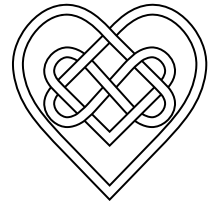


## The Nomad's Habitat

# The Handbook

# Welcome to our Habitat!

JOIN IN - MOVE UP - LIVE OUT



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## Preface

### The Nomad's Habitat: A Sanctuary for Growth

The Nomad's Habitat (TNH) is more than just a place to escape the world's noise. It's a community dedicated to self-discovery and empowerment. We believe that by understanding and processing our past experiences, we can cultivate a healthier future – not just for ourselves, but for those around us.

Here, we shed the baggage of societal pressures and limiting beliefs. We challenge the status quo and embrace the vulnerability required for genuine growth. This isn't for the faint of heart. We operate as a unit, and each member plays a vital role. We encourage initiative and self-reliance, fostering a spirit of collaboration and mutual support.

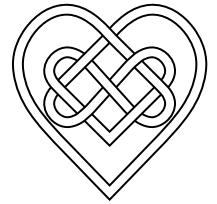
### A Network of Roots

Imagine a thriving garden – each plant interconnected, sharing resources and fostering a harmonious ecosystem. That's the essence of TNH. We recognize our interdependence and cultivate a supportive environment.

Encouragement, knowledge, and a deep sense of connection flow through our community, not always through outward gestures, but through a powerful undercurrent of shared purpose.

# Welcome to our Habitat!

JOIN IN - MOVE UP - LIVE OUT



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We understand our role within the human tapestry, where communication and understanding are the fertile ground for growth. Just as a forest thrives on the unseen network of roots and fungi, our love and care weave an invisible web of support. Here, we learn to master the power of our words, recognizing the energy they carry and the impact they create.

We can't grow from a place of comfort, we must be comfort by being uncomfortable.

## A Guide to Your Journey

This handbook is your invitation to explore the inner workings of TNH. We'll delve into the details of our holistic approach, confident that these practices will nourish your own path to self-discovery and growth.

*Welcome to the Nomad's Habitat - a community where we embrace the challenges, celebrate the connections, and cultivate a brighter future, together.*

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# Executive Summary

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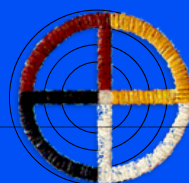
The Nomad's Habitat (T.N.H.) is a holistic social enterprise solution to creative production, event and coworking spaces designed to empower professionals, startups, and freelancers by providing a collaborative, supportive, and wellness-focused work environment.

## **Vision Statement:**

"Our vision is to ignite a renaissance of creativity and innovation, inspiring the next generation of trailblazers to recognize the inherent value of communal creation. By breaking down societal norms and fostering an environment of open-mindedness and inclusivity, we aim to facilitate cross-pollination of ideas and skill development, transcending artificial barriers and embracing the boundless potential of collective collaboration towards self-actualisation."

## **Values Statement:**

"At The Nomad's Habitat, we believe in the power of interdisciplinary exchange and self-discovery. Our values of creativity, inclusivity, spirituality and collaboration drive our efforts to create a space where imagination knows no bounds, and every voice has the power to shape the future."



# Executive Summary



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## A Win-Win Proposition

By joining our community, you will:

- **Unlock your creative potential:** Explore diverse creative outlets, refine your skills.
- **Gain valuable expertise:** Access workshops and dedicated studios to master new skills and advance both personal & professional development.
- **Cultivate meaningful connections:** Network with like-minded individuals, collaborate on projects, and foster a supportive environment for growth.
- **Enhance your well-being:** Prioritize self-care through creative expression, healthy food options, and a focus on mental and emotional well-being.
- **Expand your reach:** Showcase your talents, launch your products, and connect with potential collaborators / clients.
- **Champion sustainability:** Participate in a closed-loop system that minimizes environmental impact and promotes responsible resource consumption.
- **Shape our future:** Contribute your ideas and feedback to help us continually improve and evolve our offerings.
- **Join a purpose-driven movement:** Be part of a community dedicated to empowering individuals and driving positive social change through creativity.

Together, we can create a thriving ecosystem where creativity, collaboration, and personal growth flourish. We invite you to join us on this exciting journey.

# Our Mission

JOIN IN - MOVE UP - LIVE OUT

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## Mission Statement:

- **JOIN IN:** "Join into our community of Nomads, appreciative and conscientious to the Importance & Power of Creativity within the beauty of Life, cross-pollinating each other in the evolution of the Human Condition.
- **MOVE UP:** "Move Up" by discovering, crafting and developing a wider array of skills, understandings, and useful tools in the fast-pace of the twentieth century.
- **LIVE OUT:** "Live Out" your best self, by living your truth with self-awareness and emotional literacy, creating opportunities of forming long-lasting relationships.

## The Problem:

Modern society faces a complex web of challenges that threaten mental well-being, social cohesion, and economic stability. These issues are interconnected and amplify each other's negative effects.

## Needs:

- Sense of Community
- Young Adult Self-Awareness Leisure Centres - Developmental Escapism
- Trauma Therapy through knowledge, Arts & Self-Reflection
- Societal skillset Acumen
- Sustainable Life
- Independent Thinking
- Learn how to express our inner world to the outside
- Cross-Functional Creative Centres

# Our Mission

JOIN IN - MOVE UP - LIVE OUT

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## Challenges:

- Disconnection due to Societal Division
- Low Self-Worth & Loneliness
- High Membership Fees
- High Equipment Costs
- High Non-evolutional Escapism / Entertainment
- Scarcity of Self-Mastery centres through creativity
- Missed educational opportunity around our relationship with nature

## Contributing Factors:

- Social Disconnection
- Fast-Paced, Competitive World
- Shifting Family Dynamics
- Economic Strain
- Childhood Trauma
- Underdeveloped Social Skills
- Educational Disparity

## Problem Conclusion

The challenges we face in 2024 are complex and interconnected. From social and economic inequalities to climate change and technological disruptions, these issues threaten our well-being and stability. However, amidst these challenges lie opportunities for innovation and positive change.

**By working together**, businesses, governments, and individuals can create a more equitable, sustainable, and resilient future for all. Nomad's Habitat is committed to being a part of this collective effort.

# Our Mission

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## Our Opportunity.

- **Social and Economic Inequality:** Policies promoting education, job training, and a living wage can create a more level playing field.
- **Automation and Job Displacement:** Focus on retraining programs and education in emerging fields can equip individuals for new jobs created by automation. Policies promoting a "sharing economy" and universal basic income can also help ease the transition.
- **Access to Education and Healthcare:** Increased funding for public education and healthcare systems can improve access for all. Additionally, innovative solutions like telemedicine can expand access to healthcare in remote areas.
- **Social Media and Mental Health:** Promoting digital and emotional literacy and encouraging responsible social media use can mitigate some negative impacts. Additionally, social media platforms can implement features that promote positive online interactions and discourage harmful comparisons.
- **The Digital Divide:** Government initiatives and public-private partnerships can expand broadband access to underserved communities. Affordable access programs and digital literacy training can also help bridge the digital divide.

## **Potential Impact:**

- Improved Mental Wellbeing
- Increased Social Connection
- Enhanced Skills and Employability
- Sustainable Practices
- Empowered Communities



# Our Culture

JOIN IN - MOVE UP - LIVE OUT

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We aspire to create a thriving, family-oriented culture that goes beyond simply preaching the benefits of holism. In a capitalist world, achieving this can be challenging, but we're committed to finding practical ways to integrate holistic practices into our daily lives.

**Our core values focus on nurturing the interconnectedness of our team.**

We believe in:

- **Respecting Individual Journeys:** We value the unique experiences and life stages of each team member.
- **Elevating the Collective:** We strive to create a supportive environment that helps everyone reach their full potential and contributes to our collective success.
- **Self-Actualization:** We encourage personal and professional growth for all.



# Our Culture

JOIN IN - MOVE UP - LIVE OUT

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## Our Unique Advantages:

- Holistic Approach: We prioritize your overall well-being by integrating self-actualization, mental and physical health, and spirituality into every aspect of our space.
- Spiritual Growth: We offer a unique environment that nurtures your spiritual development and elevates your vibrational frequency.
- Circular Economy: We're committed to sustainability through a closed-loop system and minimizing our environmental impact.
- Alternative Exchange: We value community growth over financial gain, offering flexible exchange options beyond traditional currency.
- Social Impact: We partner with charities and use events to give back to the community.
- Diverse Services: We're more than just a production space - we offer a variety of creative outlets, a holistic wellness center, and community resources like a garden and mycology lab.
- Community-Focused: We prioritize group memberships to foster a supportive and collaborative environment.
- Holistic Business Practices: We view challenges as opportunities for growth, offering coaching and training to help you develop your skills and thrive.
- Social Acumen: We focus on building a well-rounded, self-reliant community by fostering social skills alongside business acumen.
- Accessible Pricing: We offer affordable options to ensure our space is accessible to a wide range of individuals and communities.
- Community Investment: We provide funding and support to underserved communities to help them launch and grow their own businesses.



# Our Culture

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## Habitat's Boundaries

Whatever you say, wherever you are on our premises, whatever you do, ask yourself "How do I want to teach anyone that comes in at T. N.H. to treat me through my actions?"

- **Personal Space:** Be aware of each other's comfort space. Clean after yourself at all times.
- **Safe Space:** We encourage only wanted and appropriate behaviour. Be aware of what might be considered inappropriate to others.
- **Privacy:** Respect people's privacy, gain consent to post anyone online first.
- **Appearance:** How you dress and present yourself is your choice.
- **Sharing feelings:** It's a safe space, though you decide what emotions you share and with whom.
- **Saying no:** It's okay to decline invitations or requests that don't align with your needs or capacity.
- **Emotional intelligence:** We tolerate understanding over righteousness, let's look for solutions, it's never Me v You.
- **Opinions and beliefs:** You have the right to your own thoughts and ideas. We encourage elevation of anyone's growth.
- **Time:** Set creation hours and stick to them, as the studios might be booked after you. Schedule time for yourself and relaxation, in our unwind rooms.
- **Information overload:** Raise exposure to positivity and educational information exchange, any issues refer to the Team
- **Financial Transparency:** All of our prices are available, at no hidden costs

# Our Culture

JOIN IN - MOVE UP - LIVE OUT

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## Our Partnership

These are some of the partnerships we are currently building

- **Virtual Doctor:** In progress
  - Aim to help improve local primary healthcare in some of the most remote and impoverished areas of sub-Saharan Africa
- **St. John of God:** In progress
  - Modern Day Slavery
  - Homeless Services
  - Disability Services
  - Autism Services
  - Older Communities
  - Community Support
- **Mission 44:** In progress
  - Young people in STEM and motorsport opportunities
  - Youth empowerment
  - Inclusive Education System
- **Inside and Out:** Confirmed
  - Mental Fitness / Well-being platform
  - A Journal and Marketplace offering Empowering resources
  - Soon to be an official Mental Fitness App to check-in with ourselves on a daily doses, with prompts and tasks to do



# Our Culture

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**Our vision: A vibrant future where creativity and well-being flourish.**

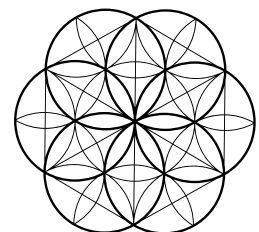
**What to expect:**

- **Expansion:** New locations based on market research.
- **Creative Hub:** Multiverse content production (music, film, podcasts).
- **Sustainability:** On-site gardens and eco-conscious merchandise.
- **The Nomad's Writer's Room:** Workshops and mentorship.
- **Mental Wellness:** Partnerships for on-site mental health services.
- **Online Learning:** Expertise shared through paid online courses.

**The future holds:**

- **Satellite Locations:** Opening new Nomad's Habitat communities.
- **Production Services:** Supporting creative projects within our network.
- **Sustainable Growth:** Expanding on-site gardens and merchandise.
- **Creative Retreats:** Fostering connections and professional development.
- **Publishing Exploration:** Empowering writers through self-publishing or partnerships.

Stay tuned for an exciting future!



# Our Culture

JOIN IN - MOVE UP - LIVE OUT

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## Our Plans for the future

### Long-Term (5+ Years):

TNH is on a mission to cultivate a thriving global creative ecosystem. Here's what excites us:

- **Global Network:** We're building a network of interconnected Nomad's Habitat locations, fostering a vibrant community of creators worldwide.
- **Creative Powerhouse:** We're poised to become a leading multi-verse creative production company, offering comprehensive services across industries.
- **Sustainable Soul & Style:** Look forward to eco-friendly merchandise lines and partnerships with emerging sustainable fashion designers.
- **Community Nourishment & Wellbeing:** A large-scale on-site garden will fuel a local food donation program, and we're expanding mental health services to both the public and our community.
- **Knowledge Hub:** We're developing a library of online courses and workshops led by our successful members, alongside consultancy services to guide businesses towards social and environmental responsibility.

Join the Movement: Become part of something bigger. The Nomad's Habitat empowers individuals, fosters collaboration, and generates a positive global impact.



# Our Culture

JOIN IN - MOVE UP - LIVE OUT

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## Our Request

- **Be Your True Self:** At The Nomad's Habitat, we embrace authenticity. We encourage you to bring your whole self, shedding social conditioning and embracing growth, wherever you are on your journey.
- **Embrace Our Community:** We're building a supportive community where members help each other. It's a simple principle of giving and receiving. The universe rewards kindness in countless ways, so why not participate?
- **Practice Deep Listening & Seek Understanding:** Honest communication is key. Before jumping to conclusions, ask clarifying questions. Conflict can be a catalyst for growth when we seek mutual understanding, not agreement or being "right." This leads to the most insightful and genuine conversations.
- **Transparency is Key:** We can only offer the best support if we understand your needs. Be open and honest about what you require.

In Summary: Be yourself, contribute to the community, listen actively, and strive for understanding. By working together, we can unlock the most rewarding experiences.



# Our Culture

JOIN IN - MOVE UP - LIVE OUT

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## Social Community

### **Trade Your Skills, Get What You Need:**

Can't afford a membership? No problem! Trade your expertise for mentorship, equipment access, and valuable exposure. This is perfect for young artists, those seeking training, or anyone needing tools.

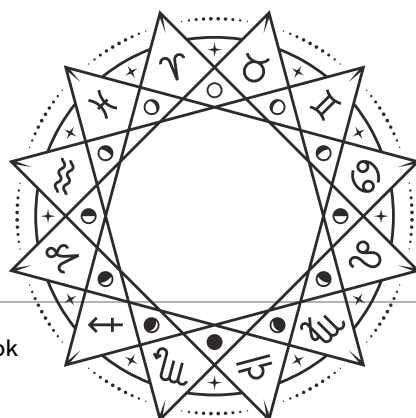
### **Volunteer Your Time, Gain Valuable Benefits:**

Lead workshops, assist with events, or introduce kids to your creative field. In return, you'll hone your public speaking, build your network, and gain experience in a supportive environment.

### **Share Your Skills, Give Back and Make a Difference:**

TNH is committed to social good. Showcase your talents at fundraising events, vote for charities to receive donations, volunteer your time directly, or teach new members. We support a variety of causes and communities.

Get involved, contribute your talents, and make a positive impact!



# Our Facilities

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## The Nomad's Habitat: A Haven for Creativity and Collaboration

The Nomad's Habitat offers a vibrant space for individuals and teams to explore their creative pursuits, fostering self-expression and connection. Our facilities cater to a diverse range of interests, from music production to artistic exploration, wellness practices, and more.

Look around for the many high-vibrational symbols and sigils laying around, how many can you spot?



### Unleash Your Inner Musician:

- Music Production Studios: We offer from intimate booths to larger spaces with editing facilities, all equipped with the latest technology and a curated selection of classic instruments.
- DJ Booths: Spin tracks and hone your DJ skills in our dedicated booths.

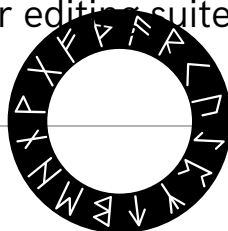
### Move Your Body and Mind:

- Dance Studio: Featuring a sprung floor and mirrors, this space is ideal for dance practice and movement exploration. We also offer a dedicated pole dancing area.



### Capture Your Voice and Vision:

- Podcast Studios: Record your podcast in a comfortable, living room-style setting.
- Video Editing Suites: Equipped with high-end software and multiple seating configurations, our editing suites allow you to polish your video projects.



# Our Facilities

JOIN IN - MOVE UP - LIVE OUT

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## Craft Your Masterpiece:

- Writers' Room: Find inspiration in our spacious room stocked with typewriters, computers, comfortable seating, and a library of development books.
- Green Screen Room: Bring your video ideas to life with our green screen technology and rentable equipment.
- Arts & Crafts Studio: Explore your artistic side with our selection of materials and dedicated workspace. A separate, larger studio awaits our members.
- Fashion Design Room: Design and create garments in our well-equipped space. Members enjoy access to a premium fabric rental service and educational displays.

## Restore and Recharge:

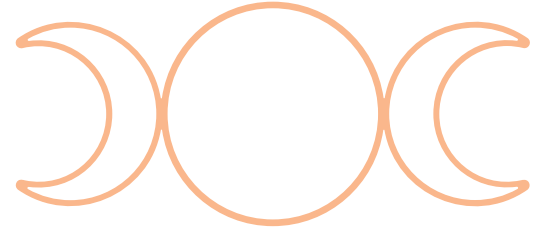
- Gym: Maintain your physical fitness in our well-equipped gym.
- Holistic Well-being Temple: This calming space features sensory elements like nature sounds, textures, and plants, providing a tranquil retreat for meditation and self-care practices.

## Connect and Collaborate:

- Movie Screening Room: Host movie nights or presentations in our comfortable theater-style space.
- Community's Games Room: Bond with colleagues or friends over a variety of games.
- Communal Kitchen: Mingle and share meals in our shared kitchen space.



# Our Facilities



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## Our Sustainable Oasis: Food, Drinks, and Community

TNH embraces a sustainable lifestyle, offering delicious and healthy options while minimizing our environmental impact.

**Fresh, Local Produce:** We're committed to fresh, high-quality ingredients. Our on-site garden, maintained by staff, members, or volunteers, allows us to grow fruits, vegetables, and herbs, reducing our reliance on external sources and showcasing our eco-friendly practices.

**Member Engagement:** We offer workshops on gardening techniques, composting, and sustainable food systems, fostering a sense of community and ownership over the food members consume.

**Healthy Choices:** Enjoy healthy drinks, smoothies, juices, fresh fruit, and light meals made with ingredients from our garden. We also offer mocktails featuring fresh juices whenever possible.

**Giving Back:** Excess produce is donated to local farmers markets, shelters, and support centers. Additionally, a portion of our daily proceeds goes towards providing free breakfasts to those in need, supporting local service centers.

**Member Input:** We plan to stock the kitchen with healthy snacks and drinks based on member preferences, gathered through surveys or polls.

**Bringing Your Own Alcohol:** Please note that alcohol is only permitted on the premises during organized events with a temporary permit.

Join us in creating a thriving and sustainable community!



# Our Facilities

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## Our Sustainable Oasis: Mycology Lab and Garden

### Commitment to Fresh, Local Produce

The Nomad's Habitat prioritizes sustainability and fresh, local ingredients. We're establishing a mycology lab and garden to cultivate a variety of mushrooms and vegetables.

### Mycology Lab Considerations

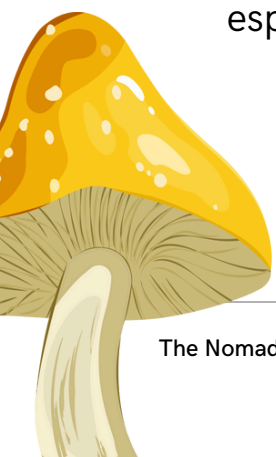
- Space and Resources: We'll allocate a suitable space considering sunlight, water access, ventilation, and temperature control.
- Expertise and Maintenance: We'll explore staffing options, including dedicated mycologists, training existing staff, or a volunteer program.

### Yield and Seasonality

- Research on expected yields will help us plan for seasonal variations and ensure a consistent supply of fresh produce.
- Cultivation cycles for different mushrooms will be researched to offer a consistent selection.

### Safety and Regulations

- We'll strictly adhere to all local food safety regulations and any regulations concerning proper handling and cultivation of fungi, especially medicinal varieties.



# Our Facilities

JOIN IN - MOVE UP - LIVE OUT

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## Our Sustainable Oasis: Mycology Lab and Garden

### Member Participation

- Clear guidelines will be established for member participation in the garden and mycology lab. This could include dedicated spaces, volunteer opportunities, or educational workshops.

### Wellness Integration

- We'll explore the health benefits of specific mushroom varieties and integrate them into our wellness programs, potentially offering these cultivated varieties for purchase.

### Specialized Equipment

- We'll invest in specialized mycological equipment and explore potential growing mediums for fungi.

By combining these initiatives, we aim to provide fresh, local produce while fostering a sustainable and educational environment.



# Our Facilities

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## Our Mental & Physical Wellbeing

The Nomad's Habitat prioritises holistic well-being, offering a variety of services to support both mental and physical health.

### Mental Health Support

- On-site counselor specializing in holistic therapies (art therapy, etc.), available 6 hours/day.
- Mental health workshops for members and the public.
- Future expansion to offer mental health services to all businesses.

### Physical Health and Wellness

- Fitness classes.
- Healthy food and drinks sourced from our garden.
- "Vent it out" room for emotional release.
- Holistic Well-Being Temple for relaxation and mindfulness.
- Gym access.

### Additional Services (Potential)

- Childcare services.
- Healthy snacks.

This comprehensive approach to well-being ensures that all who interact with TNH have the resources to thrive mentally and physically.

# Our Services

JOIN IN - MOVE UP - LIVE OUT

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## Pay per Access

TNH offers a variety of workspaces and amenities to cater to your individual needs. Whether you're a remote employee, freelancer, project team, or workshop attendee, we have the perfect solution for you. As we promote community, for every entry the second person gets at 50% discount.

### T.N.H Accesses:

- **Pay-per-Hour:** Ideal for short-term use or occasional workspace needs. Choose from three pricing tiers:
  - **£6 per hour:** Includes access to Vent Space (relaxation area), Movie Screen, Holistic Wellbeing Temple, Mycology Lab, Community Garden, (maybe Gym).
  - **£12 per Hour:** Includes access to Music Studio, Video Editing Suite, Podcasting Booth, Fashion Studio, Arts & Crafts Studio, and Writers' Room.
  - **£18 per hour:** Includes all the features of the £10 tier, plus £12 tier
- **£15 per hour Coworking Spaces and meeting rooms:** Access one of our hot desks to work
- **Workshops:** Access growth and empowering knowledge at our Talks and Workshops
  - **£12:** In-person Workshop
  - **£9:** Online Live Workshop
- **Holistic Therapy:** £33 per 1.5hr
- **Event Space:** £54 per hour + £6 per person

# Our Services

JOIN IN - MOVE UP - LIVE OUT

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## Additional

- **Rent Equipment Needed:** With a Fixed £100 deposit. You Break, You Pay
- **10% off Membership and Event Space:** Become a member for ongoing access to our workspace and exclusive benefits. We also offer event space rentals for meetings, workshops, and presentations.
- **Half Day Pass:** Need a workspace for just half a day? Choose between a morning or afternoon pass for £85.89.
- **Pay-per-Day Full Access:** Enjoy full access to all studios for a full day at £171.79, based on availability of each studio.
- **Trade for Trade:** Offer skills for resources or mentorship.
- **Social Investment Program:** Hourly support to help cover equipment deposits and give back the opportunity to start a business to underserved communities, by setting them up for success and providing the finances. We have to look after each other.
- **Offer your expertise:** mentor young artists, lead workshops, create content, spark kids' curiosity.
  - Benefits:
    - Hone public speaking & gain visibility.
    - Access equipment & collaborate with creatives.
    - Future opportunities for exciting projects.



[Visit our website/app & join the affiliate program.](#)

# Our Services



JOIN IN - MOVE UP - LIVE OUT

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## Bundle Packages

We offer discounted bundles for extended use, allowing you to save money compared to the hourly rate. Choose from 3-hour or 6-hour bundles, or a full workday bundle (8 hours). As we promote community, for every entry the second person gets at 50% discount.

- **3-Hour Bundle:**

- £16.2 - £32.4: Select your preferred studio access level (either £5.4 or £10.8 per hour for the creative studios).
- £48.6 (all studios): Enjoy full access to all studios for the entire 3-hour block.

- **6-Hour Bundle:**

- £30.6 - £62.1: Select your preferred studio access level (either £5.1 or £10.35 per hour for the creative studios).
- £92.7 (all studios): Enjoy full access to all studios for the entire 6-hour block.

- **Full Workday Bundle** (8 hours):

- £38.4 - £79.68: Select your preferred studio access level (either £4.8 or £9.96 per hour for the creative studios).
- £118.08 (all studios): Enjoy full access to all studios for the entire workday.



# Our Services

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## Key Services

- **Vent Space:** Relaxation area with comfortable seating and calming atmosphere.
- **Movie Screen:** Large screen for presentations, movie screenings, or video conferencing.
- **Holistic Wellbeing resources:** Access to meditation guides, yoga classes, and healthy snacks.
- **Social Acumen workshops:** Develop your social and networking skills through interactive workshops.
- **Mycology Lab:** Learn about fungi and their applications in a dedicated lab space (available in select studios).
- **Community Garden:** Participate in the communal gardening project and enjoy fresh produce.
- **Gym:** Maintain your physical fitness with access to our on-site gym facility.
- **Music Studio:** Fully equipped space for recording and producing music.
- **Video Editing Suite:** Edit your video projects with professional software and hardware.
- **Podcasting Booth:** Create high-quality podcasts in a soundproofed recording environment.
- **Fashion Studio:** Design and create your own clothing line with access to sewing machines and other equipment.
- **Arts & Crafts Studio:** Unleash your creativity with a variety of art supplies and dedicated workspace.
- **Writers' Room:** A quiet and focused space for writing and creative projects.

# Our Services

JOIN IN - MOVE UP - LIVE OUT

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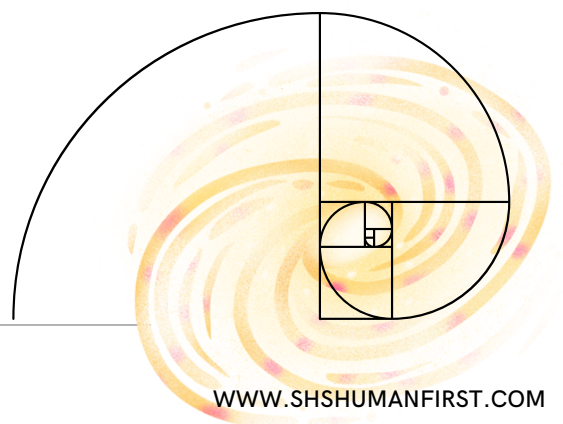
## Group Membership

Nomad's Habitat offers a variety of memberships designed to empower your personal and professional growth. All memberships include:

- **Monthly Wellness:** 1.5 hour of Holistic Therapy +30%off pay-as-you-go per individual.
- **Unwind & Recharge:** Access to our gym, Holistic Well-being Temple, and designated relaxation areas.
- **Community & Growth:** Participate in our bi-weekly volunteer day supporting local charities and connect with inspiring individuals.

## Discounts & Opportunities:

- **Student, NHS, and Military Discount** (10-15% off): We appreciate your contributions!
- **Discounted First Month:** Experience the Nomad's Habitat advantage at a reduced rate. (shortlisted before Launch) - 60%
- **Work-Trade Program:** Contribute your skills and time in exchange for reduced membership fees.



# Our Services

JOIN IN - MOVE UP - LIVE OUT

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## Group Memberships

(When paid yearly 18% discount)

- **Growing Artists:** Choose from single-studio or all-studio access, with options for 3 or 5 hours per week. Bring a friend at 50% off!
  - **Single Studio (3 Hours):** £108 (single), £162 (with a friend)
  - **Single Studio (5 Hours):** £156 (single), £232.5 (with a friend)
  - **All Studios (3 Hours):** £126 (single), £189 (with a friend)
  - **All Studios (5 Hours):** £186 (single), £279 (with a friend)
- **Journey-Group:** £504 per month. Access one studio for 6 hours weekly, split with other 3 friends, enjoy 12% off workshops and events, and 12% off on event space rentals. (2 in Full, 3rd 50% off, 4th Free)
- **Cross-Artist Group:** £712.5 per month. Access 3 studios for 6 hours weekly, split with other 3 friends, enjoy 12% off workshops and events, and 12% off on event space rentals. (2 in Full, 3rd 50% off, 4th Free)
- **Influencers:** £1068 per month. Access 3 studios for 12 hours weekly, split with other 6 friends, enjoy 12% off workshops and events, and 12% off on event space rentals
  - 1st Full, 2nd 20% off, 3rd 40% off, 4th 60% off, 5th 80% off + 2 free
- **All-Rounders:** £1176 per month. Access all studios for 12 hours weekly, split with other 6 friends, enjoy 12% off workshops and events, and 12% off on event space rentals
  - 1st Full, 2nd 20% off, 3rd 40% off, 4th 60% off, 5th 80% off + 2 free
- **Event Organizer Membership:** £1,500 per year. Host 1 event per month with access to rental space and relevant studios during the event. Bring up to 500 guests.

# Our Services

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## Trade for Trade Service

The Nomad's Habitat welcomes all creatives, regardless of experience or financial means. We offer diverse ways to engage and contribute:

### How You Can Contribute:

- Mentor young artists, who will be able to book classes through our app
- Lead workshops and Give talks
- Create content

### Affiliate Program:

1. Visit our website or app.
2. Share your skills and interests.
3. Choose your schedule and activities
4. Receive a personalized plan.

### Benefits:

- Build your skills
- Gain exposure
- Access resources
- Gain experience
- Open doors to new opportunities

### Commitment Levels:

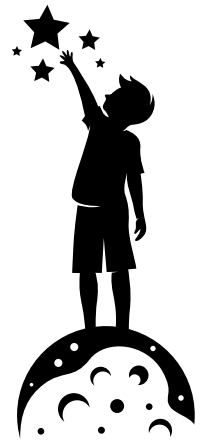
Our Trade for Trade program fosters a win-win. You gain valuable experience, we benefit from your talents. Together, we build a vibrant community where we all thrive. We welcome everyone, from those who want to lead regular workshops to those who can offer occasional support.



# Our Services

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## Workshops, Events, Talks

Our diverse range of workshops and events are designed to ignite creativity, empower personal growth, and foster a thriving community. Explore topics that resonate with your passions and curiosities:

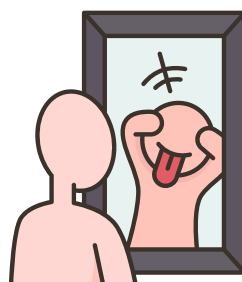
### Manifest Your Dreams:

- Law of Assumption & Law of Attraction: Master the art of conscious creation and attract abundance.
- Start With Your Why & Manifestation: Define your purpose and bring your visions to life.
- Thoughts & Beliefs: Harness the power of your mind to shape your reality.
- Rewriting Your Narrative: Break free from limiting beliefs and create a new story.

### Connect with Your Inner Self:

- Karmic Laws & Law of Averages: Explore universal principles and their impact on your life.
- Neuroplasticity & 7 Chakras: Discover the transformative power of your brain and energy centers.
- Survival vs. Abundance Mindset: Cultivate a healthy mindset for personal growth and success.
- Meditation & Sound Bathing: Find inner peace and deep relaxation.

- *to be continued..*



# Our Services

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## Workshops, Events, Talks



### Embrace Sustainability:

- Humans & Earth: Learn how to make healthier choices for yourself and the planet.
- Sustainability Methods: Go behind the scenes of sustainable practices and avoid greenwashing.
- Community Garden & Mycology Sessions: Get hands-on experience with sustainable food production.

### Develop Your Skills:

- Growing Your Business: Gain insights and strategies for entrepreneurial success.
- Leadership Mentality: Learn to inspire and motivate others.
- Concept of Investment: Make informed decisions about where you invest your time and energy.
- Holding to Your Real Self: Navigate fame and success while staying true to your values.

### Express Your Creativity:

- Vogue Balls, Singer's Night, Fashion Shows: Showcase your talents and celebrate diversity.
- Jam Sessions, Dance Showcases: Collaborate with other artists and explore new forms of expression.
- The Nomad's Got Talent: Share your unique skills and passions with the community.

- *to be continued...*



# Our Services

JOIN IN - MOVE UP - LIVE OUT

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## Workshops, Events, Talks

### Connect and Learn:

- Reading Sessions & Book Launches: Engage with authors and discover new ideas.
- Broadcasting Lives, Talks & Art Exhibitions: Expand your knowledge and connect with fellow creatives.
- Screening Nights & Theatre Plays: Enjoy diverse cultural experiences.
- Group Counseling & Emotional Release: Find support and connect with others on a deeper level.
- Members' Celebrations & Achievements: Share your successes and milestones with the community.

These workshops are just a glimpse of the transformative experiences we offer at The Nomad's Habitat. Join our community and embark on a journey of personal growth, creativity, and positive impact.



# Our Suggestions

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Here below you find some resources we have put together, which have helped us on our Self-Actualisation path, by bringing light to useful, insightful, introspective and empowering material in our toolkit.

## Books:

### Healing:

- What Happened to You? - Conversations on Trauma, Resilience, and Healing - Oprah Winfrey & Dr. Bruce Perry
- The Body Keeps the Score - Bessel van der Kolk
- How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self - Dr. Nicole LePera
- How to Meet Yourself - The workbook for Self-discovery - Dr. Nicole LePera
- Milk and Honey - Rupi Kaur
- Ayurveda: Charaka Samhita
- You Can Heal Your Life by Louise Hay
- When the body says No by Gabor Maté
- Hands of Light by Barbara Ann Brennan
- The Healing Touch by Dolores Krieger
- Energy Medicine by Donna Eden
- The Yellow Emperor's Classic of Internal Medicine
- Braiding Sweetgrass by Robin Wall Kimmer
- The Blue Zones SOLUTIONS by Dan Buettner
- How Not to Die by Michael Greger
- Quantum Healing by Deepak Chopra
- The Biology of Belief by Bruce Lipton
- The Healing Code by Alexander Loyd

# Our Suggestions

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## Happiness & Well-being:

- Ikigai: The Japanese Secret to a Long and Happy Life by Héctor García and Francesc Miralles
- The Art of Happiness - A handbook for living - The Dalai Lama & Howard C. Cutler
- The Five Minute Journal - Intelligent Change
- Untamed - Glennon Doyle
- Greenlights - Matthew McConaughey
- The Holistic Way to Health, Happiness, and Harmony by V.K. Subramanian
- The Happiness Effect by Stephen T. Radentz
- Happiness Within the Skin by Cinq Mondes
- The Little Book of Holistic Happiness by Holly Vernon
- The How of Happiness by Sonja Lyubomirsky
- Happier Now by Nataly Kogan
- The Happiness Project by Gretchen Rubin
- Hygge: The Danish Art of Happiness by Meik Wiking
- The Law of Attraction: The Basics of the Teachings of Abraham

## Spirituality & Self-Discovery:

- Book of Wisdom - Harry B. Joseph
- Message to an Eagle That Thinks It's a Chicken - Anthony De Mello
- The Republic - Plato
- The Little Book of Sociology - Rash Barrage
- 1x1=2 by Terrence Howard
- The Power of Now by Eckhart Tolle
- Hands of Light by Barbara Brennan

# Our Suggestions

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- The Biology of Belief by Bruce Lipton
- The Tao of Physics by Fritjof Capra
- Anatomy of the Spirit by Caroline Myss
- The Celestine Prophecy by James Redfield
- Vibrational Medicine by Richard Gerber
- The Holographic Universe by Michael Talbot
- The Field by Lynne McTaggart
- The Untethered Soul by Michael A. Singer

## Finance & Investing:

- The Intelligent Investor - Benjamin Graham
- Rich Dad Poor Dad - Robert Kiyosaki
- The Total Money Makeover - Dave Ramsey
- Your Money or Your Life - Vicki Robin and Joe Dominguez
- I Will Teach You to Be Rich - Ramit Sethi
- The Psychology of Money - Morgan Housel
- A Random Walk Down Wall Street - Burton Malkiel
- The Little Book of Common Sense Investing - John Bogle
- The Millionaire Next Door - Thomas J. Stanley and William D. Danko
- The Essays of Warren Buffett: Lessons for Corporate America - Warren Buffett and Lawrence A. Cunningham

## Business

- The Decision Book - Mikael Krogerus & Roman Tschäppeler
- Dare to Lead: Brave Work. Tough Conversations. Whole Hearts - Brené Brown
- The Art of War by Sun Tzu
- Start with Why: How Great Leaders Inspire Everyone to Take Action by Simon Sinek

# Our Suggestions

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## Relationships & Communication:

- The State of Affairs: Rethinking Infidelity - Esther Perel
- Mating in Captivity: How to keep desire and passion alive in long-term relationships - Esther Perel
- How to Win Friends and Influence People - Dale Carnegie
- The 7 Habits of Highly Effective People by Stephen R. Covey
- Nonviolent Communication: A Language of Life by Marshall B. Rosenberg
- Crucial Conversations: Tools for Talking When Stakes Are High by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler
- Never Split the Difference: Negotiating As If Your Life Depended On It by Chris Voss
- The Charisma Myth: How Anyone Can Master the Art and Science of Personal Magnetism by Olivia Fox Cabane
- Captivate: The Science of Succeeding with People by Vanessa Van Edwards
- The Art of Communicating by Thich Nhat Hanh
- The Five Love Languages by Gary Chapman
- The Culture Map: Breaking Through the Invisible Boundaries of Global Business by Erin Meyer
- Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain
- Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves
  
- Notes from the Universe on Love & Connection: A 60-Card Deck
- "Best Self" Deck of prompted Cards

# Our Suggestions

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## Embracing Our Multifaceted Nature at the Nomad's Habitat

The Nomad's Habitat is a community that recognizes and celebrates the interconnectedness of mind, body, and spirit. We understand that we are not simply physical beings, but multi-dimensional beings with a vast potential for growth and transformation.

We embrace the idea that everything in the universe is energy, vibrating at different frequencies, and that our thoughts and emotions play a crucial role in shaping our reality. The parallels between the microcosm (our thoughts and emotions) and the macrocosm (the universe).

By cultivating self-awareness and mindfulness, we can tap into our inner wisdom and make conscious choices that align with our values and purpose. We encourage everyone in our community to explore their unique gifts and talents, and to express themselves authentically.

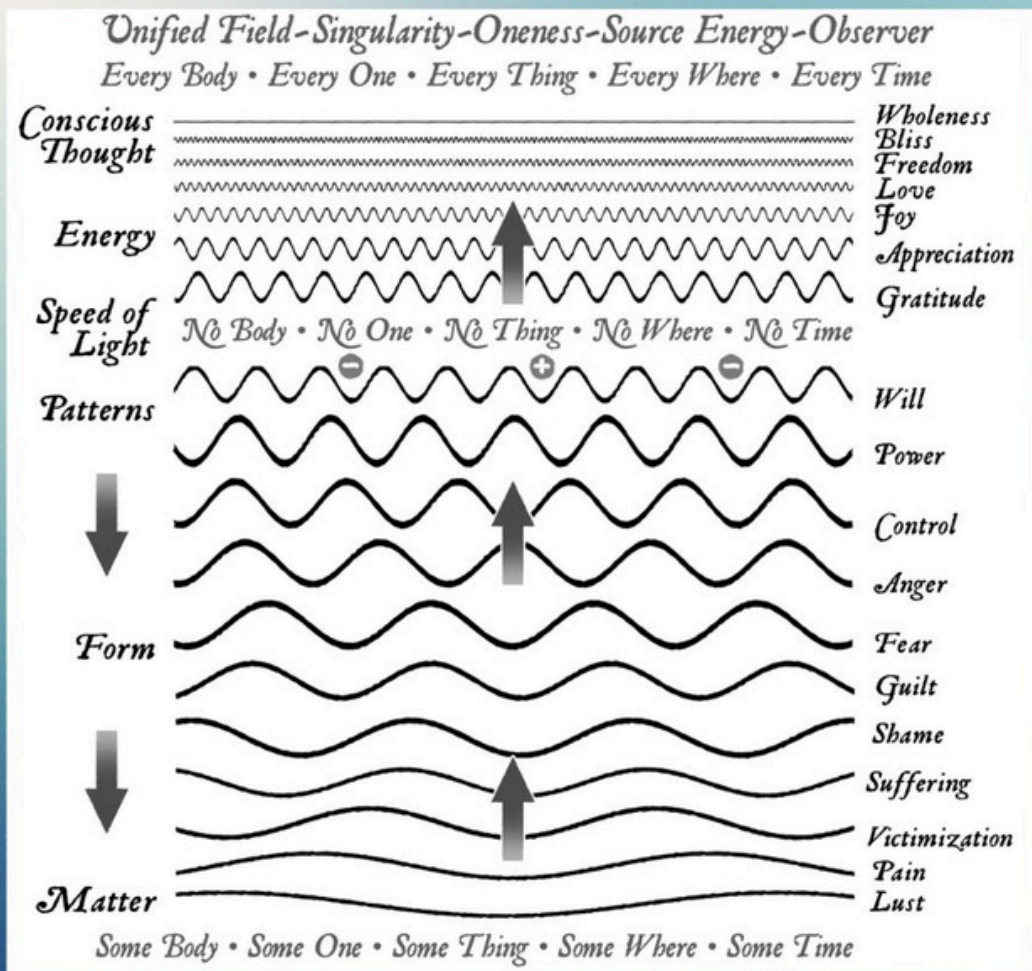
We believe that by fostering a supportive environment that encourages personal growth and self-discovery, we can empower individuals to create a more meaningful and fulfilling life.

At the Nomad's Habitat, we provide a space for individuals to connect with themselves, each other, and the natural world. We believe that by fostering a sense of community and belonging, we can create a vibrant and thriving environment that supports the well-being of all its members. We invite you to join us on this journey of self-discovery and co-creation, as we strive to build a brighter future together.

# Our Suggestions

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## FROM THOUGHT TO ENERGY TO MATTER



@DrJoeDispenza

# Our Suggestions

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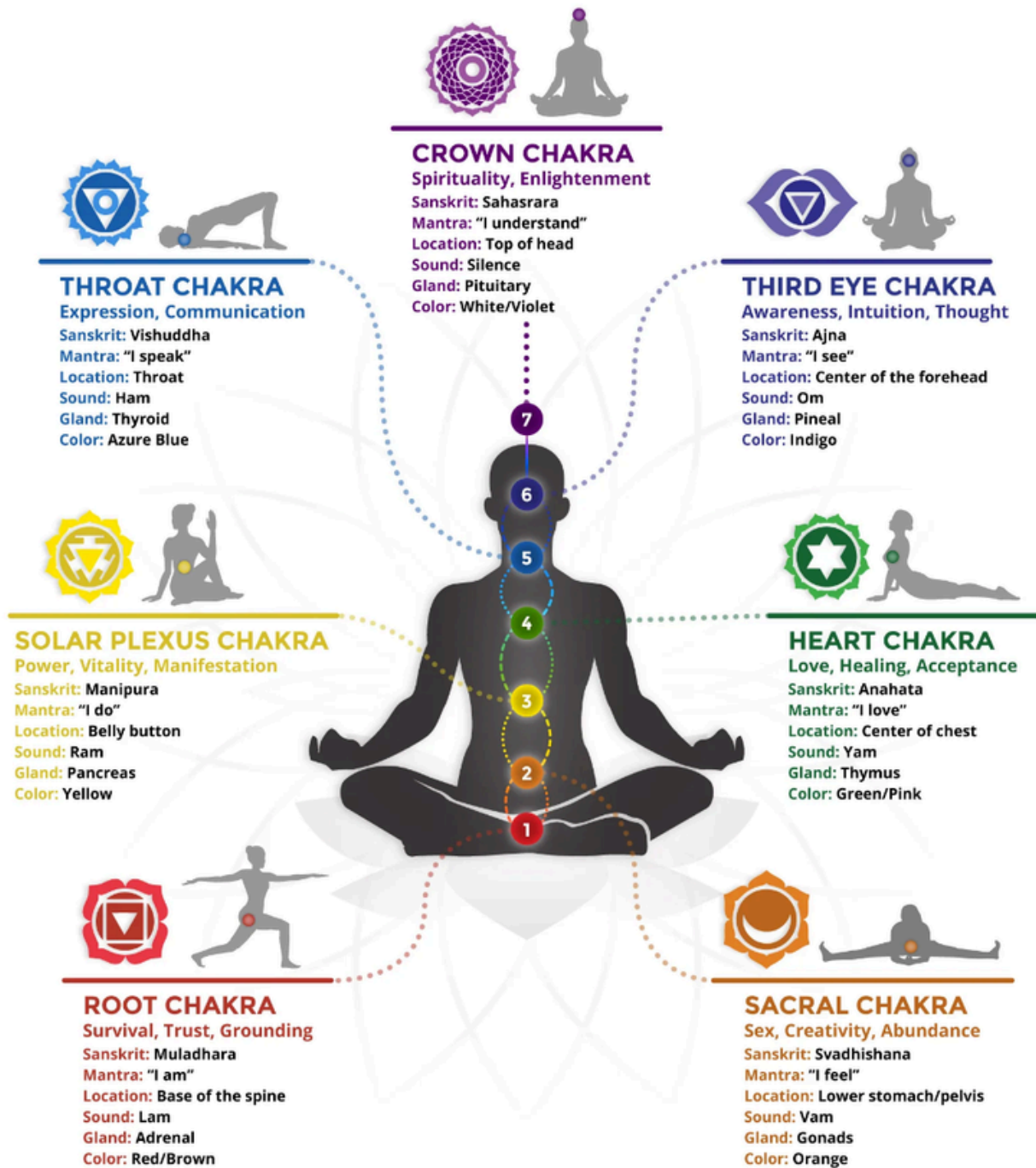
## Integrating Chakra Wisdom into Daily Life

Understanding and working with the seven chakras can enhance emotional intelligence and overall well-being. Here's how this ancient wisdom can be applied in a modern context:

1. **Root Chakra (Muladhara):** Grounding and stability. In practice: Take mindful walks, focus on your feet connecting with the earth, prioritize rest.
2. **Sacral Chakra (Svadhithana):** Creativity and pleasure. In practice: Engage in creative projects, allow yourself to enjoy simple pleasures, explore your sensuality.
3. **Solar Plexus Chakra (Manipura):** Confidence and personal power. In practice: Set clear boundaries, practice assertiveness, engage in activities that boost self-esteem.
4. **Heart Chakra (Anahata):** Love and compassion. In practice: Cultivate gratitude, practice random acts of kindness, forgive yourself and others.
5. **Throat Chakra (Vishuddha):** Authentic self-expression. In practice: Speak your truth kindly, practice active listening, express yourself through art or writing.
6. **Third Eye Chakra (Ajna):** Intuition and insight. In practice: Meditate, spend time in nature, trust your gut feelings.
7. **Crown Chakra (Sahasrara):** Connection to the divine and unity. In practice: Spend time in quiet contemplation, connect with something larger than yourself, practice mindfulness.

# Our Suggestions

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# Our Suggestions

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## Harnessing the Power of the Chakras for Creative Storytelling

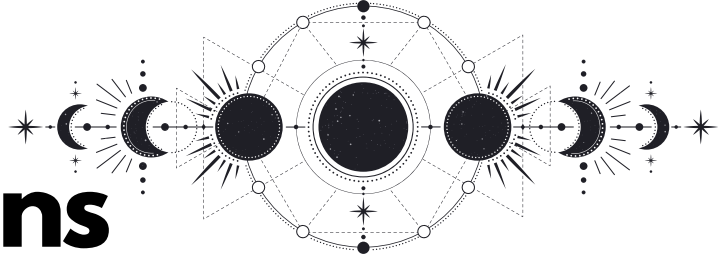
Our stories are a reflection of our emotional landscape. By understanding the chakras, we can tap into a deeper well of creativity and self-expression.

- **Root Chakra:** Ground your story in a strong sense of place and belonging.
- **Sacral Chakra:** Infuse your narrative with passion, sensuality, and creative flow.
- **Solar Plexus Chakra:** Empower your characters with confidence and resilience.
- **Heart Chakra:** Explore themes of love, compassion, and forgiveness.
- **Throat Chakra:** Craft dialogue that is authentic and resonates with your audience.
- **Third Eye Chakra:** Tap into your intuition to uncover hidden layers and symbolism in your story.
- **Crown Chakra:** Connect your story to a universal message or theme.

### Key Points:

- **Holistic Approach:** Chakra work supports emotional, mental, physical, and spiritual well-being.
- **Situational Awareness:** Check in with your chakras throughout the day to identify imbalances and take corrective action.
- **Empowerment:** Understanding the chakras gives you tools to navigate your emotions, express yourself authentically, and make conscious choices.

# Our Suggestions



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## Moon Cycle day to day Incorporation

### Exploring Lunar Wisdom

The moon has fascinated cultures for centuries. By exploring its cycles and their potential effects on us, we can deepen our connection to nature, ourselves, and each other.

We encourage you to observe how the moon's phases may influence your own experiences and to discover ways to integrate this ancient wisdom into your modern life.

### Aligning with the Moon

The moon's phases offer valuable insights for planning and decision-making. New moons can be ideal for setting intentions and starting new projects, while full moons are often associated with increased energy and culmination of efforts. By incorporating this awareness into our daily lives, we can make more informed choices and maximize our potential.

### Why This Matters

Astrology proposes that the moon's phases are not just celestial events, but also energetic cycles that can affect us on a personal level. By understanding and working with these cycles, we can potentially enhance our overall well-being and effectiveness in all areas of life.

This knowledge can be a valuable tool for both personal growth and collaborative success within our community.

[Check our Moon Phases Cheat Sheet Below!](#)

# Our Suggestions

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Moon Cycles	Final Quarter	First Quarter	Waning Gibbous	Waxing Crescent	Full Moon	New Moon	Waxing Gibbous	Waning Crescent
Moon cycle Energy	The Last Quarter Moon appears as another half-lit sphere, but this time with the left side illuminated and the right side in shadow. It symbolizes a time of reflection, reassessment, and forgiveness. It's a period to release remaining burdens and prepare for a new beginning.  Best for: Reflecting on the past cycle, forgiving yourself and others, and letting go of remaining burdens.	The First Quarter Moon appears as a half-lit sphere, with the right side illuminated and the left side in shadow. It symbolizes a time of action, decisions, and commitment. As intentions set during the New Moon begin to manifest, it's a period to reassess, make adjustments, and move forward with determination. Taking action and overcoming obstacles. It's a time to make decisions and put in effort toward achieving goals.	The Waning Gibbous Moon follows the Full Moon and represents the beginning of the moon's transition back to darkness. It symbolizes a time of release, gratitude, and introspection. This phase is about letting go of what no longer serves you and giving thanks for what you've learned. Best for: Releasing and letting go of old patterns or habits, reflecting on lessons learned, and expressing gratitude.	The waxing crescent phase follows the new moon, and it's visually characterized by a thin sliver of illumination on the right side of the moon. This phase symbolizes growth, intention, and hope, setting the stage for what you wish to achieve in the coming lunar cycle. Taking initial steps towards the goals set during the New Moon. Focus on building, growth, and laying down roots.	The Full Moon is the phase when the entire face of the moon is illuminated. It symbolizes culmination, harvest, and celebration. This is the peak time for seeing the results of the intentions set during the New Moon, and it's a moment to honor what has come to fruition. Best for: Celebrating achievements, embracing gratitude, and engaging in self-reflection. It's a time to honor yourself and others and give thanks for the blessings in your life.	Setting new intentions, planting metaphorical seeds, and beginning new projects. The New Moon invites you to embrace new paths and possibilities, offering a fresh slate to write the next chapter of your life.	The Waxing Gibbous Moon phase represents a time of refinement and preparation. As the Moon continues to grow, and more of its surface is illuminated, our focus shifts from initiating actions to perfecting them. This phase urges us to analyze our progress, make necessary adjustments, and hone our path towards our goals. It's a period to be diligent, detail-oriented, and mindful of the larger picture while remaining committed to our intentions. The Waxing Gibbous phase encourages us to be patient and persistent, as we prepare for the culmination of our efforts in the Full Moon.  Best for: Best for refinement and fine-tuning. Focus on adjustments, perseverance, and aligning closer to your intentions.	The Waning Crescent Moon appears as a thin crescent, symbolizing a time of surrender, rest, and healing. It's a period to fully let go, rest, and prepare for the new cycle ahead. Best for: Surrendering to the natural flow of life, resting, and rejuvenating your energy.
Moon Self-Care	Engage in calming activities such as reading, taking a relaxing bath, or spending quiet time in nature.	Engage in physical activities that align with your goals, meditate to gain clarity, make plans and set concrete steps to achieve them.	Engage in relaxation techniques such as deep breathing or yoga, declutter your space, journal your reflections, and focus on what you need to release.	Focus on nurturing yourself and your dreams. Start a new habit that aligns with your intentions, like reciting daily affirmations or a writing in a gratitude journal.	Engage in activities that make you feel joyful and fulfilled, spend quality time with loved ones, practice gratitude, and indulge in a special treat or self-care ritual.	journaling about your goals and intentions	Indulge in activities that require attention to detail, like painting or writing.	Focus on sleep and rest, gentle exercises like stretching or Tai Chi, nourish your body with comforting food, and take time to be still (a perfect time to enlist the help of an eye mask).
Moon Affirmation	I release with love and prepare for new beginnings.	I trust myself and my decisions.	I let go of what no longer serves me with gratitude and grace.	0	I celebrate my progress and honor my journey.	I am open to new beginnings.	I am constantly improving, evolving, and moving closer to my true self.	I surrender to the flow of life and embrace the restorative power of rest.

Moon Crystal	Amethyst - known for its calming and soothing energies, aiding in meditation and spiritual growth.	Clear Quartz, known for amplifying energy and thought, aiding in clarity of the mind.	Rose Quartz - It symbolizes love and compassion. Use it to practice gratitude and share love with others during this phase	Citrine, a stone known to encourage motivation, creativity, and self-expression. Hold it during visualization exercises to focus your energy on growth and attracting what you desire.	Rainbow Moonstone, known for enhancing intuition and connecting to the divine feminine energy, resonates with the energy of the Full Moon.	Labradorite - This crystal can help you regain energy, heal physically, and nourish your spirit.	Clear quartz - A universal amplifier. Use it to clarify your thoughts and prepare your mind for success.	Amethyst - promotes rest and spiritual rejuvenation. Place it near your bed or meditate with it to align with the relaxing energy of this phase.
Moon Scent	Midnight Garden - a calming and soothing blend that fosters relaxation and reflection, the Frankincense in this blend is an ancient, spiritual scent that can aid in release, forgiveness, and introspection.	Of The Sea - invigorating and refreshing, helps to stimulate clear thinking.	Lavender + Cedar - a blend of grounding and calming earthy notes that foster reflection and release.	Grapefruit + Spearmint, an invigorating scent combo that inspires action and awakens the senses.	Tuscan Sun - a blend of calming and joyous floral notes that encourages relaxation and celebration.	Rosemary + Lemon - A perfect blend for new beginnings, fresh starts, and setting new intentions.	Eucalyptus + Lavender - a calming blend to help focus the mind, allowing for refinement and preparation of plans.	Afterglow - a blend of grounding and calming earthy notes that foster reflection and release.
Moon Ritual	Meditate on forgiveness, write a letter to release any lingering frustrations or regrets, or perform a cleansing ritual with calming herbs.	Create a visual representation of your goals (like a vision board or chart), meditate on your intentions, and take at least one concrete step towards them.	Create a symbolic act of release, such as writing down what you wish to let go of and safely burning or burying it, meditate on release and forgiveness, or perform a cleansing ritual with a palo santo incense stick or other purifying herbs.	Light a candle, meditate on your intentions, and write them down. Visualize yourself taking the first step towards your goal.	Celebrate achievements. Light a candle, have friends over for a feast, or simply take time to honor yourself. Share your joy with others if possible.	What new beginnings am I ready to embrace?	Review your progress and refine your goals. Meditate on what adjustments need to be made, and write them down.	Engage in restorative yoga, take a healing bath with calming herbs, or meditate on surrender and acceptance.
Journal Prompt	What have I learned from this cycle? What am I ready to release? How can I forgive and move forward?	What actions are needed to move closer to your goals? How do you feel about the progress you've made so far? What adjustments are necessary?	What am I ready to let go of? What lessons have I learned? How can I express gratitude for my experiences?	What small, achievable steps can I take today towards my larger goal? How can I support myself in this growth process?	What have I accomplished this cycle? What am I most grateful for? How can I carry this feeling of fulfillment into the next phase?	Pull a tarot or affirmation card for your upcoming cycle to help clarify your intentions, or try building a vision board for your specific intentions and manifestations for the lunar month ahead.	What progress have I made, and what needs to be refined or adjusted?	How can I nurture myself in preparation for a new beginning?

# Our Suggestions

JOIN IN - MOVE UP - LIVE OUT

Moon Cycles	Final Quarter	First Quarter	Waning Gibbous	Waxing Crescent	Full Moon
<b>Zodiac</b>	<b>Aries</b>	<b>Taurus</b>	<b>Gemini</b>	<b>Cancer</b>	<b>Leo</b>
<b>Moon in Sign</b>	<p>Fresh Starts: the courage to act, momentum, big bursts of energy, new beginnings, taking the road less traveled, being a leader, doing it on your own.</p> <p>Just Being: directness, innocence, feeling separate, personal authority, responsibility for your own life.</p> <p>The Fighter: taking risks, not backing down from a confrontation, courage.</p> <p>Watch out for: aggressive attitude, harshness toward others, taking dangerous physical risks, picking fights.</p>	<p>Wealth: resources, income, material possessions.</p> <p>Valuing the Self: having strong boundaries, making the most of your natural talents</p> <p>Sensuality: body pleasure, comforts, touch, affection, delight in the five senses.</p> <p>Contentment: total relaxation, appreciation for the natural world, reveling in life, deep satisfaction, gratitude</p> <p>Watch out for: rigid opinions, sluggish energy, stagnating, clutching on to people and things</p>	<p>Sociability: quick wit, craving variety, short exchanges</p> <p>Mental Flexibility: logical, seeing all sides, fast analysis, clever</p> <p>In Motion: driving, getting around, on the move, short trips</p> <p>Society's Buzz: local media, the Internet, gossip</p> <p>Relating: schoolmates, colleagues, siblings, extended family, roommates.</p> <p>Watch Out For: frazzled mind, impulsive mischief or telling white lies, superficiality, being disingenuous, flaking out.</p>	<p>Intimacy: compassion, soul laid bare, tenderness, nurturing</p> <p>Emotions: moodiness, sensitivity to feelings, heartfelt understanding</p> <p>Home Life: envelopment in the familiar, emotional roots, mother, need to belong</p> <p>Watch Out For: lack of confidence, hiding out of fear; shutting down, defensiveness, insecurity, dependence on others, smothering.</p>	<p>Self-Expression: passion for own ideas, eagerness to give to an audience, creative ambition</p> <p>Fun and Games: celebrations, play, vacation, exhilarating risks</p> <p>The Drama of Love: happy together, surprising with gifts, indulging in luxuries, treating like a queen or king, loyalty</p> <p>Watch Out For: ego taking over, insufferable self-centeredness, selfishness, winning at the expense of others.</p>

New Moon	Waxing Gibbous	Waning Crescent				
<b>Virgo</b>	<b>Libra</b>	<b>Scorpio</b>	<b>Sagittarius</b>	<b>Capricorn</b>	<b>Acquarius</b>	<b>Pisces</b>
<p>Working Life: co-workers, daily rhythm, side jobs, 'to-do' list</p> <p>Health: exercise, moderation, healthy habits, alternative healing</p> <p>Getting Organized: tending to details, tidying up, being efficient, checking the day planner</p> <p>Discernment: critical thinking, calm in a crisis, can plan out the steps</p> <p>Watch Out For: anxiety about what could go wrong, overthinking an issue, pointing fingers.</p>	<p>Partnership: marriage, collaborating, sharing responsibilities, relying on another, cooperation</p> <p>Artful Life: design, high culture, elegance, aesthetically pleasing, sophistication, style</p> <p>Balance: Weighing opposing views, meditating, instinct for equality, negotiations, legal issues</p> <p>Watch Out For: losing yourself in a relationship, being a yes man or woman, talking too much, indecision.</p>	<p>Power Struggles: picking up on hidden agendas, personal ambition</p> <p>Holding Your Own: emotional strength, perseverance</p> <p>Change: forgiveness, transmuting toxic emotions, release</p> <p>Merging: Sex, kindred spirits, psychic entanglement</p> <p>Watch Out For: revenge fantasies, resentment, blind rages, paranoia</p>	<p>Free Spiritedness: nature, travel, adventure, questing, exploring, discovering</p> <p>Knowledge-seeking: higher education, moral conscience, spiritual wisdom</p> <p>Open to Life: faith in the process, super friendly, quick to help, spontaneous</p> <p>Watch Out For: missing the nuances, harsh honesty, skipping important steps.</p>	<p>Substance: clear with life goals, resourceful, enduring, overcoming</p> <p>Status and Authority: making your mark, mindful of your role in society at large, making contacts, recognition</p> <p>Being Responsible: commitment, high standards, mature</p> <p>Watch Out For: being too serious, authoritative, rigid, closed to innovation</p>	<p>Fringey: Going off on a tangent, sudden shifts, quirks, and nuttiness</p> <p>Friend Circles: associations, networking, coming together for a cause</p> <p>Innovation: high tech, genius breakthroughs, futuristic ideas</p> <p>Detached View: seeing how things are connected, working for the common good, being a champion for humanity</p> <p>Watch out for: head in the clouds, rigid opinions, stubborn, hard to relate one-on-one.</p>	<p>Imagery and Illusion: vivid imagination, fantasy, dreaming, lostness, surreality, overwhelm</p> <p>Sensitivity: loss of boundaries, tuning in to currents of energy, compassion</p> <p>Divine Guidance: mysticism, solitude, being a seeker, longing for God/Goddess, unseen helpers</p> <p>Watch out for: being a victim, helplessness, anxiety, surrendering to others, addictions.</p>

# Our Suggestions

JOIN IN - MOVE UP - LIVE OUT

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## Embracing Abundance at the Nomad's Habitat

The Nomad's Habitat is founded on the belief that everyone possesses infinite worth and creative potential. We recognize the societal systems that often undervalue individuals and perpetuate scarcity. In contrast, we embrace the idea of universal abundance, where everyone can thrive and reach their full potential.

Here are our suggestions for fostering abundance within our community:

1. **Embrace Your Inner Creator:** Recognize your unique talents and abilities. Believe in your power to create and manifest your desires.
2. **Challenge Limiting Beliefs:** Let go of self-doubt and negative self-talk. Embrace a mindset of abundance and possibility.
3. **Value Your Contributions:** Recognize the value you bring to the Nomad's Habitat community. Your contributions are essential to our collective success.
4. **Cultivate Collaboration:** Work together to create a supportive and inclusive environment where everyone feels valued and empowered.
5. **Celebrate Diversity:** Embrace the diversity of our community. Each individual brings a unique perspective and set of skills to the table.
6. **Foster Growth and Learning:** Encourage continuous learning and development. We are all on a journey of self-discovery and growth.
7. **Connect with Your Intuition:** Trust your inner wisdom and guidance. Your intuition is a powerful tool for navigating life's challenges and opportunities.
8. **Practice Gratitude:** Appreciate the abundance that is already present in your life. Gratitude opens the door to even more abundance.

# Our Suggestions

JOIN IN - MOVE UP - LIVE OUT

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By embracing these suggestions, we can collectively create a thriving community at the Nomad's Habitat where everyone feels empowered to reach their full potential. Remember, abundance is not just about material wealth, but also about the richness of our relationships, experiences, and personal growth.



# Our Suggestions

JOIN IN - MOVE UP - LIVE OUT

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## Embracing Our Senses: A Guide for Mindful Engagement

At Nomad's Habitat, we believe in experiencing the world fully through our senses, while recognizing their potential to distract us from deeper truths.

### Our Suggestions:

- **Taste:** Savor the flavors of nourishment, prioritizing health and well-being over mere indulgence.
- **Sight:** Appreciate the beauty around us, recognizing that appearances don't always reflect the true essence of things.
- **Smell:** Be mindful of scents as a means of understanding our environment and potential dangers, not just seeking pleasure.
- **Touch:** Engage with textures and sensations to gain a deeper understanding of the world, beyond simple comfort.
- **Hearing:** Listen actively to the sounds around us, appreciating the nuances and messages beyond mere words.

By embracing our senses consciously, we open ourselves to a richer experience of the world. Remember, our five senses are tools for navigating the physical world, but our intuition—our sixth sense—guides us towards deeper truths and understanding.



# Our Suggestions

JOIN IN - MOVE UP - LIVE OUT

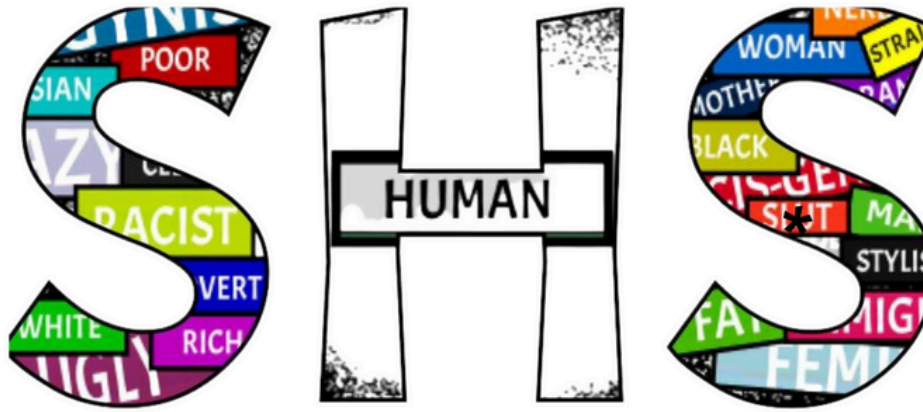
Just as emotions move in a spiral, our intuition guides us through a continuous process of growth and learning. Trust your gut feeling—it's often a wiser guide than the immediate gratification our senses might crave.

At Nomad's Habitat, we encourage you to explore the world through your senses while remaining mindful of their limitations. Trust your intuition, embrace the full spectrum of your experiences, and embark on a journey of growth and self-discovery.

## ORGANISATIONAL

## INDIVIDUAL





## The Nomad's Habitat

# Thank You for Your Existence

JOIN IN - MOVE UP - LIVE OUT

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# The Handbook