



A JOURNEY FROM SURVIVAL TO STRENGTH

WORKBOOK

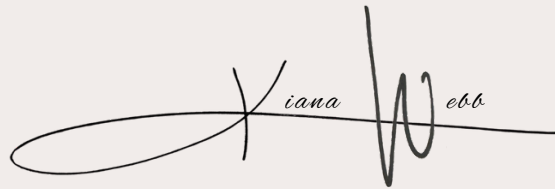
BY KIANA WEBB

W E L C O M E

Welcome to this space. This workbook is not a test. There are no right or wrong answers, no goals to achieve, and no grades to be given. This is not another place where you have to prove anything. Think of it as a quiet, safe space just for you. A place to set down the weight for a moment and just breathe. This is a step on your Path of Return to yourself.

We are moving away from the idea that we must "fix" or "solve" the fear or survival mode we feel. Instead, we are planting a seed: What if this feeling is not a sign of your failure, but a sign of your strength? What if it's the most reliable, loving guide you have, simply trying to get your attention?

Let's walk this path gently. Let's be curious. Let's see what we find.

A handwritten signature in black ink that reads "Kiana Webb". The signature is stylized, with a large loop for the 'K' and a cursive 'W'.

ABOUT ME

Kiana Webb is a transformational guide and visionary leader who helps people awaken to their true selves, reclaim their purpose, and rise with clarity, love, and intention.





TABLE OF CONTENTS

INTRODUCTION

THE INVITATION

THE TWO 'KNOCKS'

THE FILTER

THE SACRED PAUSE

FINDING THE SOURCE

THE PATH TO ACCEPTANCE

CONCLUSION

GLOSSARY

THE INVITATION

NOTICING THE SURVIVAL SIGNAL

I See

EMBODIED PRACTICE (AWARENESS: I SEE, I FEEL)

Survival mode is not a personal failure; it's a signal to be heard. It's Life's way of knocking on a door, asking us to pay attention. Before we can understand the message, we must first simply notice the knock.

This practice, "I See, I Feel," is a foundational tool for finding solid ground. "I See" is the act of being a conscious witness, noticing what is present (thoughts, fears, sensations) without judgment. "I Feel" is about allowing the body's truth to move, so emotion becomes information, not your identity.

01 Without judgment, where in your life do you feel "survival mode" or "pressure" right now? Gently list 1-3 things that come to mind. (e.g., a bill I can't pay, fear about the future, a family worry, feeling alone, an impossible choice, an empty bank account...)

THE INVITATION

NOTICING THE KNOCK

I Feel



EMBODIED PRACTICE (AWARENESS: I SEE, I FEEL)

Survival mode is not a personal failure; it's a signal to be heard. It's Life's way of knocking on a door, asking us to pay attention. Before we can understand the message, we must first simply notice the knock.

02 **Close your eyes. Bring one of your pressures to mind.** Where does it live in your body? You are not telling a story about why it's there; you are just describing the physical sensation.

(e.g., "a tightness in my chest," "a buzzing in my head," "a tight jaw," "a knot in my throat," "a hollow feeling in my stomach...")

THE TWO KNOCKS

NOTICING THE KNOCK



THE TWO 'KNOCKS' (FEAR VS. FRANTICNESS)

Survival mode generally knocks in two main ways. There is the mental pressure (the "pressure to think") and the physical pressure (the "pressure to do"). Noticing which knock you're hearing is a powerful first step.

The Pressure to THINK: "I must figure this out or else." This is the realm of anxiety, worry, and fear. It can feel like a loud, busy mind that won't turn off."

The Pressure to DO: "I must hurry up and fix this." This is the realm of adrenaline, exhaustion, and the urge to hustle just to stay afloat. It can feel like a frantic pulse in the body.

THE TWO KNOCKS

EMBODIED PRACTICE

Naming the Pressure

01 **Reflect on the pressure to think.** When does your mind get "loud"?
What puzzle does it feel it must solve right now?

02 **Reflect on the pressure to do.** When do you feel a physical urge to hustle or rush? What does that "gotta get it done" adrenaline feel like for you?

THE TWO KNOCKS

THE SOVEREIGN INVITATION

A Gentle Question to Carry

THIS INVITATION IS AN ACT OF SOVEREIGNTY. IT'S REMEMBERING THAT YOU ARE THE CREATOR (YOUR TRUE ESSENCE) AND YOUR CIRCUMSTANCES ARE THE CREATED (WHAT IS HAPPENING AROUND YOU). YOUR CIRCUMSTANCES DO NOT DEFINE YOUR ESSENCE.

01 **When you feel the pressure to think, pause and ask:**
"Which fear is mine to hold right now—and which is just noise that can pass like a cloud?"

02 **When you feel the pressure to do, pause and ask:**
"What is one small, possible action that serves my body today—and what can wait, even for an hour, without cost to my peace?"

THE FILTER

IS THE WEIGHT MINE?



THIS IS A LIBERATING TRUTH: NOT ALL THE WEIGHT YOU FEEL BELONGS TO YOU. WE ALL FILTER THE ENERGY OF THE WORLD DIFFERENTLY.

We all filter pressure differently.

- **Some of us are like a Reservoir:** We have a consistent, reliable, internal source of pressure. We are designed to generate our own steady pulse, to be "the strong one."
- **Some of us are like a Riverbed:** We are open and designed to take in the pressure from the world around us. We feel others' anxieties, fears, and judgments—and we often amplify them, feeling them more loudly than they do.

Neither is better; they are just different designs. The "Reservoir" learns to manage her own energy. The "Riverbed" learns to let go of what isn't hers.

THE FILTER

EMBODIED PRACTICE

The Reservoir & The Riverbed

01 The Reservoir Reflection: Do you relate to this? Do you feel you have to be "strong" for everyone else (your kids, your family)? Do you feel you have to generate all the hope?

02 The Riverbed Reflection: Do you relate to this? Does your mood sink after a hard phone call? Do you feel the shame or judgment from others? Do you feel the anxiety of your family as if it's your own? Do you feel a profound sense of relief when you are finally alone?

THE FILTER

SACRED PRACTICE

The Reservoir & The Riverbed

01 If you suspect you amplify others' pressure, your sacred practice is clearing. What is one simple way you can "empty the riverbed" when it feels full? (e.g., step outside, walk barefoot, wash your hands in cold water, change rooms, breathe alone for 2 minutes...)

02 If you suspect you generate your own pressure ("I must be strong"), your sacred practice is discerning pace. Your energy is precious. What is one simple way you can distinguish your true strength from a pace of "hustle"? (e.g., place a hand on your heart and ask, "Am I being strong, or am I just pushing?" "What 5% can I slow down?" "Where can I receive help?"

"

THE SACRED PAUSE (GRATITUDE AS AN ANCHOR)

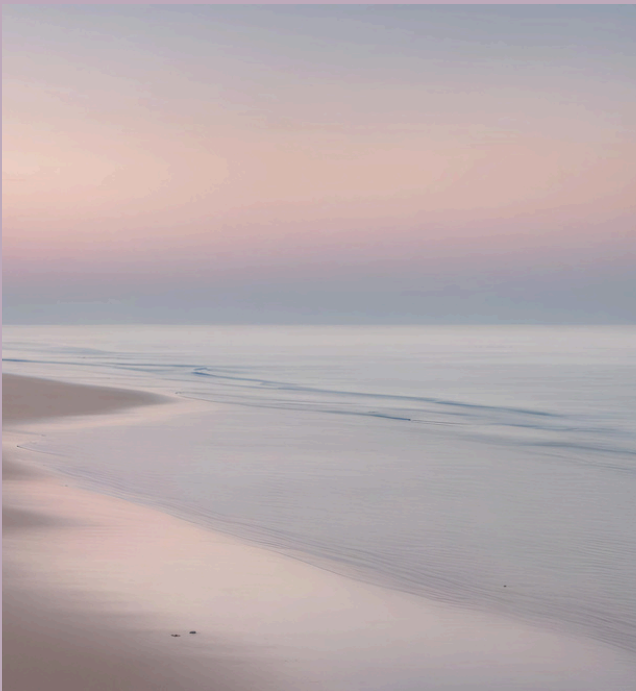
When everything feels hard, gratitude can feel impossible or even fake. We are not trying to pretend things aren't difficult.

Instead, think of gratitude as an anchor. It is not a bypass; it is a way to find one true thing that is solid, right here, right now, in this moment.

This tiny pause doesn't change your circumstances, but it resets your nervous system. It brings your mind, heart, and body into coherence, even for 60 seconds.

- > This is Love & Acceptance in practice; it's how love meets this exact moment, just as it is.
- > In this state, you stop reacting from 100% fear and can respond with more of you.

You remember that your worth was never earned by your circumstances; it was always inherent.



THE FILTER

EMBODIED PRACTICE

Anchoring in Gratitude

THIS PRACTICE TAKES 60 SECONDS.

Find a comfortable seat. Close your eyes. Take one deep breath, exhaling slower than you inhaled.

Bring to mind one simple, real thing you are grateful for right now. (e.g., the feeling of the chair supporting you, the taste of your morning coffee, your own breath, the fact you are still here, a moment of silence, a child's laugh, the sun on your face...)

Now, feel it. Where does this gratitude land in your body? Is it a warmth in your chest? A softening in your shoulders? A lightness in your head? Stay with that sensation for three full breaths. You don't need to hold on; just notice it. This is your anchor. This is enough.

01

Reflection:

What did you notice in that simple pause?

FINDING THE SOURCE

WHAT DO I TRULY NEED?



EMBODIED PRACTICE

The survival signal (the fear, the panic) is the symptom, not the source. It's just the messenger. Think of this pressure as an Emotion as an Invitation, a sacred messenger pointing to your true, deep needs. It's pointing to a deeper room—a room that holds a desire or need that wishes to be acknowledged. We often stop at the problem (the bill, the argument). This practice invites us to look beneath it.

01

Think back to a pressure you named in Module 1.

Gently, ask that pressure: "What do you really want me to see?"

You are listening for the need beneath the problem.

If the pressure is "I must figure this out," what is the desire beneath it?

(e.g., A desire for safety? For stability? To be held? To know I'm not alone?

For clarity?)

THE PATH TO STRENGTH (CREATING FROM "I AM")

Acceptance is not giving up. It is the most courageous, active, and embodied state. It is the moment you stop fighting the pressure or shaming yourself for the source.

When you see the pressure (the knock) and feel the source (the desire/need), you can finally choose how to respond. This is how you move from a place of "I must..." (pressure) to a place of "I am..." (presence).

EMBODIED PRACTICE

The next time you feel a familiar pressure, practice this simple, 4-step internal conversation;

See (The Signal): "Ah, I see you. You are the fear about [the bill / the future]."

Feel (The Source): "I feel what's beneath you. This is my deep [desire for safety / need for rest]."

Acknowledge (Acceptance): "I see you. I feel you. This need is real and it is allowed to be here."

Choose (The "I Am"): From this place of acceptance, ask your body (not your mind): "What is the one, true, possible thing to do right now?"

This final step, the **"Choose,"** is the **"I Love"** part of the practice. It is Love in motion —a wise, kind action.

(The answer might be 'rest.' It might be 'breathe.' It might be 'drink a glass of water.' It might be 'make one phone call.' It might be 'ask for help.')

01

Reflection:

How does this 4-step process feel different from simply reacting to the pressure?

DEEPER WATERS

NAMING & SOFTENING OUR WOUNDS



A GENTLE INVITATION

This module is here for you only when you feel ready. It is entirely optional. These are not flaws; they are universal human experiences. Naming them can be an act of profound self-compassion, but only when the time feels right.

Sometimes, the "source" of our pressure isn't just a simple desire, but a deeper, core wound. The pressure we feel (to hustle, to perfect, to please) is often a beautiful, intelligent strategy our system created to protect that wound. We are not trying to "get rid" of these; we are just learning to see them, and ourselves, with more love.

For each wound, there is a gentle invitation—a path from the pressure back to presence.

DEEPER WATERS

NAMING & SOFTENING OUR WOUNDS



THE PRACTICE: LISTEN AND CHOOSE ONE

Your job is not to analyze. Your job is to simply read the list below, listen, and feel.

Notice if one of them seems to "light up" for you, or makes the most sense for you, today. It might be different tomorrow. We are just listening for what is most present now.

- **Shame:** The sting of "I am wrong."
- **Guilt:** The burden of "I did wrong."
- **Rejection:** The fear of "I am not chosen."
- **Separation:** The ache of "I am alone."
- **Denial:** The refusal to see what's true.
- **Repression:** The inability to name what you feel.

For each wound, there is a gentle invitation—a path from the pressure back to presence.

DEEPER WATERS

NAMING & SOFTENING OUR WOUNDS



THE PAUSE & THE CHOICE

Take a breath. Which of those, if any, feels most resonant for you in this chapter of your life?

Now, I invite you to turn only to that one section below.

After you have completed your one reflection, be extra gentle with yourself.

The simple act of naming and meeting it with an invitation is the entire practice.

DEEP WATERS

GENTLE REFLECTIONS & SOVEREIGN INVITATIONS

Shame (The sting of "I am wrong")

01 **The Reflection:** Do you feel pressure to hide your situation? Do you feel that your "hard times" are a sign of your personal failure?

02 **The Invitation: From Shame to Humour**
Warm, kind laughter restores humanity. Where can you meet your "imperfection" with a little less seriousness and a little more warm humanity today? (e.g., "Ah, look at me, a human, being human.")

DEEP WATERS

GENTLE REFLECTIONS & SOVEREIGN INVITATIONS

Guilt (The burden of "I did wrong")

01 **The Reflection:** Do you feel pressure to "make it right" for others? Do you stay awake playing the "I should have..." game, blaming yourself for what happened?

02 **The Invitation: From Guilt to Forgiveness**
Forgiveness is the act of unburdening. What old "I should have..." story can you agree to stop carrying, just for this moment?

DEEP WATERS

GENTLE REFLECTIONS & SOVEREIGN INVITATIONS

Rejection (The fear of "I am not chosen")

01 **The Reflection:** Do you feel "cast out" or "left behind" by friends, family, or society? Where does this pressure to prove you still belong come from?

02 **The Invitation: From Rejection to Gentleness**
How can you offer yourself one simple act of gentleness (a soft blanket, a kind inner word, a slow cup of tea) when you feel that old sting of being "left out"?

DEEP WATERS

GENTLE REFLECTIONS & SOVEREIGN INVITATIONS

Separation (The ache of "I am alone")

01 **The Reflection:** Do you feel you have to do this all by yourself? That no one can possibly understand or help? Where does this pressure to grip so tightly come from?

02 **The Invitation: From Separation to Care**
Simple, consistent care (for self and others) mends the seeming divide. It is the tangible proof of connection. What is one small, simple way you can care for your body, your space, or your heart right now?

DEEP WATERS

GENTLE REFLECTIONS & SOVEREIGN INVITATIONS

Denial (The refusal to see)

01 **The Reflection:** Do you feel a pressure to "keep it positive" and pretend you're "fine" because the truth of your situation feels too overwhelming to look at?

02 **The Invitation: From Denial to Ease**
You don't have to face the whole truth at once. It's just a softening. How can you invite in 1% more reality, 1% more ease? What would it feel like to just soften your shoulders?

DEEP WATERS

GENTLE REFLECTIONS & SOVEREIGN INVITATIONS

Repression (The inability to feel)

01 **The Reflection:** Do you sometimes feel numb? Is it easier to just "get through the day" on autopilot than to feel the weight of it all?

02 **The Invitation: From Repression to Honesty**
Naming what's true (gently) lets the heart breathe. What is one small, true thing you can admit to yourself right now? (e.g., "I am tired," "I am confused," "I am scared.")

CONCLUSION: THE JOURNEY OF EMBODIMENT

This is not a one-time event. It is a practice. You have planted many seeds. Be gentle. Be kind. Every time you pause to notice, every time you choose gratitude as an anchor, every time you meet your fear with curiosity, you are walking the path. You are remembering your way home.

YOUR PATH FORWARD: A 1-MINUTE PRACTICE

This entire workbook is a path to one simple, repeatable act of presence. This is your tool to carry forward.

This is our Heart Check technique: a micro-ritual of alignment. When the survival signal knocks, remember to pause and:

See it: "I see this fear."

Feel it: "I feel the need beneath it." (e.g., for safety, for rest, for support)

Acknowledge it: "You are allowed to be here."

Choose(Love): "What is the one, possible, gentle next step?"

GLORIOUS ARISING

CORE GLOSSARY

Love & Acceptance

Love is the soul's native state; acceptance is how love meets the moment. Together, they restore coherence.

The Three Freedoms

No Judgment. No Conditions. No Expectations. A practice that creates safe inner space for honest growth.

Path of Return

Every journey leads back to Source—the inner home of truth, peace, and wholeness. We remember, not become.

Wholeness — “I See the Whole, Not Just the Wound.”

We include strength and struggle, history and possibility. Integration replaces fragmentation. Neutrality

Presence without push or pull.

A steady center that honors truth without collapse or control.

Creation

Arises from within—as natural expression—not to earn worth or prove value. We create from wholeness, not hunger.

Heart Check (Special Technique)

A brief pause at natural transitions: breathe, notice (see), name (feel), and choose (love). A micro-ritual of alignment.

Past

The archive of experience—memories, patterns, and lessons already lived. It is data, not destiny. We honor it, mine its wisdom, and release identification with its stories.

Practice: I See what happened, I Feel what remains, I Accept the lesson and let the pattern update.

Present

The living meeting point of choice. Power lives here—in breath, body, and truthful awareness. The present is where alignment becomes action.

Practice : Pause. Breathe. Ask: “What is the most loving next step from here?”

Future

A field of potentials shaped by today's presence. Vision belongs to the future; creation begins now. We relate to the future as a promise we steward, not a place we escape to.

Practice: Name the intent, take the next aligned step, let outcomes unfold.

Now

Timeless awareness—the spacious center that holds past, present, and future without grasping. In the Now, you are Presence, not the pattern; love is the default, clarity the byproduct.

Practice: Heart Check: “Here I am.” Feel the body, soften the jaw, choose from stillness.

GLORIOUS ARISING

CORE GLOSSARY

I See, I Feel, I Love

A three-step practice: witness, allow, and respond with love. It transforms reactivity into wise action. -I See: A conscious witness stance: noticing what is present (thoughts, sensations, patterns) without judgment. Seeing reveals the whole, not just the wound. I Feel- Allowing the body's truth to move—safely and honestly—so emotion becomes information, not identity. Feeling is how presence touches reality. I Accept-Sovereign agreement with what is here now—without resisting or attaching—so energy can change. Acceptance is love in motion.

Creator / Created

Your essence (Creator) expressing through your life (Created). You are the source of your expression; your roles, stories, and results are the creations—not your identity.

Emotions as Invitations

Emotions are sacred messengers that point to our needs, limits, and truths. We meet them with curiosity and care, then choose our aligned response.

Cosmic Perspective

Zooming out to remember interconnection. From this altitude, innocence, compassion, and presence become natural responses.

Being Before Doing

Presence is the source; actions flow from alignment, not performance. The Only Thing is the One Thing. Return to the truth of who you are—again and again. Let this singular remembrance simplify choices.

There is No Bypassing

We move through what is present—with support—rather than skipping steps or spiritualizing avoidance.

You Are Not the Pattern—You Are the Presence

Behaviors and stories are learned; Presence is your nature. From Presence, patterns can be met, updated, or released.

NOTES

These extra pages are here for you. Use them whenever you need more space to reflect, process or simply let your thoughts unfold

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