

# Kē

WELLNESS. UNLOCKED.

## 10 UNIVERSAL SECRETS TO UNLOCKING YOUR BEST SELF

*Written by Karamo*

Kē | Wellness. Unlocked.

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## A LETTER TO YOU

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*You downloaded this e-book because something in you already knows there is more.*

More peace. More clarity. More of the person you catch glimpses of in your very best moments — the one who shows up in rare, brilliant flashes and then disappears before you can hold on. I know that feeling. I have lived it. I spent a long time performing wellness — saying the right things, checking the right boxes — while privately feeling like I was still waiting to arrive somewhere real. What changed everything for me was not more information. It was deeper truth. The 10 secrets in this book are not tips or hacks. They are invitations — backed by science, grounded in lived experience, and designed to meet you exactly where you are right now.

*You do not need to be fixed. You need to be unlocked.*

The key has always been inside you. This book exists simply to remind you where to look. I am so glad you are here. I love you.

## **Karamo**

Founder: Kē | Wellness. Unlocked.

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# The 10 Secrets

*A guide to unlocking your best self. Begin anywhere.*

01 You Are Not Your Thoughts

02 The Body Keeps the Score

03 Your Gut Is Making Decisions

04 Your Oldest Wound Is Your Teacher

05 Self-Love Is the Practice of Returning

06 Your Dreams Are Your Psyche's Editor

07 The Goal of Stillness Is Choice

08 Every Addiction Is a Solved Problem

09 Comfort Will Not Summon Your Best Self

10 You Already Contain What You Seek

YOUR DAILY MANTRA

*"I am the Kē. The key was always inside me."*

## SECRET 01

# You Are Not Your Thoughts — You Are the Space That Notices Them

Here is something that changed everything for me — and I mean everything. The voice in your head that narrates your day, judges your choices, replays your past, and worries about your future? That is not you. That is your brain's default mode network — a biological story generator that runs on autopilot from the moment you wake up to the moment you fall asleep. For most of us, we have spent our entire lives fused with that voice, believing every word it says about who we are and what we deserve. The real you is the awareness sitting behind those thoughts. The one that notices them, watches them, and can choose not to follow them. Neuroscience confirms that strengthening this observer self through brief daily pause practices literally thickens the prefrontal cortex within just eight weeks. Measurable, physical transformation inside your brain. The gap between a thought and your reaction to it is where all your freedom lives. Every great decision came from that gap. Every regret came from collapsing it. The work is not to silence the voice. It is to remember you are the one listening — and that the listener has always been free. Each day, your mind generates thousands of thoughts, but not all of them deserve your attention. Your brain naturally filters ideas based on emotion, habit, and focus, yet you still have the power to decide which ones truly matter. You are not every thought that crosses your mind — you are the one who chooses which thoughts to believe, act on, and give meaning to. When you recognize that control, you can direct your thinking in a way that shapes a calmer, clearer, and more intentional life.

### PUT IT INTO ACTION

Every morning for the next 5 days, before you reach for your phone, sit still for three minutes. When a thought arrives — and it will — do not argue with it. Simply say to yourself: 'I notice I am having a thought about [work, fear, that conversation, money, the future].' Name it like a weather report and let it pass. When I say let it pass I mean do not give it meaning, do not connect it to another part of your day or life... acknowledge the thought and then let it go. After seven days, notice how you handle your thoughts, especially stressful moments of your day. You begin to realize the practice has allowed you to now be in control of your thoughts.

*"You are not the storm. You are the sky.  
The storm always passes."*

## SECRET 02

# The Body Keeps the Score — And It Also Holds the Cure

I spent years in therapy, journaling, meditating — all of it valuable. But nobody told me I was missing one of the most powerful healing tools available: my own body in motion. Twenty minutes of rhythmic, bilateral movement produces more BDNF — the brain's natural growth hormone — than any supplement on the market. BDNF literally builds new neural pathways, updating your brain's software in real time. Your body is not a vehicle for your mind. It is an extension of your mind. Every unresolved emotion you have ever felt is stored somewhere in your tissue, your breath, your posture. The slumped shoulders after heartbreak. The tight jaw when you stopped speaking your truth. Your body has been holding your history all along. The miracle is that the channel runs both ways. You do not have to relive pain to release it. You can move through it. Movement resets the nervous system in ways that years of talking sometimes cannot reach. After consistent rhythmic movement, you will not just feel different — you will perceive your own story differently. The past looks lighter through the same eyes. And you can take this even further by consciously focusing on a specific area of tension or discomfort in your body. Instead of avoiding it, gently bring your attention to it while you move — breathe into it, retrain it, and allow it to soften over time. As you do, notice what surfaces: memories, emotions, or thoughts that seem to come out of nowhere. This is not random — it is your body communicating, revealing what has been stored beneath awareness and what is ready to be processed. When you learn to stay present with that sensation instead of resisting it, you begin to move through the pain rather than around it. This is where physical movement becomes emotional healing. Your body starts guiding you toward what needs attention, and by listening — without judgment — you create the conditions for true, holistic healing, where both the mind and body are rewired together.

### PUT IT INTO ACTION

Choose one bilateral movement this week: walking, swimming, dancing, or drumming. Over the next 5 days commit to 10 uninterrupted minutes. Critical instruction: no podcast, no music, no distraction. Just you and your body moving through space. Before each session, say out loud, 'What am I carrying right now?' Then start moving. Pay attention to what hurts or doesn't feel comfortable. Once you notice it don't focus on the pain, focus on continuing to move through it gently and also observe what memories or thoughts come up. You do this everyday for 5 days and you will see the things your body is storing and telling you needs to be healed.

*"Your body has carried every version of you. Honor it enough to listen."*

## SECRET 03


# Your Gut Is Making Decisions Before Your Brain Even Wakes Up

Ninety-five percent of your serotonin — the molecule most responsible for mood, hope, and resilience — is produced not in your brain, but in your gut. The emotional quality of your Tuesday morning was largely determined by what you put in your body on Monday afternoon. We have been thinking about nutrition completely backwards for decades. The conversation about food has been hijacked by aesthetics — weight, appearance, performance. But the real frontier of nutrition is emotional intelligence. What you eat is a direct instruction to the neurochemical factory in your gut, which sends those signals directly to the brain interpreting your entire reality. Poor gut health does not just affect digestion. It affects your ability to feel optimistic, to handle stress, to feel genuinely safe in your own skin every single day.

If what you eat is shaping your brain chemistry, then how you feel throughout the day is not random — it is a direct reflection of your inputs. Your energy, clarity, patience, and even your outlook on life are being influenced in real time by the foods you choose. This means your mood is not something you are stuck with; it is something you can begin to understand and influence by paying closer attention to what fuels you and what quietly drains you. The key is to track and observe without judgment.

### PUT IT INTO ACTION

For the next 5 days — after each meal set a timer for 1 hour (for after dinner do this when you first wake up). When the timer goes off open your notes and write how you are feeling emotionally, mentally and physically. Ask yourself these 3 questions each time: How do I feel physically right now — bloated, heavy, sleepy or light? How do I feel emotionally right now — am I happy, motivated or numb, feeling down? Think of a goal you want to accomplish — when the thought comes to mind are you excited, motivated or scared and avoidant? These questions give you a clear picture of what your food and gut is doing to you. If I ate like this every day, would I like the feelings that come up? Awareness creates control — giving you the ability to align what you eat with how you want to feel and how you want to experience your life.



*“What you feed yourself is a message about how much you believe you deserve.”*

## SECRET 04

# Your Oldest Wound Is Also Your Most Powerful Teacher

Every self-defeating pattern you have — every way you shrink, every relationship you sabotage, every moment you feel like an imposter — traces back to a belief formed before you were seven years old. At that age, the brain operates in theta brainwaves, a state neuroscientists compare to hypnosis. Children absorb everything around them as absolute truth, without any filter of critical reasoning whatsoever. You did not choose those beliefs. You inherited them. From what was said to you, what was never said. What you witnessed. What was withheld. Those early conclusions became the operating system running silently beneath every decision you make as an adult. Until you see them clearly, they keep running the show without your permission. The most profound psychological insight is devastatingly simple: naming changes everything. Simply saying 'I notice I feel afraid' rather than 'I am afraid' reduces amygdala activation by up to 50 percent in neuroimaging studies. The wound does not vanish when named. But it loses its power to run your life from the shadows. But here is the shift most people never make: the things you absorbed are not your truth. They may feel real because they were repeated, modeled, or emotionally charged, but they were never consciously chosen by you. They are interpretations, not facts — and what was learned can be questioned, challenged, and ultimately rewritten. Your truth is not something you uncover — it is something you define. The moment you begin to examine those inherited beliefs, you step out of unconscious programming and into authorship. You get to decide what is valid, what is outdated, and what no longer belongs in your life. That is where your power lives — not in erasing the past, but in choosing, with awareness, the beliefs that will shape who you become next.

### PUT IT INTO ACTION

Open a journal to a fresh page. Write: 'The story I have always told about myself is...' and complete it without censoring. Write quickly. Then: 'I first learned this about myself when...' Follow that thread as far back as it goes. You are looking for the original scene where this story was written into you. Sit with it without fixing anything. Then, on a new page, rewrite that story from the perspective of a compassionate adult who knows what that child could not have known. What was actually true about you in that moment? Write it in full. Read it aloud. Let it land.

*"The wound you refuse to look at is the one quietly running your life."*

**SECRET 05**

## Self-Love Is Not a Feeling — It Is the Practice of Returning

For a long time I believed self-love was a destination — a warm, permanent state you arrive at after enough inner work. I was wrong, and that misconception cost me years of searching for something that was never a place to arrive at. Real self-love is not a feeling you achieve and possess. It is a daily practice of return. It is noticing you have drifted from yourself — abandoned your values, silenced your needs, betrayed your own knowing — and choosing, without punishment or drama, to come back. Dr. Kristin Neff's landmark research reveals something that should be taught in every school: the capacity to return to yourself without self-cruelty is more predictive of long-term wellbeing than self-esteem, achievement, or confidence. Not the grand declarations. The quiet act of being on your own side when it is hard. The door back to yourself is always open. It does not matter how long you have been away or how many times you have left. The practice is not perfection. It is the return, every single time, without the punishment you once believed you deserved. Being on your own side changes the entire emotional landscape you live in. When you stop turning against yourself in moments of failure, fear, or uncertainty, your mind becomes a place of support instead of conflict. You create internal safety — and from that place, resilience grows naturally. You recover faster, think clearer, and move through challenges without the added weight of self-judgment constantly pulling you back. And the way you treat yourself becomes the way you show up with others. When you are on your own side, you are less defensive, less reactive, and less dependent on external validation to feel steady. You listen more openly, connect more honestly, and set boundaries without guilt. The relationship you build with yourself sets the tone for every other relationship in your life — and when that foundation is supportive, everything built on top of it becomes stronger, healthier, and more real.

**PUT IT INTO ACTION**

Today — not tomorrow — identify one specific way you abandoned yourself in the last seven days. A boundary you did not hold. A need you dismissed as too much. A feeling you suppressed so others could be comfortable. A truth you swallowed whole. Now write yourself a full paragraph the way you would write to your closest friend who shared that same story: with warmth, with clarity, without blame. Not 'you should have done better' but 'of course you felt that way, and here is what you deserved instead.' Read it aloud to yourself alone. Let it land.

*"Self-love is not a destination. It is the daily decision to come home to yourself."*

## SECRET 06

# Your Dreams Are Not Random — They Are Your Psyche's Editorial Team

Every night while you sleep, something extraordinary happens. During REM sleep, your brain revisits emotionally significant experiences, but in a state where the intensity is turned down, allowing you to process what you felt without becoming overwhelmed again. This is what active emotional reconstruction looks like — your mind taking the raw material of your day and reshaping it into something more manageable, more integrated, and less reactive. What once felt sharp and consuming is softened, organized, and placed into context so it no longer controls you in the same way. Your dreams are your psyche's editorial process — reviewing, organizing, and metabolizing the emotional content of your life. This is where confusion begins to make sense, where stress is reduced, and where your mind finds resolution without you consciously trying. When you sacrifice sleep, you interrupt this process, leaving emotions unresolved and carried into the next day. Protecting your sleep is not a luxury. It is protecting your ability to think clearly, feel steadily, and respond to life with balance instead of reactivity. When you cut your sleep short, you are not just waking up tired — you are waking up emotionally unfinished. The stress from yesterday has not been fully processed, so it lingers. Small things feel bigger. You are more reactive, less patient, and more likely to feel overwhelmed by situations that normally would not affect you as strongly. It is not a lack of discipline or strength — it is your brain asking for the time it needs to do its job. Dreams are not random or meaningless; they are how your mind makes sense of what you feel. They help you work through conversations, fears, disappointments, and even hope — quietly organizing your inner world while you rest. When you allow yourself deep, consistent sleep, you give your mind the chance to reset, soften emotional intensity, and return to the day with clarity. Sleep is not just physical recovery — it is emotional clarity, mental balance, and one of the most powerful forms of self-care you have.

### PUT IT INTO ACTION

Starting tonight, place a journal and pen on your nightstand — not your phone. Set your alarm five minutes earlier. When it goes off, before you move or speak or look at anything — write how many hours of sleep you got and write one sentence. Not what you dreamed, but what you felt upon waking. A single emotion, image, or word if that is all you have. Do this every morning for 5 days without missing a single entry. On day 6, read your entries from the beginning as one uninterrupted sequence. Pay close attention to what repeats across different nights.

*"Your dreams are not noise. They are your soul's way of processing what the day left unfinished."*

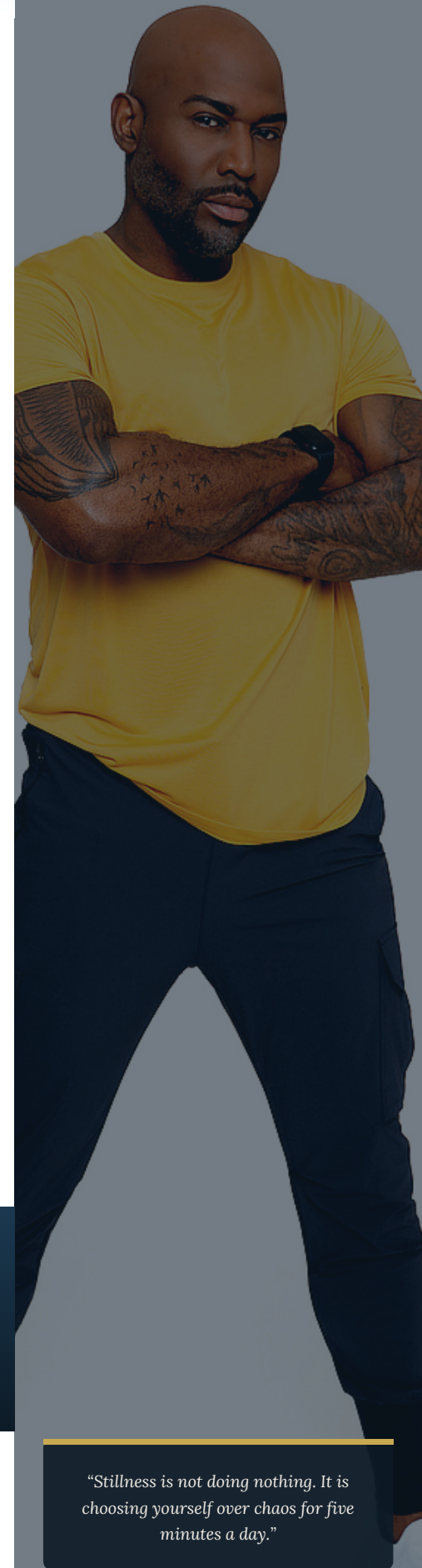
## SECRET 07

# The Goal of Stillness Is Not Peace — It Is the Power to Choose

Most people try meditation once, experience a mind full of noise, conclude they are doing it wrong, and never return. I was one of those people for years. What nobody told me — and what changed everything when I finally understood it — is that the wandering mind is not the failure. The wandering mind is the exercise itself. Every time you notice your attention has drifted and gently return it — that noticing, that deliberate return — is the neurological equivalent of one clean repetition at the gym. You are training the anterior cingulate cortex: the brain structure responsible for impulse control, emotional regulation, and genuinely deliberate choice. That structure, built over weeks and months, begins showing up in your daily life in ways that have nothing to do with feeling peaceful on your cushion. You do not meditate to achieve silence. You meditate to build the space between what happens to you and how you respond. That space — invisible to the eye but profound in its effect — is where your best self lives. Learning to control your focus is one of the most practical skills you can develop because your attention shapes your entire experience of life. If you cannot direct it, it will be pulled by stress, distraction, and emotion without your permission. But when you practice returning to one point — your breath, your body, the present moment — you begin to take that control back. Over time, this changes how your mind operates: you become less scattered, less reactive, and far more intentional with where your energy goes. The benefits show up in ways you can feel every day. You pause before reacting instead of saying something you regret. You stay present in conversations instead of drifting. You handle stress without spiraling, make clearer decisions, and follow through on what matters to you. You stop being controlled by every passing thought or emotion and start choosing your response with clarity. That is the real outcome of meditation — not just calm in the moment, but a steady, grounded way of moving through your life with awareness, control, and purpose.

### PUT IT INTO ACTION

Set a timer for exactly five minutes. Sit comfortably, feet flat on the floor, hands resting in your lap. Close your eyes. Begin counting each exhale from one to ten. When your mind wanders — and it will, perhaps within seconds — simply begin again at one. No frustration. No judgment. No score-keeping. The losing count is the practice. Every return is a repetition. Commit to this for 5 consecutive days. At the end, do not measure how peaceful you felt during practice. Instead ask: how much better are you at redirecting your focus and attention. That is where success lives.



*“Stillness is not doing nothing. It is choosing yourself over chaos for five minutes a day.”*

## SECRET 08

# Every Addiction Is a Solved Problem — Just Not the Right One

Gabor Maté spent decades alongside people in the deepest cycles of addiction, and what his research revealed turned the conventional story on its head: addiction is not a character flaw. It is not a simple disease. It is a coping mechanism that once worked brilliantly — that once provided real relief from real pain — and then stopped working while the underlying need remained completely unmet. This applies far beyond substances. Whether the compulsion is alcohol, food, overwork, perfectionism, people-pleasing, social media, or the constant seeking of approval — every behavior you cannot stop, even when it costs you everything, was once a solution to something real. Relief from anxiety. A feeling of belonging. Stimulation when life felt empty. Numbness when the pain was too sharp to face directly. The deepest secret of sobriety in any form: you cannot remove a behavior without answering the original need it was meeting. Willpower alone has never been enough because it addresses the symptom while leaving the wound untouched. When you finally answer the wound, the behavior often releases on its own. The first step in discovering the wound is learning to follow the behavior instead of judging it. Instead of asking ‘How do I stop this?’ you begin asking ‘What was I feeling right before I reached for this?’ The pattern always points backward — into a moment of discomfort, emptiness, fear, shame, or disconnection. Healing begins when you can notice the urge, name the emotion beneath it, and allow it to move through you without acting on the compulsion. In that space, the wound is no longer something you run from — it becomes something you can finally meet, understand, and slowly release, until the need for the behavior begins to dissolve.

### PUT IT INTO ACTION

Identify one pattern you reach for when discomfort arrives. The next five times you feel the pull toward it, pause for exactly 90 seconds before acting. In those 90 seconds, hand on chest, ask: ‘What am I actually feeling right now, underneath the urge?’ Name it with specificity: lonely, ashamed, invisible, overwhelmed, afraid, unseen, exhausted. Write it down every single time. After two weeks, look at what word appears most often. That word is the actual conversation your life has been asking you to have with yourself.

*“The behavior was never the problem.  
The unmet need beneath it is the  
conversation waiting to happen.”*

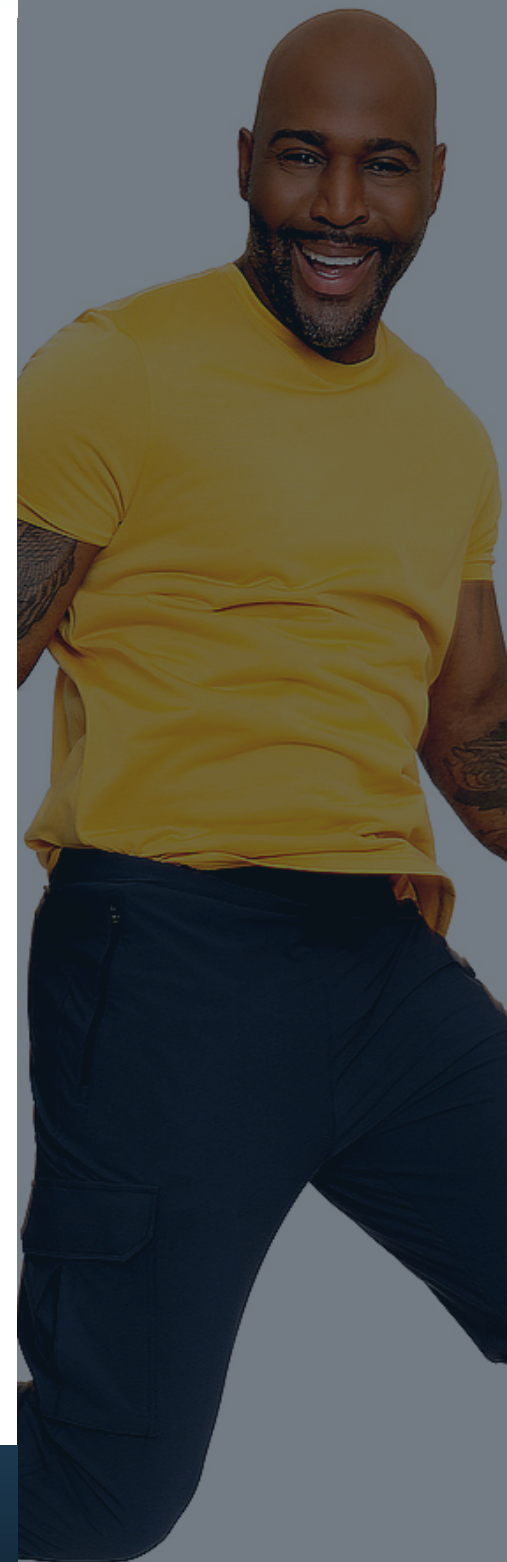
## SECRET 09

# The Version of You the World Needs Has Never Been Summoned by Comfort

Your brain is neuroplastic — it can rewire, restructure, and form entirely new patterns at any age. But this rewiring is not triggered by safety or comfort. It is triggered by challenge — specifically what researchers call the optimal anxiety zone: mild stress paired with underlying felt safety. Too much comfort, and the brain sees no reason to adapt. Too much threat, and survival circuitry shuts down access to the higher functions where growth actually lives. The transformation sweet spot — the place where you genuinely become new — is deliberate, chosen discomfort sitting just one step beyond your current edge. This is not about grinding or punishment. It is about identifying the specific thing that makes you mildly uncomfortable and doing it consistently within a life that feels fundamentally secure. Challenge plus safety is the exact neurological recipe for becoming someone genuinely, permanently different. Not a version you perform for others. A version you inhabit fully, from the inside out, because you built it through honest repeated effort. In practical terms, this means intentionally placing yourself in small, controlled situations that stretch you without overwhelming you. Having the difficult conversation you've been avoiding. Speaking up when you would normally stay silent. Learning a skill you feel 'not ready' for and allowing yourself to be a beginner in it. Choosing consistency over intensity — showing up daily at the edge of discomfort until it becomes familiar. Each of these actions is a signal to your brain that you are safe enough to grow, and strong enough to stay present while doing it. As you live this way over time, your entire internal baseline begins to shift. What once felt intimidating starts to feel normal. What once triggered avoidance starts to feel like momentum. You become someone who trusts their ability to move through discomfort rather than escape it, and that changes how you show up in every area of life — relationships, work, confidence, and decision-making. Life stops feeling like something happening to you and starts feeling like something you are actively shaping from within.

### PUT IT INTO ACTION

This week, identify one thing you have been avoiding because it produces mild to moderate discomfort — not terror, simply the resistance of unfamiliarity. A difficult conversation. Submitting creative work to be seen. Signing up for something new. Making the call you have postponed for months. Schedule it in your calendar within the next 72 hours as a non-negotiable appointment with your own growth. Tell one trusted person you are doing it — not for pressure, but to signal to your nervous system that you have support and that you will be able to accomplish this.



*“Growth lives exactly one brave step past your comfort zone.”*

**SECRET 10****You Already Contain the Version of Yourself You Are Seeking**

This is the secret that took me the longest to genuinely believe — not just understand intellectually, but believe in my body, in my bones, on an ordinary Tuesday when no one is watching. Every tradition that has seriously studied human transformation — psychology, neuroscience, philosophy, spirituality — eventually arrives at the same destination through different doors: the self you are working so hard to become is not somewhere else. When the engine of your growth is the belief that you are fundamentally broken — not enough as you are, needing to earn the right to exist fully — that belief paradoxically prevents the very arrival it promises. You keep moving the finish line. You keep finding evidence of your inadequacy. The achievement never quite satisfies because the goal was never really the achievement at all. The final secret: pursue your growth from the foundation of already being enough. Not complacency. Not settling. But building from solid ground rather than a desperate hole. When you grow from wholeness, you grow toward more life. When you grow from lack, you grow in circles. The work does not stop. The war against yourself does. But believing you are enough is not something that happens in a single realization — it is something you practice until it becomes your default state. It starts with noticing the voice that says you are behind, inadequate, or unworthy, and learning to respond to it instead of obeying it. You pause, name it, and remind yourself: ‘This is a learned thought, not a truth.’ Then you choose one small action that reflects self-respect — keeping a promise to yourself, resting without guilt, or doing something imperfectly but consistently. Over time, your nervous system begins to associate your existence with safety rather than evaluation, and the idea of ‘enough’ moves from theory into lived experience. As this shift deepens, you begin to feel a quiet steadiness underneath your actions. You are still growing, still learning, still stretching — but without the constant internal pressure of trying to prove your worth. There is more ease in your decisions, less emotional reactivity when things go wrong, and a deeper sense of self-trust even in uncertainty. And when family or friends reinforce old narratives — subtle criticism, comparison, or expectations that no longer fit who you are becoming — you learn to recognize it without absorbing it. You can love people without letting their perception define your truth. You stop negotiating your worth in environments that are built on your old identity, and instead build boundaries that protect the version of you that already knows: you are not becoming enough — you already are.

**PUT IT INTO ACTION**

Take a blank page and write at the very top: ‘I am already enough, AND...’ Then list — without editing, without questioning whether you deserve them — every single thing you still want to build, experience, become, create, and share. Write as if you are already the person fully allowed to want these things without justifying them to anyone. Write until there is nothing left to write. Then read the entire list aloud, slowly, from the top. Notice how fundamentally different it feels to want those things from a place of knowing you are enough. Do this practice for 10 days and see a shift. You can even do this in real time by saying ‘I am enough’ in a moment where you feel challenged or not confident.

*“Everything you are searching for is already living inside of you. The work is simply remembering.”*

# Kē

WELLNESS. UNLOCKED.

**YOU MADE IT TO THE END.  
NOW THE REAL JOURNEY BEGINS.**

These are not 10 things to fix.  
They are 10 doors to walk through.

Begin with the one that made you  
feel the most uncomfortable —  
because that one has your name on it.

Kē was built to walk beside you  
through every single one.

*Daily practices. Expert guidance.  
A community doing this sacred work.*

**UNLOCK YOUR MEMBERSHIP TODAY**

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**LiveKe.com**