UNDERCURRENT

A FREE BUNDLE

The Free Bundle

Fifteen real pages from five journals —
a quiet look inside, before you choose.

BENEATH THE SURFACE · ROOTS & REFLECTIONS
STEADY · FIFTY DAYS · THE CREATIVE RECOVERY

UNDERCURRENT JOURNAL
undercurrentjournal.com · a free sample — full editions sold separately

UNDERCURRENT

WHAT'S INSIDE

Fifteen pages, five journals

Three pages from each — enough to hear the tone before you choose.

Beneath the Surface

pp. 3–5

The Observer · The Week in View · The Vocabulary of Feeling

Roots & Reflections

pp. 6–8

Sankofa · What You Left Behind · The Eight Symbols

Steady

pp. 9–11

The Three Zones of You · First, Nothing to Fix · Three Breaths, Three Times

Fifty Days

pp. 12–14

Phase 1 — Start · Small Enough to Laugh · The Gold Seam

The Creative Recovery

pp. 15–17

Week 1 — Permission to Begin · W1 Maker & Tradition — Vincent van Gogh · Ugly on Purpose

Every page is reproduced from the full journal. Each full edition is hyperlinked for iPad and comes with six print sizes — A4, US Letter, A5, B5, A6, B6 — plus a 9-page import guide. The five journals are sold separately, or together as the Inner Work Bundle.

WEEK 1

The Observer

Polyvagal Theory

This week we turn toward **the observer**. Read the science, sit with each prompt, and let the format hold you — it is scaffolding, not a test.

THE FIVE DAYS

DAY 1 What Brought You Here

DAY 2 Body Weather Report

DAY 3 Your Three States

DAY 4 The First Reaction

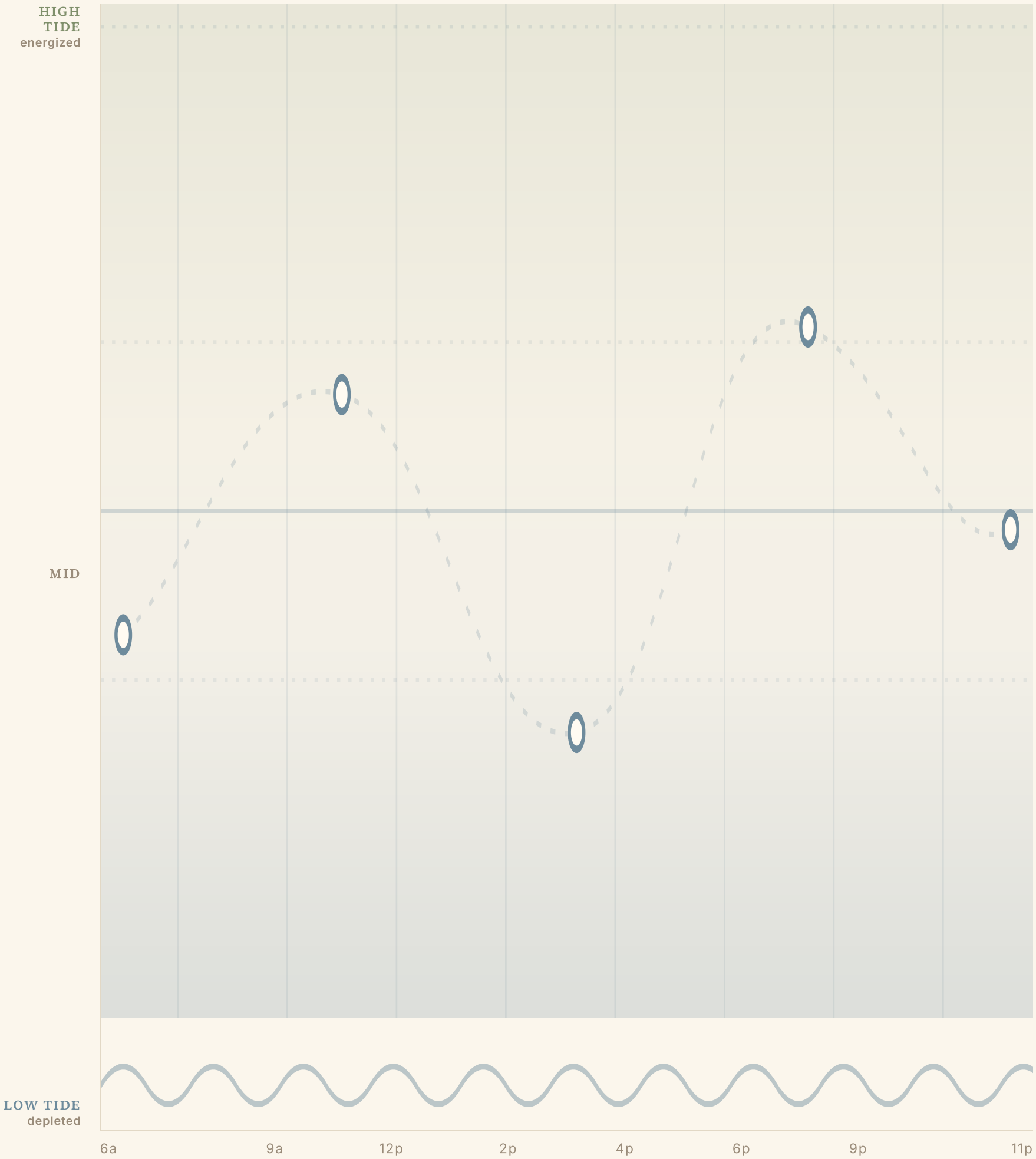
DAY 5 Watching Without Fixing

TIDE LINE

Week 1

The Week in View

A week reads differently than a day. Mark it as you go — the pattern is the teacher.



crest / toward trough / pull-back *plot a dot each hour · connect into your tide · circle the trough and the crest*

MY TROUGH CAME AFTER

MY CREST CAME AFTER

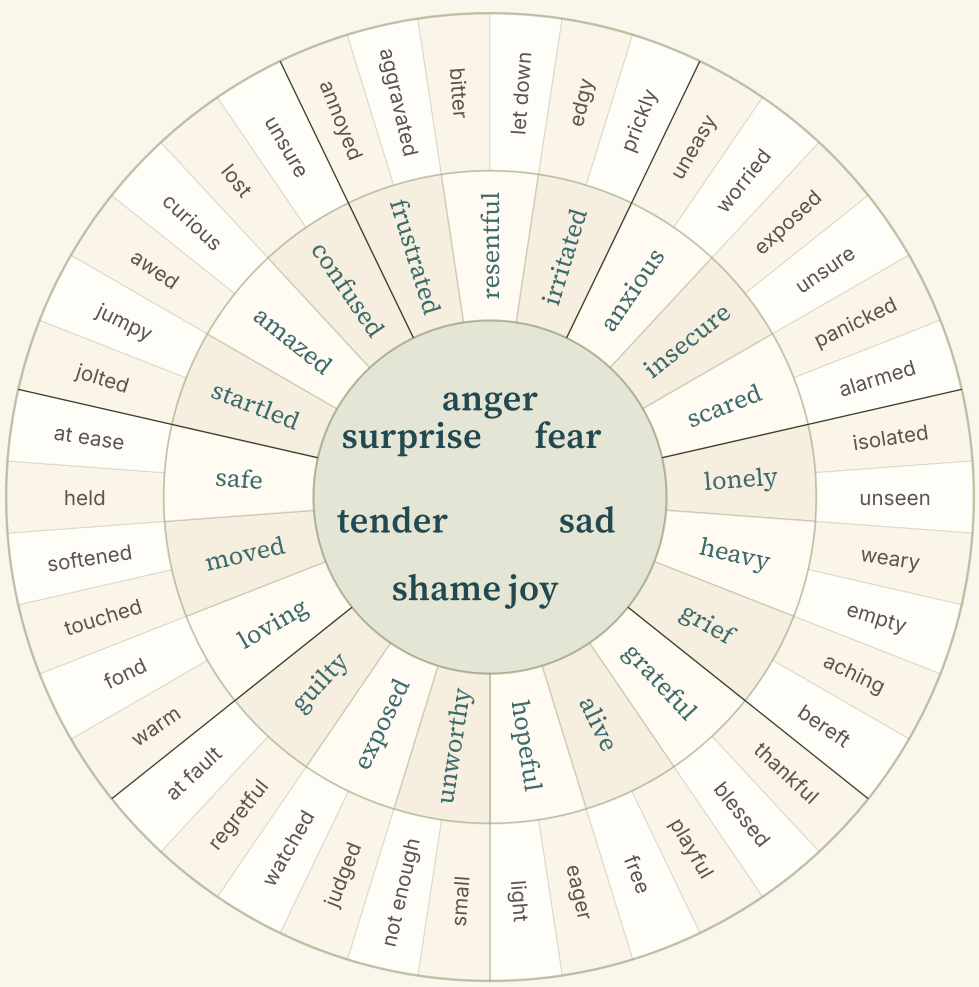
EMOTION WHEEL

W3 · D3

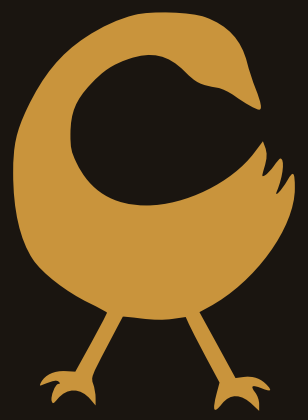
The Vocabulary of Feeling

Choose one emotion you felt strongly this week. Place it at the center. Then radiate outward to more specific names: what are its nuances, its textures, its close cousins?

1 start at a core → 2 trace outward → 3 circle the word that stops you



I landed on _____ because _____



WEEK 1

Sankofa

/san-KO-fah/

“Go back and get it”

Se wo were fi na wosan kofa a yenkyiri.

It is not taboo to go back for what you forgot.

RETRIEVAL & ARRIVING

CONTENTS

TIMELINE

What You Left Behind

Think of something you once knew about yourself — a quality, a feeling, a way of being — that you have lost touch with. When did you last feel connected to it?

Earliest

Then

Then

Then

Now

RESOURCE

The eight symbols



Sankofa · Week 1

“Go back and get it” — It is not taboo to go back for what you forgot. — Go back and get it.



Dwennimmen · Week 2

“Ram's horns” — Ram's horns — strength with humility.



Ananse Ntontan · Week 3

“Spider's web” — Spider's web — wisdom & creativity.



Mate Masie · Week 4

“What I hear, I keep” — What I hear, I keep. — What I hear, I keep.



Nkyinkyim · Week 5

“Twisting / The winding path” — The winding path.



Nyansapo · Week 6

“Wisdom knot” — A wisdom knot is untied only by the wise. — Wisdom knot.



Akoma Ntoso · Week 7

“Linked hearts” — Linked hearts.



Gye Nyame · Week 8

“Except God” — This great panorama of creation dates back to time immemorial; no one lives who saw its beginning and no one will live to see its end, except God. — Except God.

BEFORE WEEK 3 — A QUICK TOUR

The Three Zones of You

One idea powers this book: you move between three zones most days — the ridge (revved), the plain (steady), and the hollow (drained). None of them is wrong. Here is the map, with the three lenses you'll use to read it: what your body says, what your thoughts say, and what you tend to do.



the map you'll meet in week 3

REVVED

wired · buzzy · rushing

YOUR BODY
jaw tight · leg bouncing · breath high and quick

YOUR THOUGHTS
fast, loud, looping

YOU TEND TO
rush, snap, refresh, start ten things

STEADY

present · clear · enough

YOUR BODY
breath low and slow · shoulders down

YOUR THOUGHTS
clear — one thing at a time

YOU TEND TO
choose, respond, finish

DRAINED

flat · heavy · foggy

YOUR BODY
heavy limbs · foggy head · long sighs

YOUR THOUGHTS
quiet, flat, far away

YOU TEND TO
scroll, cancel, stare out of windows

You'll meet this map properly in Week 3. For now, just let it exist.

First, Nothing to Fix

Before anything else, a few permissions. Tick the ones you want to keep — then tell the book what you hope it keeps you company with.

tick the ones you want

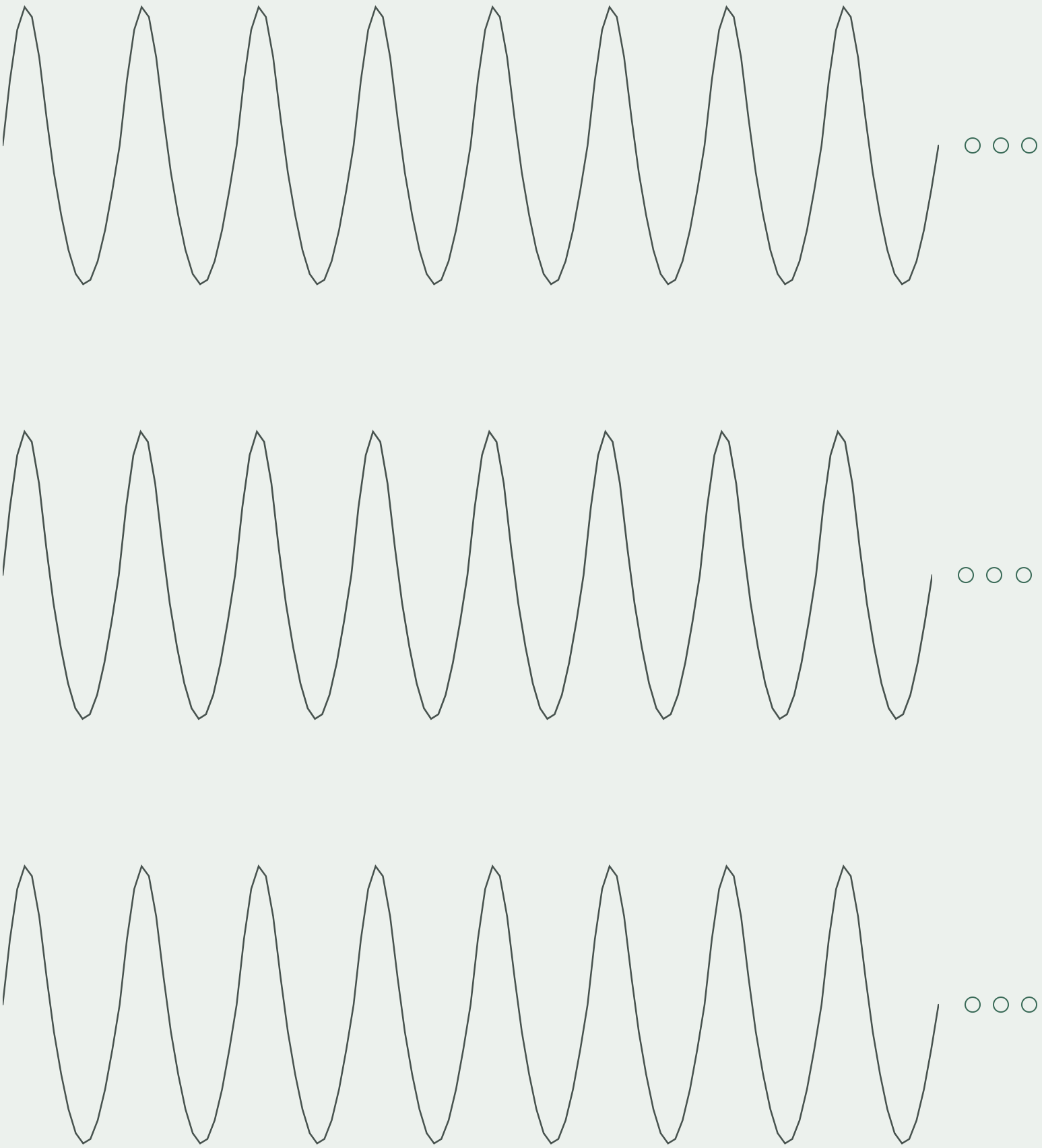
- [ ] Today, five quiet minutes is enough.
- [ ] I can do the pages in any order.
- [ ] I can stop mid-page if I like.

I hope this book keeps me company with…

Three Breaths, Three Times

Nothing to write — just trace. Follow each line with your pen: up as you breathe in, down as you breathe out. Morning, midday, evening — three slow visits.

up slow, down slower



in 4 · out 6 — trace each line, slow as you like

PHASE 1 OF FIVE · DAYS 1–10

Start

Pick one thing, make it laughably small, and pin it to a time and a place.

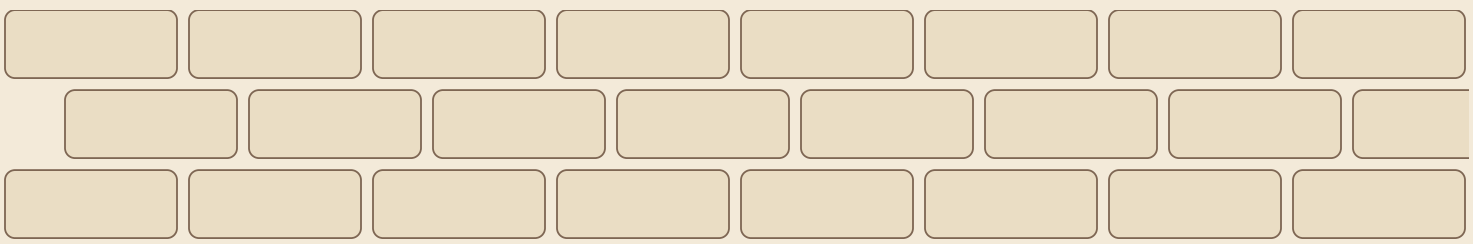
START

"The tree which fills the arms grew from the tiniest sprout; the tower of nine storeys rose from a (small) heap of earth; the journey of a thousand li commenced with a single step."

— Laozi, Tao Te Ching 64 — tr. James Legge (1891)

The physics of starting, written down two and a half thousand years ago: big things have exactly one correct opening move — small beyond reason.

1 2 3 4 5 6 7 8 9 10

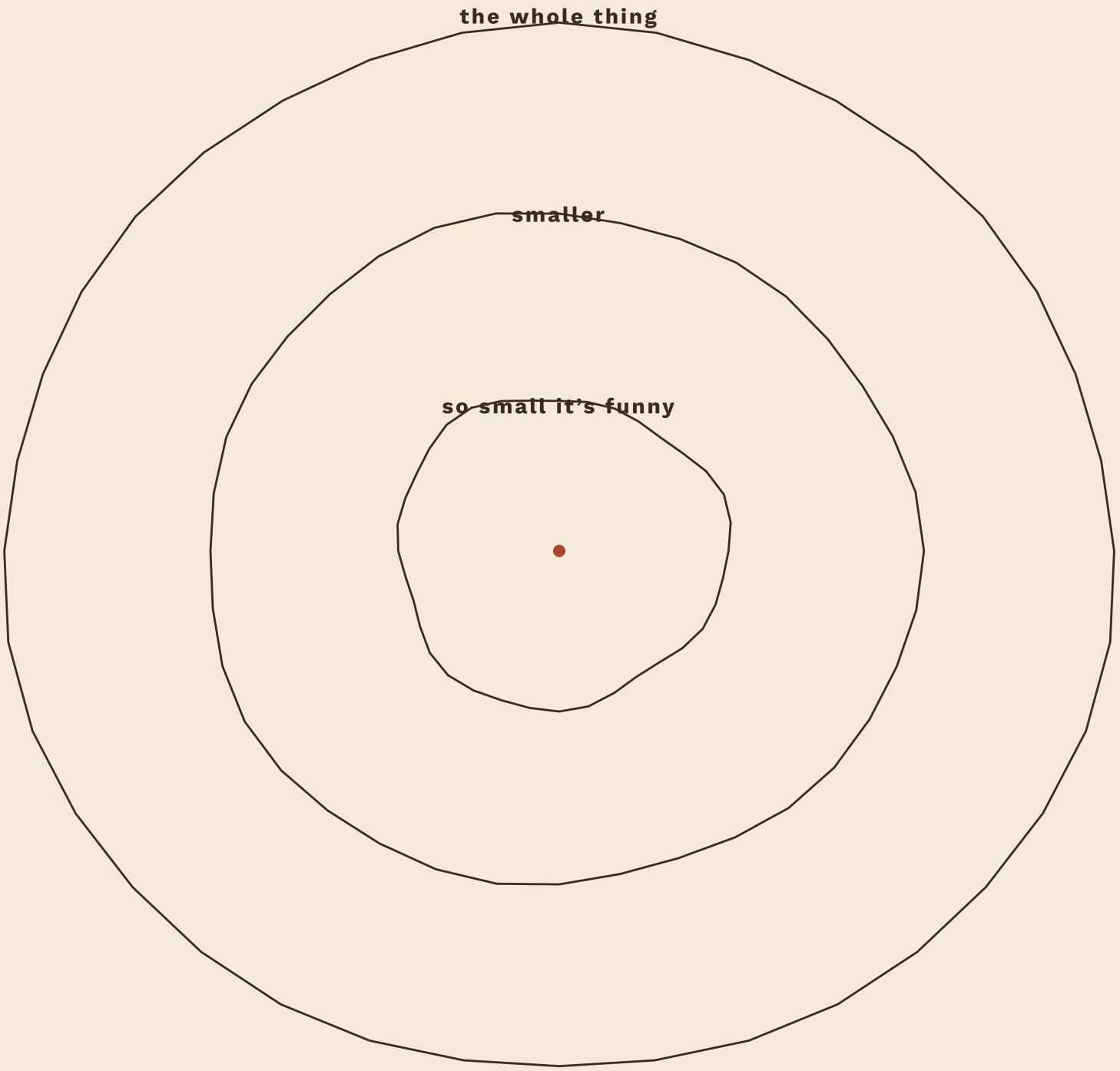




Small Enough to Laugh

Now shrink it until it almost makes you laugh. That size. That one.

smaller.
smaller.



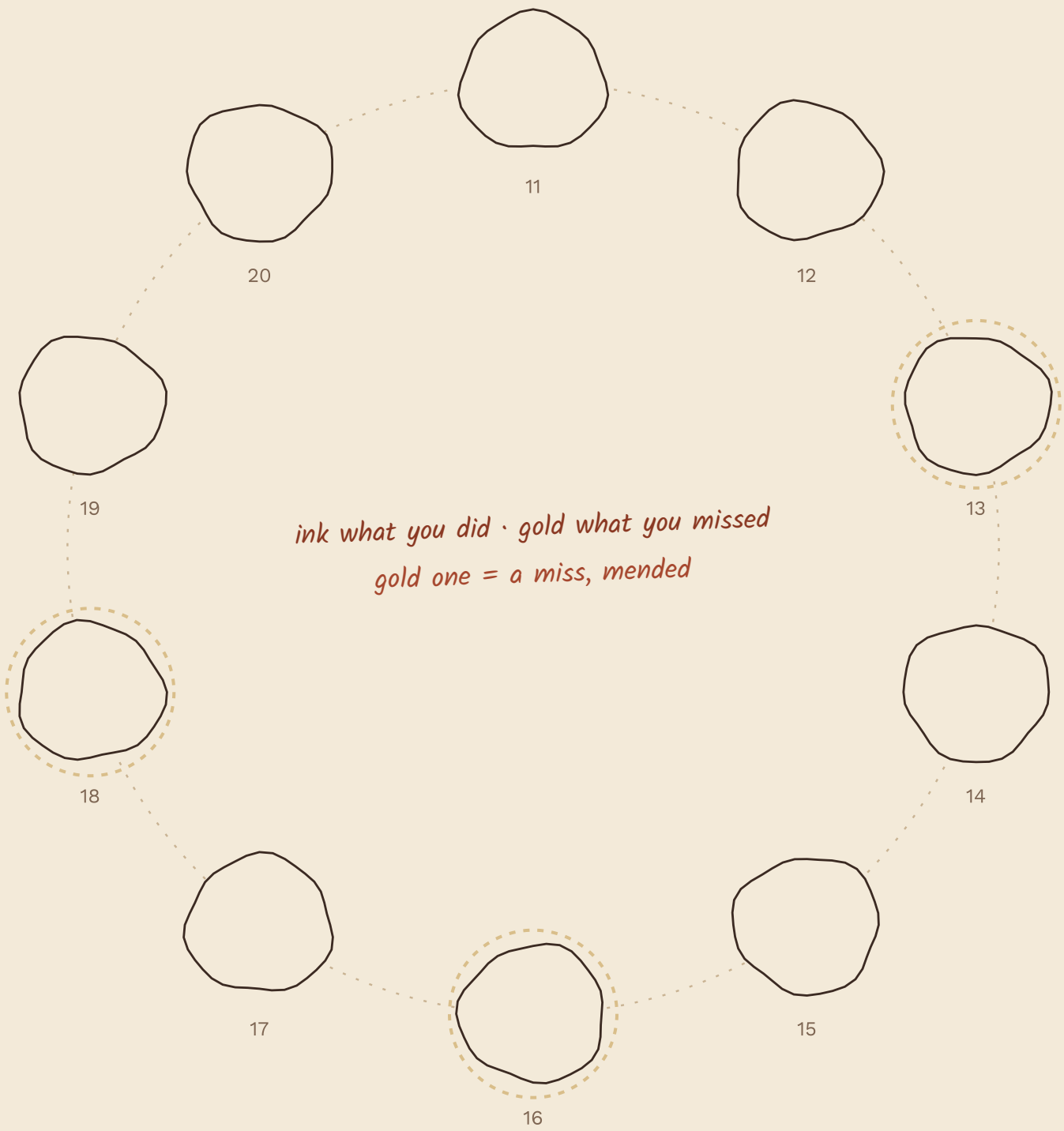
write one size inside each ring

START

The Gold Seam

Ink the days you did. Ring the days you missed in gold. The chain doesn't break — it changes.

gold, not gone



WEEK 1 · UNBLOCK

Permission to Begin

Take down the “I’m not a creative person” sign. It was never load-bearing.

THE SCIENCE, PLAINLY

For a long time, creativity research mostly studied geniuses. Beghetto and Kaufman made the case for “mini-c”: creativity that happens when you understand or express something in a way that is new and meaningful to you — no audience required, no masterpiece required. Your small page counts as creative work by definition, not by courtesy.

Beghetto, R. A., & Kaufman, J. C. (2007). Toward a broader conception of creativity: A case for “mini-c” creativity. Psychology of Aesthetics, Creativity, and the Arts, 1(2), 73–79.

seven tickets for the week — start anywhere

THIS WEEK’S TICKETS

D1 D2 D3 D4 D5 D6 D7

THE MAKER, ON LOAN THIS WEEK

Vincent van Gogh

1853–1890 · PAINTER · STARTED AT TWENTY-SEVEN

In 1880, at about twenty-seven, Vincent van Gogh decided to become an artist. No diploma, no early start, no promise — just the decision.

In the roughly ten years that followed he made some 900 paintings and about 1,100 drawings and sketches, and carried on a hundreds-of-letters conversation about learning to see with his brother Theo.

The late start was not the verdict. The decade was.

borrow the start, not the myth

THE STOIC'S ONE-LINER

"If you would be a good reader, read; if a writer, write."

Epictetus, Discourses II.18 · trans. George Long, 1848

Two thousand years before any workbook, a Stoic teacher put the whole first week in one line: the identity follows the doing.

ON DAY 4, YOU BORROW THE MOVE

Vincent Started at Twenty-Seven →

THE HAND

Ugly on Purpose

Make the ugliest doodle you can — on purpose, no erasing. Then sign it like you mean it.

MAKE THE UGLIEST DOODLE YOU CAN — ON PURPOSE

signed, gloriously ugly: date: