

NORTHAD

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THE NORTH STAR



THE NORTH STAR

A guide for finding your way back to yourself

The North Star is your map for one of the most important journeys you will ever take: the journey back to who you really are. In these pages, spirituality and self-empowerment stop being separate ideas. They become one practice. And when you invest in that practice, the change doesn't stop with you. It moves through everyone your life touches.

NOMAD

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www.iamthenomad.com

May this book be a doorway. May what you find on the other side be yours.

**May this work be the gateway to your
sacred quest for your soul's ultimate
expedition.**

DEDICATION

To my family, whose love and sacrifice built the foundation I stand on. You were the North Star of my earthly journey before I even knew to look up.

To my ancestors, whose resilience and wisdom live in my blood. You are the quiet force behind everything I do. I honor you.

To the elders and spiritual teachers who took me in, trusted me with sacred traditions, and showed me the way when I was lost. Thank you.

And to you, the reader. May you find in these pages a map to your own North Star. I'm honored to walk beside you.

PART ONE: THE WEIGHT

Before you can find your way, you have to understand what's been holding you in place.

CHAPTER ONE

Start Here

Who are you? And who am I?

Thank you for picking this up.

I know it seems like a small thing. You clicked a button. You opened a page. But small acts have a way of becoming turning points, and I believe this can be one of yours. This isn't an ordinary book. It's an invitation. An invitation to walk with me into the parts of yourself you've been too busy, too scared, or too tired to visit. And to discover the power waiting there.

Fair question before we go any further: who am I to be your guide?

Let me tell you where I come from.

My parents crossed an ocean for me. They left South Africa and landed in New York City with one purpose: to give their child a life fuller than anything they could have imagined for themselves. Everything I am starts with that act of courage.

I grew up and found my place in technology. A world of logic, deadlines, and results. I climbed. Rung by rung, promotion by promotion, until on paper I had it all. Status. Financial security. An office with a view of the whole city.

And standing at that window, looking out at everything I was supposed to want, I felt empty.

Not ungrateful. Empty. There's a difference. I had built a successful life, but I hadn't built a meaningful one, and some part of me knew it. A quiet thirst kept pulling at me. For something deeper. Something that could hold me.

And there was something else. Something I've never led with, because the world teaches you to hide it.

At fifteen, I had my first seizure. Epilepsy, the doctors said. For the next fifteen years, I lived with a storm in my body that I could not predict and could not control. If you've never carried a condition like that, let me tell you what it actually takes from you. It's not just the seizures. It's the waiting. The constant quiet hum of when. It's learning to read your own body like a threat report. It's building a polished, successful life on top of a secret.

So when I talk about carrying something heavy and invisible, I'm not speaking in metaphor. I climbed that corporate ladder with a storm in my skull. Every boardroom, every promotion, every handshake. The storm came with me.

Back then, I only had the medical name for what I was living with. It took years, and teachers I hadn't met yet, before I learned there was an older name for it. A truer one. I'll share it with you before this book is done.

The door to that something didn't open gently. It never does. It opened in a season when everything I had been outrunning finally caught up with me. The emptiness. The exhaustion. The storm. All of it arrived at once, and the life I had built so carefully came apart at the seams. That was my rock bottom. It was also my launching pad. Because in the middle of that breaking, something in me woke up. Some people call it a spiritual awakening. Here's the simplest way I can put it: it's the moment your soul remembers it is more than your job, your bank account, your relationship status, or anyone else's opinion of you.

What followed the awakening was harder. A period the old mystics called the dark night of the soul. Everything I thought I knew about myself got stripped away. It was lonely and confusing, and it was also necessary. The old walls had to come down before anything true could be built.

Why am I telling you all this? Because spirituality is not reserved for monks on mountaintops. It's not an escape from real life. It IS real life, seen clearly. It's learning to find the sacred in your ordinary Tuesday. And in the chapters ahead, I want to show you how this work connects directly to your mental, emotional, and physical well-being. Not as theory. As practice.

So before you turn the page, sit with this for a moment:

Do you actually know who you are? Underneath the noise, underneath the roles you play, can you hear your own soul?

If you're not sure, good. That honesty is the perfect starting point. Every step toward self-awareness is a step toward home.

CHAPTER TWO

What You Carry

The weights that bind our souls

Everyone is carrying something. Most of us have carried it so long we've forgotten it's there.

I'm talking about the past. Not the pleasant memories, but the wounds. The traumas, both the ones you can name and the ones you've buried. They're quiet. They're patient. And they are shaping your life right now, whether you acknowledge them or not.

Trauma isn't just a bad memory. It's an experience that tore at the fabric of who you are and rewired how you see the world. Let me show you what I mean.

Picture a child growing up in poverty. Every thin meal, every hand-me-down shirt that doesn't fit, every night spent listening to parents whisper about money through the wall. That child is learning a lesson, and the lesson goes deep: money equals worth. Lack equals shame. Fast forward twenty years. That child is now an adult chasing material success like their life depends on it, because somewhere inside, they believe it does. Wealth has become the only proof of worth they trust.

Or picture someone who survived sexual assault. They may build a fortress around themselves without ever deciding to. Trust becomes rare and expensive. Intimacy feels like walking through a minefield. A simple touch can set off alarms that were installed years ago. Long after the event, they're still fighting to feel at home in their own body.

Or think of someone who moves through the world with a physical disability, constantly viewed through a lens of pity or limitation. Hear something enough times and it starts to sound like truth. Slowly, other people's low expectations become self-imposed ceilings. Dreams get adjusted downward. Real capability gets buried under layers of borrowed doubt.

And here's the part we don't talk about enough: these wounds don't stay contained in one lifetime. They echo. The bullied kid becomes the overprotective parent, wrapping their children in so much safety they can't grow. The one who went hungry raises kids with a distorted relationship to money. Pain that goes unaddressed doesn't disappear. It gets handed down.

Your past casts a long shadow over your present. When you refuse to look at your wounds, they don't go away. They just move into the driver's seat while you're not watching. They script your reactions, your relationships, your choices, and you call it personality.

So why go digging into all this? Why open wounds that seem healed?

Because they're not healed. They're just quiet. And the only way out is through.

Real transformation begins the moment you find the courage to face all of who you are. The light and the shadow. The joy and the pain. Not to dwell there. Not to build a home in the hurt. But to acknowledge it, understand it, and finally take the pen back from it.

You hold the key to those locked rooms inside you. Let's open them together, with honesty, with courage, and with deep compassion for the person you had to become to survive.

CHAPTER THREE

The Noise

How the world shapes you when you're not looking

Now let's talk about a force that's shaping you every single day, mostly without your permission: the media.

Consider this. Your view of the world, what's dangerous, what's beautiful, what's normal, what's worth wanting, is heavily influenced by a very small number of people who control massive empires of news, entertainment, and digital content. That might sound harmless until you understand their incentive. These companies aren't paid to tell you the truth. They're paid to hold your attention.

And nothing holds attention like fear.

Ever notice how the news loves stories of danger, violence, and chaos? That's not an accident. Fear demands attention. Fear drives engagement. But think about what constant exposure does to your mind. Much of the anxiety you carry might not even be yours. It was manufactured, packaged, and poured into you through headlines and sound bites.

Then there's the other side of the machine: the highlight reel. Social media feeds full of influencers living seemingly perfect lives, filtered and curated down to the last pixel. Without realizing it, you start measuring your real, unedited life against their marketing. The mansion. The travel. The flawless family. And every time you fall short of an illusion, you feel it as personal failure. Incomplete. Less than. Unworthy.

Here's the deeper danger. When your self-worth is built on external metrics, likes, status, other people's approval, you've handed your identity to forces that don't care about you. One negative comment, one setback, and the whole structure shakes. You built your house on someone else's land.

For a person without spiritual grounding, the media's distorted reality can become their entire reality. A young person can internalize these false ideals so deeply that their actual gifts, the real and specific magic they carry, gets buried under the chase for approval. That's the trap: the harder you try to conform, the more powerless you become. You turn into the clay instead of the sculptor.

So what's the antidote?

Self-awareness. It sounds simple. It's revolutionary.

Start here: the hive mind is not your mind. Question the stories being served to you. Don't swallow them whole. Practice stepping back from what you consume and asking, who benefits from me believing this? Who profits from my fear? From my insecurity?

Think of it as turning down the world's volume so you can finally hear your own thoughts. Your own intuition. Your own inner knowing. That's when you stop being a puppet and start being the one who chooses.

This kind of self-awareness is a spiritual practice. It's a journey to the center of yourself, away from the crossfire of everyone else's opinions. Build that inner sanctuary and something remarkable happens: the noise loses its grip on you. Media moguls can shout all they want. You've stopped handing them the microphone to your soul.

Consume mindfully. Question constantly. Protect the integrity of who you are. In a world this loud, staying yourself isn't a luxury. It's survival.

PART TWO: THE TURN

This is where the weight comes off and the fire gets lit.

CHAPTER FOUR

Taking Your Power Back

Igniting the spirit within

Pause for a second. Breathe.

Do you feel what's happening here? We've spent two chapters naming the forces that have been shaping you: your past and the world's noise. Now we flip the script. This chapter is about reclaiming your power.

First, let's get clear on what power actually is, because the world has lied to you about this too.

Power is not control over other people. It's not status, titles, or the corner office. Real power is control over your own destiny. It's the force behind your will, the thing that guides your decisions and turns your deepest desires into reality. It's the backbone of your spiritual integrity and your emotional health.

Why does this matter so much? Because power is your life force. When you're connected to it, challenges stop breaking you and start building you. Doors open that you didn't know existed. You stop being a character in someone else's story and become the author of your own. The composer of your soul's music, not just a listener.

So how do you begin?

It starts with an open mind. Think of your mind as soil. Every new idea, every insight in this book, needs somewhere to take root. But most of us are working with ground that's overgrown: weeds of assumptions, rubble of other people's expectations, deep roots of old pain. Before anything new can grow, you have to clear the ground. That means approaching yourself without judgment. Without the constant inner critic narrating everything you do.

Here's the honest truth, though. This kind of shift is hard to make alone. Not impossible. But hard. We all have blind spots, and by definition, you can't see yours.

That's where a guide comes in. I've lived in both worlds. I've sat in the boardrooms and I've sat in ceremony. I've climbed the corporate ladder and I've walked the spiritual path, and I've learned how to bring them together. When we work

together, my job isn't to hand you answers. It's to help you find the ones already inside you. Think of it as finally meeting a mentor who speaks the language of your soul.

With the right guidance, your inner world stops being a place you avoid and becomes a treasure map. X marks the spot of your buried power. What I offer isn't theory. It's tested method and lived experience, and it works.

Because when you dare to go inward, really go, you don't just scratch the surface. You excavate. And what you unearth is a self you may have never met: grounded, potent, radiant, real.

This is spiritual alchemy. Taking the lead weight of your past and the fool's gold of external validation, and turning them into something pure: self-trust. Self-command. You're not just becoming a better version of yourself. You're reclaiming your birthright. The caterpillar was never meant to stay on the ground.

The door is open. All you have to do is walk through it.

CHAPTER FIVE

Redefining Success

Material mastery and spiritual enlightenment

At first glance, business and spirituality look like opposites. Boardrooms and meditation cushions. Quarterly targets and quiet contemplation. Pick a side, right?

Wrong. Here's the secret I learned the hard way: these two worlds don't just coexist. They feed each other. And when you bring them together, each one makes the other stronger.

My own story is the proof I carry.

I came up in tech. My life was quarterly targets, strategy decks, and boardroom negotiations. The adrenaline was addictive and the rewards were real. But in the quiet moments, a voice inside kept whispering that something was missing. No promotion silenced it. No bonus bought it off.

Steve Jobs once said, "Intuition is a very powerful thing, more powerful than intellect, in my opinion." It was intuition, not logic, that led me to my awakening. And here's what surprised me most: the awakening didn't pull me away from my professional life. It transformed it.

Let me give you a real example.

I was leading a high-pressure project. Escalating deadlines, sky-high expectations, a team running on fumes. The tension in the room was thick enough to touch. The old me would have pushed harder. Squeezed more. Burned everyone out, myself included, and called it leadership.

Instead, I did something that felt almost reckless at the time. I brought my spiritual practice to work.

Oprah says, "Turn your wounds into wisdom." So I did. We started meetings with a few minutes of grounded breathing. I built small pockets of reflection into the daily workflow. Space to think. Space to be human.

The results shocked even me.

Productivity went up. Collaboration got easier. Creative solutions started showing up as if from nowhere. The numbers backed it all up: revenue, customer satisfaction, employee engagement, all climbing. But the real transformation was in the people. Coworkers became true partners. The team found a shared sense of purpose that no bonus structure had ever created.

Arianna Huffington has built a whole second career on this truth: well-being isn't the enemy of success, it's the engine of it. And Ray Dalio, who built one of the most successful investment firms in history, puts it plainly: "Meditation more than anything in my life was the biggest ingredient of whatever success I've had."

This is what I call the alchemy of transformation. Take elements from two worlds that everyone says don't mix, and combine them into something more potent than either one alone.

So here's my question for you. Have you been living a divided life? Spiritual self in one box, professional self in another, never letting them meet?

I invite you to tear down that wall. When we work together, we integrate the whole of you. The ambition and the soul. The drive and the depth. And on the other side of that integration is a kind of success most people never taste: the kind that actually feels like something.

PART THREE: THE PATH

You're not the first to walk this road. And you won't walk it alone.

CHAPTER SIX

People Like You

Stories of transformation

Have you ever felt like a violin string wound so tight that one more turn might snap you?

Have you ever looked in the mirror hoping to see someone you used to know? Or someone you're still hoping to become?

You're not alone. What you're about to read aren't testimonials in the marketing sense. They're the voices of real people who stood exactly where you're standing and chose to make a shift. Because here's the truth at the center of this whole book: the wound doesn't define you. How you heal does.

Let's start with something most of us are starving for: being truly understood.

"I'm speechless. This guy is the real deal. I've never had someone read me so well. His understanding was so clear."

Imagine carrying your secret sorrows and hidden dreams for years, and then someone turns the light on in a room you've been sitting in alone, in the dark. Being deeply seen is overwhelming at first. Then it's liberating. When was the last time you felt that seen?

Now let's talk about honesty. Not the sugar-coated kind. The kind that wakes you up.

"If you want someone who doesn't hold back and would tell you the honest truth, he's your guy. 10/10, we will be having more sessions."

Imagine sitting across from someone who tells you, with both care and courage, what nobody else in your life will say. The truth that stings for a minute and then sets you free. When were you last given a truth like that? Do you even remember?

Some of us search for meaning in religion, some in science, some in staying busy enough to never have to think about it. But sometimes the answer arrives through a different door.

"Thank you for doing this. A person of your clairvoyance, intuition, and powers is truly a godsend."

This isn't about dogma. It's about connection to something larger, a source of comfort and wisdom that's hard to explain and impossible to forget once you've touched it. Haven't you felt that cosmic loneliness, that hollow place success and small talk can't fill? What if you didn't have to live with it?

And life isn't all peaks. There are valleys, and in the valleys, what the soul needs most is comfort.

"Very accurate intuition. He has a way of comforting you when you need it the most."

Like finding a lighthouse in a storm. Not just shown the way, but reminded you were never as alone as you felt.

Then there are the stories of raw courage:

"I was in tears and could barely breathe about a situation that had been mentally f*cking me for years. He was able to help me see clearly, and by the end of our session, I felt calm and in my power."

Read that again. From suffocating to calm and in her power. In one session. Not because of magic. Because she dared to seek. Dared to ask. Dared to be vulnerable in front of another human being.

Feeling stuck, lost, confused, or unloved is a nearly universal human experience. The tragedy isn't feeling those things. The tragedy is deciding they're permanent.

So as you sit with your own struggles, know this: transformation isn't reserved for other people. It's available. It's waiting. Right now.

Will you keep tightrope-walking on the edge of despair? Or will you pick up the baton and conduct your own soul's symphony?

The stage is yours. The spotlight is on. What do you choose?

CHAPTER SEVEN

Walking Together

When soul pathways converge

Imagine a tapestry woven not from thread but from human experiences. Awakenings. Breakthroughs. Lives changed. That tapestry is Nomad Wellness and Life Coaching, a place where the mystical and the everyday meet.

It began with something I call following the thread of the veil. Again and again in my life, I felt led, placed exactly where I needed to be, crossing paths with souls who were searching for exactly what I carried. You've felt this too. A stranger who said the words you desperately needed to hear. A situation that felt unexpected and predestined at the same time. That's the thread. Most people feel it and dismiss it. I followed it.

As I went deeper into shamanic traditions and esoteric teachings, I realized the wisdom I was gathering wasn't just for me. It kept opening doors to mentoring, to healing, to guiding others.

And it was inside these traditions that I finally understood the storm.

In indigenous cultures across the world, the healer does not choose the path. The path chooses the healer. And it often announces itself early, through what the elders call a shamanic illness. A sickness that arrives in youth. A sickness that doctors can name but never fully explain, that medicine can manage but never fully tame. Seizures. Visions. A body at war with itself. In these traditions, the illness is understood as spirit knocking. And it does not go quiet until the calling is answered.

And the elders do not treat this lightly. In many of these cultures, the teaching is stark: the chosen one who refuses the call does not get to return to an ordinary life. The illness deepens. The storms grow louder. And for many, refusal means death. Not as punishment, but as consequence. A vessel built to carry spirit will break if it refuses to carry anything at all. In these traditions, answering the call was never framed as a choice between two good lives. It was framed as survival.

I told you in the first chapter that I lived with epilepsy from fifteen to thirty. Fifteen years of storms. What I didn't tell you is how it ended.

In the same season of my life that I broke open, woke up, and finally stopped running from this path, the storms went quiet. The seizures that had shadowed half my life let go of me.

I hold this part of my story carefully. I'm not telling you to trade your doctor for a drum. Medicine matters, and I honor it. I'm telling you what happened to me, and what my elders helped me see: sometimes the thing that looks like it's breaking you is the thing that's calling you. My illness was not a malfunction. It was an initiation. Fifteen years of being forced inward, forced to listen to my body, forced to live close to the veil. That wasn't a detour from my purpose. It was the training for it.

So let me ask you something. What storm have you been carrying that might be more than a storm? What if the heaviest thing in your life is not a punishment but a summons?

As I think about how we're each born, I picture a blank manuscript. And as we live, the ink of purpose fills the pages. Have you stopped lately to ask what story your life is trying to tell? What plot twists are waiting, if you'd only dare to turn the page?

Viktor Frankl, who survived the Holocaust and went on to become one of history's great psychiatrists, wrote that when we can no longer change a situation, we are challenged to change ourselves. He found meaning in the darkest place humanity has ever created. Maya Angelou said, "You may not control all the events that happen to you, but you can decide not to be reduced by them." These weren't people spared from suffering. They were people who transformed it.

Now let me explain something I mentioned at the start of this book: collective consciousness.

Think of humanity as one living ecosystem. Every individual is an organism within it, contributing to the health or sickness of the whole. When fear, hate, and negativity fill individual hearts, the whole system vibrates lower. But when individuals rise, when they heal, when they choose love and understanding, the frequency of the entire collective rises with them.

This is why your healing matters beyond you. Your transformation isn't a private achievement. It's a ripple moving through the ocean of humanity. It's a cosmic responsibility we all carry, whether we know it or not.

That's what Nomad Wellness really is. Not a service. A wellspring. A space where your inner journey is honored, nurtured, and accelerated. Here, you're not a client. You're a soul pilgrim on a sacred quest. We don't just aim for the stars. We aim for

the galaxies inside you. We move through the layers of your past, your present circumstances, and your future aspirations, and weave them into one coherent story that points toward your higher calling.

So as you sit with these final pages, ask yourself: is the yearning you feel an invitation? Is that pull in your gut the gravity of a destiny you haven't claimed yet?

If you're nodding, even just internally, then you've already taken the first step.

Rumi said it best: "What you seek is seeking you." If you feel that tug at your heart, maybe you're not just seeking anymore. Maybe you're ready to be found.

You don't have to walk this road alone. It would be my honor to be a guide, a mentor, and a fellow traveler on your path.

If these words stirred something in you, take the next step. Visit www.iamthenomad.com for a complimentary consultation. Let it be more than a meeting. Let it be the beginning of finding your own North Star.

May your path be ever illuminated,

NOMAD

I love you.