools. Yes, you'll see my face in exercise videos

😊 Visit: www.kieferfreund.com





GRATITUDE=ABUNDANCE Merch by Felix New



I pretty much only wear these hoodies!

There's nothing like the reminder that being grateful for what you have! It makes you feel like you have more than enough.

PLUS – when you show the world you appreciate what you have, that opens the door for new blessings to come your way... Things and people only want to go where they are welcome, right? Time to embody our gratitude with all of our being 😊

Get your GRATITUDE=ABUNDANCE hoodie here:

<https://teespring.com/stores/felix-new>

Frequency Bracelet by Intelligent Energetics.





When I first got my hands on this fine piece of innovation, I thought there's no way that it can improve my sleep, meditation and overall mood... how could a device I wear around my wrist do that? If it does work, surely it would all be placebo?

The first day I put it on: after a few hours I started to notice that I was bubbling with positive productive energy... and at night I slept like a baby.

Over the next months, I felt a generally more balanced mood and had no problems sleeping. I don't know how much of that can be attributed to the bracelet, as I've been doing a bunch of inner peace work... but I do feel it's had some part to play.

I would say the effect it had on me was subtle, yet powerful.

<https://www.intelligentenergetics.com/?afmc=25p>

(affiliate link, I get a small commission if you use the link provided here).

P.S their Wifi shield could also be something worth looking into.



Connect with me:

www.felixnew.com

Instagram: @thefelixnew

Website: <https://felixnew.com>

Facebook: Felix New

Support e-mail:

Support@felixnew.com

Much love,

Felix