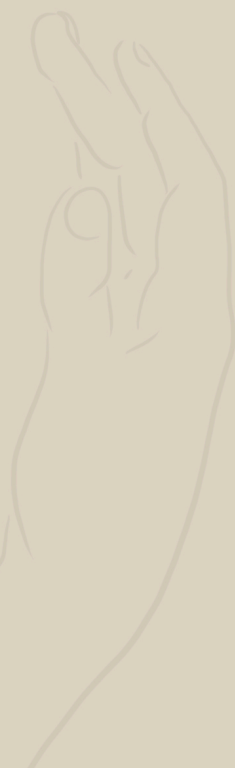




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*in the*

STILLNESS



*Karin Hadadan*

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STATES OF LIVING

The past says, *learn from me*

The present says, *be with me*

The future says, *be inspired by me*

## A REMINDER TO SLOW DOWN

Take a breath. Take your time. Be aware of where you are, how you are, and what you are. Pause the constant need to do something, to be something more, or to achieve another goal. Visualize your dreams but don't let them force you to step away from the present moment. Don't compromise the now in order to get lost in the future. Be where your feet are and simmer all that the world is offering you today.

Whether it's a high, a low, or an in-between, this chapter of your life is meant to be savored. It is meant to be enjoyed and experienced to its fullest potential. It will teach you something, or it'll grant you a gift, but it is only when you are in rapid mode that you tend to miss out on the good stuff. The stuff that makes you who you are or the memories that define your existence. So inhale, exhale, slow down. You still have time.

# Beauty in the Stillness

by Karin Hadadan

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## CHANGING YOUR STORY

The narrative that races through your mind, the one that brings pain and suffering, is simply that—a narrative. It is rooted in a conditioned belief that things won't work out the way you hope, or that you are the product of your circumstances, or that your life is just a repetitive cycle of what's happened in the past. When you're in that headspace, the story you continuously replay in your mind will define everything you experience and everything you are, unless you shift the beliefs that are felt deep within. So how much longer are you going to stand in your own way? How much longer are you going to believe that this is it? It is only when you remove the clinging nature that you can stop giving weight to that story, eventually changing who you are. You cannot control what happened, but you can control how you move through the world and how you respond to what comes up. That is how you evolve your storyline.

## CURLED UP ON THE COUCH

Allow yourself to just be in solitude, without judgment, without guilt. Unplugging from the world doesn't mean that you are being reclusive, unfriendly or that your progress is interrupted. It is an act of self-love by listening to what your mind and body need in that very moment. Slowing down and merely being with yourself is part of the process of becoming whole again, as it allows you to reflect, realign and rebirth. You must shamelessly give yourself space for it.



## BREAKING PATTERNS AND MOVING ON

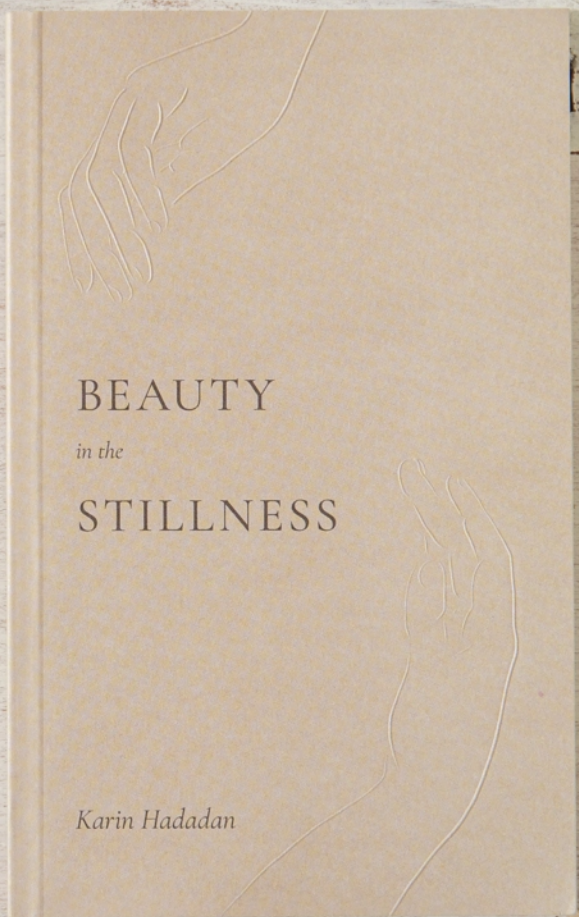
Often, when we try to move on from something, we dismiss the emotions and feelings associated with it. We unknowingly build up inner resentment, never fully healing or letting go. We tell ourselves that we've moved on, yet days later, we're back where we started, being reacquainted with the same uneasy emotions from days prior. And we ask ourselves, "*Will this pattern ever break?*"

The cure to attaining freedom from what was is to honor it as it is—fully and wholly—and respond differently than previous times. You need to move above the situation for a brief period of time in order to have a full view of what occurred. See what it showed you. Learn how it changed you. Feel what signs it gave you. Honor your inner transformation and allow yourself to completely feel everything that needs to be felt.

When you balance yourself within and understand the source of your feelings and emotions, you can decide to let them pass, creating space for new experiences, beginnings, and lessons. But it is only when we grieve, reflect, and learn that we can eventually respond differently, smile at our growth, and move onto the next chapter in our lives.

## I'VE COME SO FAR

I was proud of myself when despite feeling empty and craving to fill, I stopped allowing myself to settle. I no longer felt the need to make myself smaller to fit the definition of what others thought was love because I finally unraveled my own meaning of it. I now would much rather wait for someone extraordinary than settle for someone average. This was the awakening that my soul required.



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## REALIZATIONS

If you've handled a situation better than your old self would have, you've grown. If you've removed yourself from a toxic environment, you've prioritized yourself. If you've let go of negative beliefs and replaced them with uplifting ones, you've healed. If you've allowed yourself to be your authentic self with no shame, you've thrived. If you've attracted opportunities that align with your dream life, you've expanded.

Notice the changes you've experienced and adjust the narrative that you still have so much to achieve. Small steps still get you to your destination, so honor each one. Be present with them. And continue looking forward to taking another step, each and every day.

## FATE

You'll know you're surrendering when you stop caring about what your day holds and instead start opening your heart to the unknown that is meant for you. Suddenly, you'll see beautiful things come into your life out of nowhere.

## WE ARE MEANT FOR MORE

Often we simmer too long on the negative feelings we endure—depression, anxiety, stress, unhappiness, sadness—and we tend to forget that these instances where we feel the lowest, when we feel like we're underwater with no oxygen in sight, where we think our goals cannot be achieved or that the person we hoped we would become will only exist in our minds—are actually beautiful reminders that we are meant for more. These cues show us that our current lifestyles, experiences, and mindsets are not serving or feeding our souls.

So rather than focusing on detaching from these lower feelings, we must first understand that they are there to teach us, to guide us, and to enlighten us. Only then will we realize that we are meant to live a life that is more abundant, joyful, and blissful. And it is in that moment where we can choose to change our realities.



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## FROM THE MIND TO THE REALITY

The common misconception about manifestation is that if only we visualize where we want to be, the universe will listen and provide what it is we are seeking. But the work doesn't end with us simply visualizing the end destination—that's just the start.

The real transformations in our lives occur when we visualize the steps we must take in order to get there. It's imagining the person you want to become, feeling their existence, embodying how they carry themselves, how they speak, how they walk, how they act. It's imagining the necessary steps needing to be taken—understanding what you need to let go of, what you need to act on, what micro goals you must accomplish, what decisions you must take in the present moment. And although we must trust the universe to deliver on the how, the combined process of setting clear intentions, acting, believing, and envisioning is when our manifestations will become our realities.



## UNCOVERING YOURSELF, AGAIN

There are periodic moments in your life where you feel far from the person you know you are at your core. You feel misaligned and imbalanced. Confusion, desperation, nostalgia, pain and loneliness all orbit around your heart and your mind. Your past self is missed, your future self is out of sight and your current self is numb. But these periodic moments are hidden blessings that validate how lucky you are. To feel things so intensely. To be able to listen to your mind and body and hear what they are telling you. To be able to witness when you are not in equilibrium. And so the next time you find yourself looking in the mirror and seeing an unrecognizable figure, remind yourself that it's all temporary. That what you're feeling today doesn't have to linger, but it does have a deeper purpose—to bring you closer to the path that is right. Soon, you will be yourself again (but if you're lucky, which you are), you will have more knowledge than before, and those moments are what help you evolve into a better version of your previous self.

## ABOUT THE AUTHOR

Karin is an author and founder of ICI ET NU (translated from both French and Danish, which means 'Here and Now'), a lifestyle brand that promotes living in the present moment. She's a first-generation Armenian and Assyrian soul residing in New Jersey.

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LOOKING BEYOND YOUR REFLECTION

Does it ever occur to you, that you are not the reflection in the mirror but the cheerful sound that comes out of your mouth when you laugh or the way your mind expands when you see more than what is actually there or your energetic leg movements when you're dancing alone in your bedroom and the way you open your heart towards those that you love. Why give power to the most deceitful object, one that is only made up of different metals, that only shows a flat reflection of the outside but not the inside?

Because our laughs, mind, energy, and hearts cannot be felt through a reflection. It can only be felt through energetic exchanges and experiences. The moment when we fall in love with ourselves for these reasons will be the moment when we love our true selves. And when we have a sense of our true selves, we begin to attract the right things, people, and circumstances into our lives.

BEAUTY IN THE STILLNESS

There has always been a certain beauty in the way I have used my physical disposition and consider it what you give to me. Looking elsewhere to find satisfaction and trying to change the way I look and feel. But it is when I spend moments with you that I find peace for what I see in the mirror. Where I find an foundation and give to me. It is when I connect my mind to my soul, my heart towards the sensation I have been conditioned to hold. And it is when my body shows the true me. When I am able to remove the noise my mind has been conditioned to hold. That I am proving what capabilities I hold. And it is in those periods moments when I feel that I am able to possess a true essence. These periods moments will be the time I will embody the meaning of life.

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## ON OUR OWN TIME

Maybe our youth isn't supposed to be the time where we figure everything out, the time where we understand who we're supposed to be. Maybe all that we need to do is just move through these years—experience everything and anything—by making those mistakes, falling in and out of love, giving too much of ourselves, saying the right and wrong things, taking multiple paths, and going on several different journeys. Falling ten times, just to get up again on the eleventh. Understanding what fuels us and what makes us feel empty. Being acquainted with what brings us joy and what robs us from our happiness. Because that is how we learn, adapt, grow and transform and maybe not knowing where we're going will eventually lead us to our virtues. While we may not have much insight into where we're headed, what we want to devote our lives to or who we're supposed to be, these years are for us to experience, to be here, to feel it all, and ride the rollercoaster of life. One day, we'll end up exactly where we're destined to be, however, we get there, whenever we get there. And that is when we can look back on these years and realize why things happened the way they did.

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