



CIMORGE WELLNESS

Awareness. Connection. Growth.



Welcome to Cimorge Wellness

There's a moment—quiet, almost easy to ignore—when something within you doesn't feel right.

Not broken. Not wrong. Just... unsettled.

Most people move past that moment.

At Cimorge Wellness, we choose to pause.

Hello and welcome.

This newsletter is a space for reflection, growth, and gentle awareness.

Each month, I'll share insights, tools, and thoughts to support your emotional well-being and help you stay connected to yourself.



Personal Introduction

- My name is Dr. Cindy M. George, and my work has been rooted in Cimorge Counseling & Consultation, where I've supported individuals navigating emotional challenges, life transitions, and personal growth.
- Over time, I began to notice something deeper. Many people weren't lacking strength. They weren't lacking solutions. They were lacking awareness of what they were truly feeling.
- That realization is what led to the creation of Cimorge Wellness—a space that goes beyond problem-solving and focuses on understanding, connection, and inner clarity.



Why Emotional Awareness Matters

Emotional awareness isn't about overthinking or becoming overwhelmed. It's about learning to notice what's already within you without judgment.

- You can't change what you don't notice.
- You can't heal what you don't acknowledge.
- You can't grow if you're constantly avoiding yourself.

Awareness is where everything begins.



What This Space Is About

Cimorge Wellness is not about quick fixes or surface-level positivity.

It's about:

- Understanding your internal world
- Creating space between reaction and response
- Building a deeper relationship with yourself
- Living with intention instead of autopilot

This is a space for real people navigating real emotions.



A Simple Check-In (2 Minutes)

Before you continue, pause for a moment. Take a breath.

Now gently ask yourself:

What am I feeling right now?

Without overthinking, identify five things.

- 1 One emotion in your body
.....
- 2 One thought that's being repeated
.....
- 3 One thing you've been avoiding
.....
- 4 One thing you need right now
.....
- 5 One thing you're grateful for
.....



No fixing, no judging, just noticing.

This is how awareness starts.

Moving Forward

This is not about becoming someone new.

This is about becoming more aware of who you already are.

And that begins right here.

