



**EXPLORE**





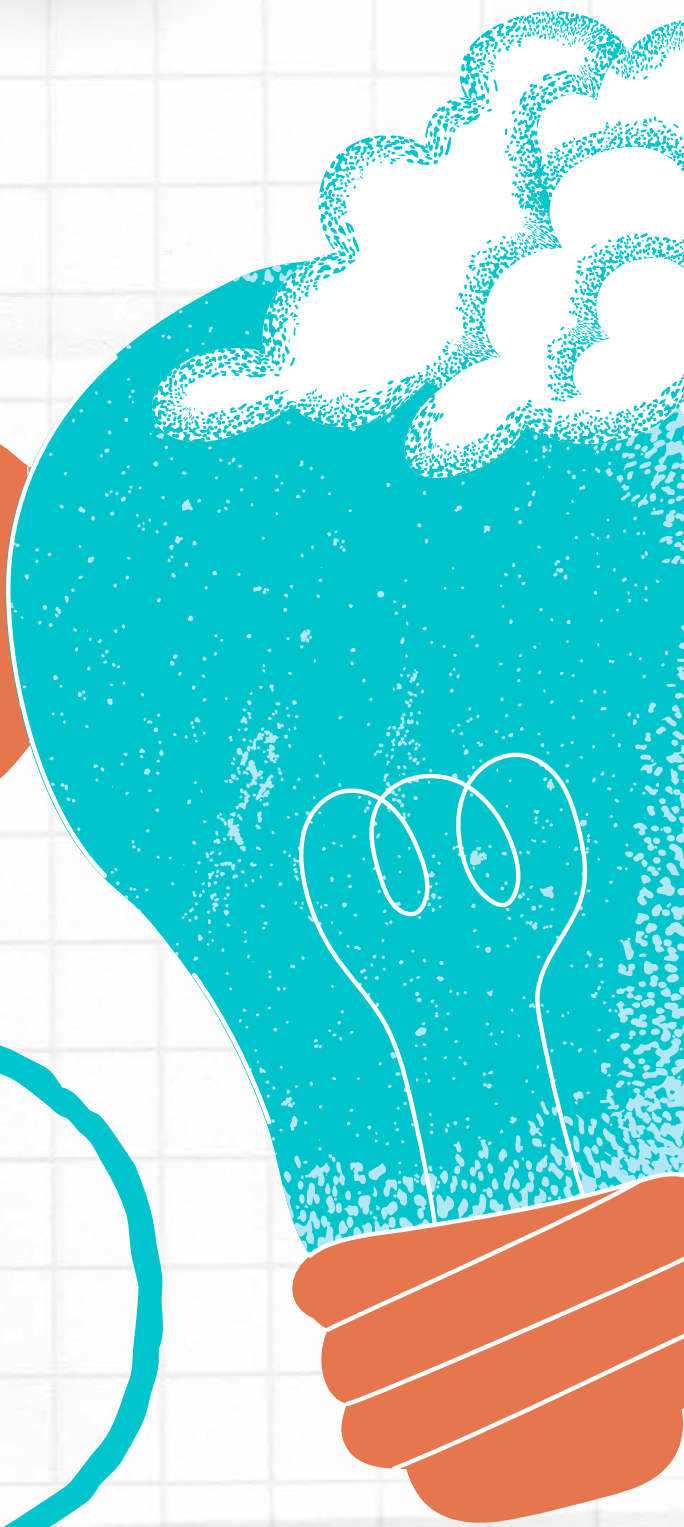
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Inspiring songs and movies



emotional spots

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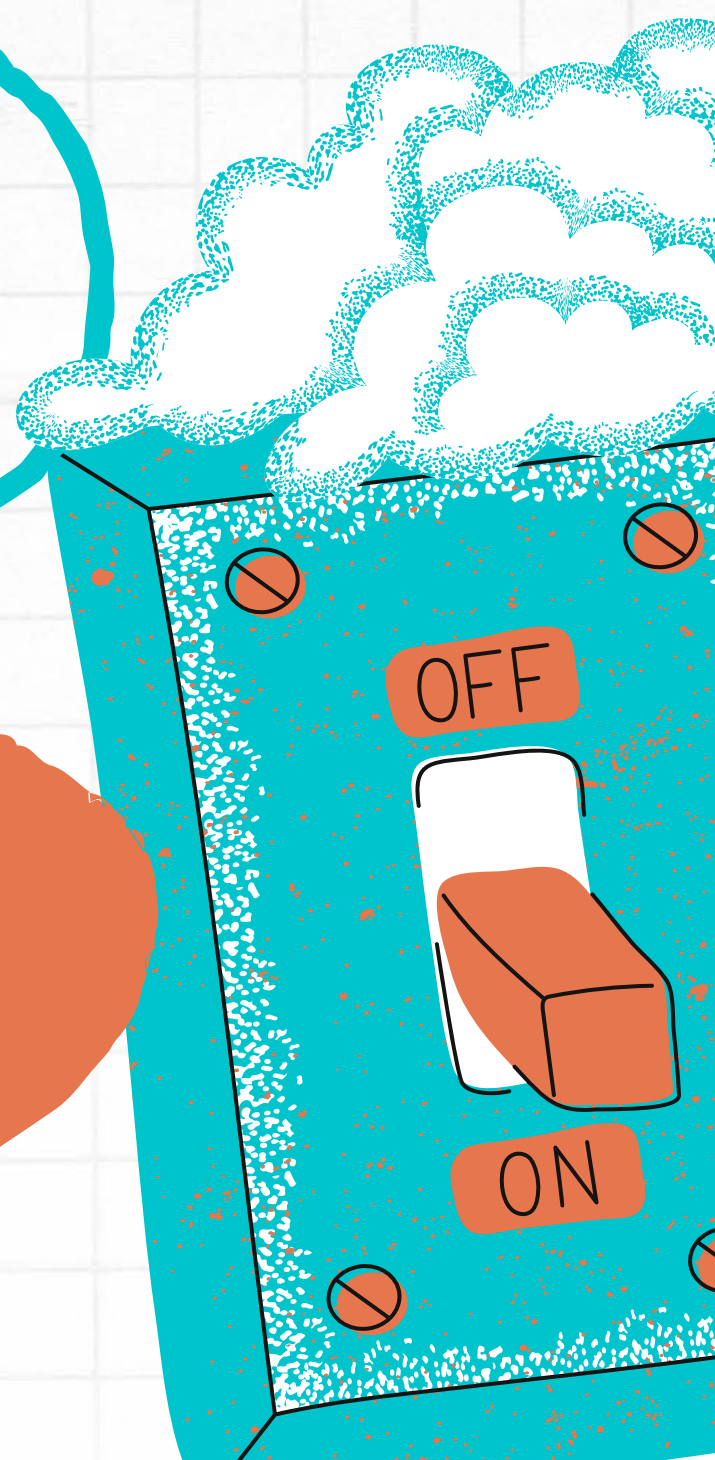


3

poem

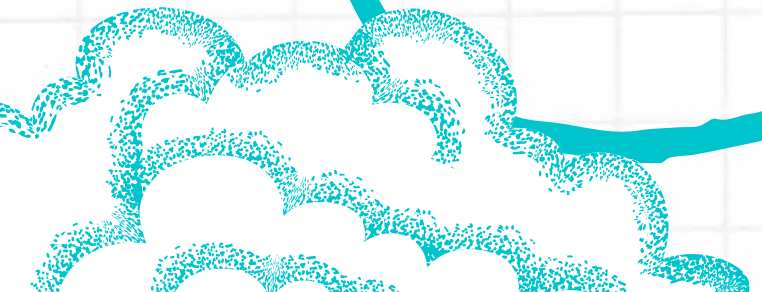
Which emoji are you today?

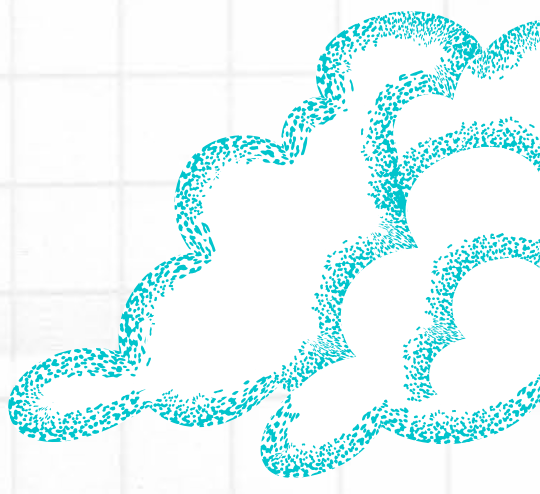
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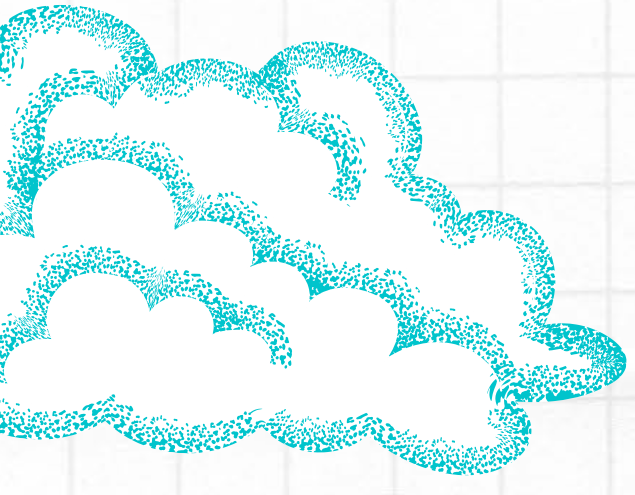
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Recipe





Feel like riding on  
another vibe in life &  
**explore** your inner  
universe.



Take a dive into  
our interactive  
magazine!!



# Inspiring songs and movies

Sometimes we may have the feeling the whole world around us seems to be falling apart. On the other hand, there are these special nights when we just want to party and have fun.

No matter what the situation is or who we are with, art is always there to accompany us, help us through struggles or provide us with unforgettable moments.

That being said, we decided to present you a list of inspiring songs and movies for different moments of your daily life.



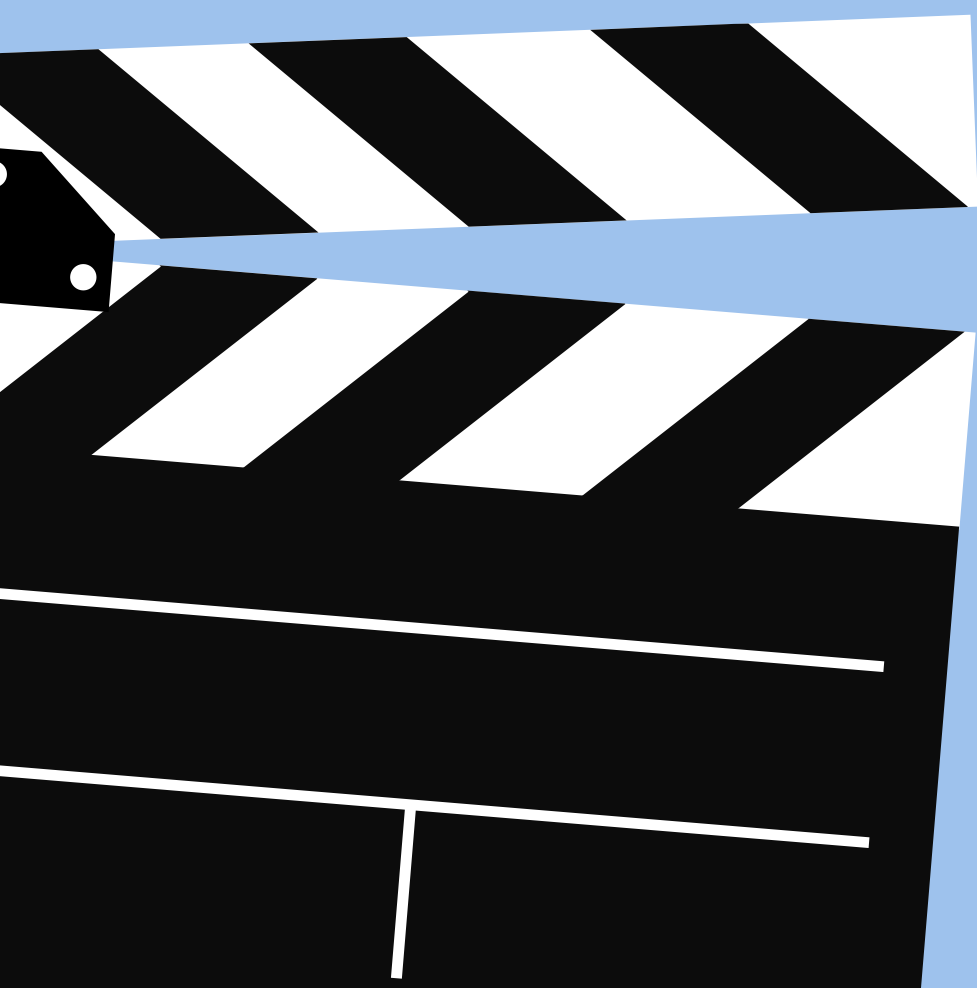
# SYMPHONY OF THE HEART

1. Eddie Vedder – Society
2. Enigma – A return to innocence
3. Kike Pinto - El buho mi Corazon
4. Sweet coffee - Start believing
5. Bonobo – Migration
6. Northland - Withering Rose
7. Yanni – Love is all
8. Infected mushrooms – Psycho
9. Ozzy Osbourne – Crazy Train
10. Nina Simone – Feeling good



# 10 MOVIES TO POP YOUR EMOTIONAL CORN

1. Into the wild
2. Captain fantastic
3. The wind
4. Amelie Poulin
5. Alice in wonderland
6. Little miss sunshine
7. Bio-dome
8. 2001 A space Odyssey
9. Inside out
10. Up



# Emotional spots

Do you find it difficult to show your true emotions?

Do you have the feeling you are blocked showing emotions because of certain values or norms in your surrounding or other things?

Know that bottling up emotions can have negative effects on how you feel. It affects your outward behavior. People will only pay attention to that outer behavior and not pay attention to how you really feel.

Let's try to cope with some common emotions. We introduce **safe emotional spots**.

Emotional places are places that you have created yourself. They are well defined (for a particular emotion). It is a place where emotions and related behavioral expressions can be expressed and recognized.

# Some suggestions

Our team went out and find some safe emotional spots for themselves



Now it's up  
to you!

Create, find, search for, feel your own emotional spots. Inspire others by sharing a picture of it.

Share it on Instagram/ Facebook with #explore,  
#emotionalspots

OR

If you like it to be anonymous , send it to our  
emailaddress and we will put it on our  
Instagram/Facebook.

Poem

# The shadow

I can see you, shadow.

You are always there.

When I freeze at the sight of the snake.

And when the stars travel unlighted above.

Once every candle turns to dust.

I can feel your real dark flame.

The knight that rides by me in hellish armour.

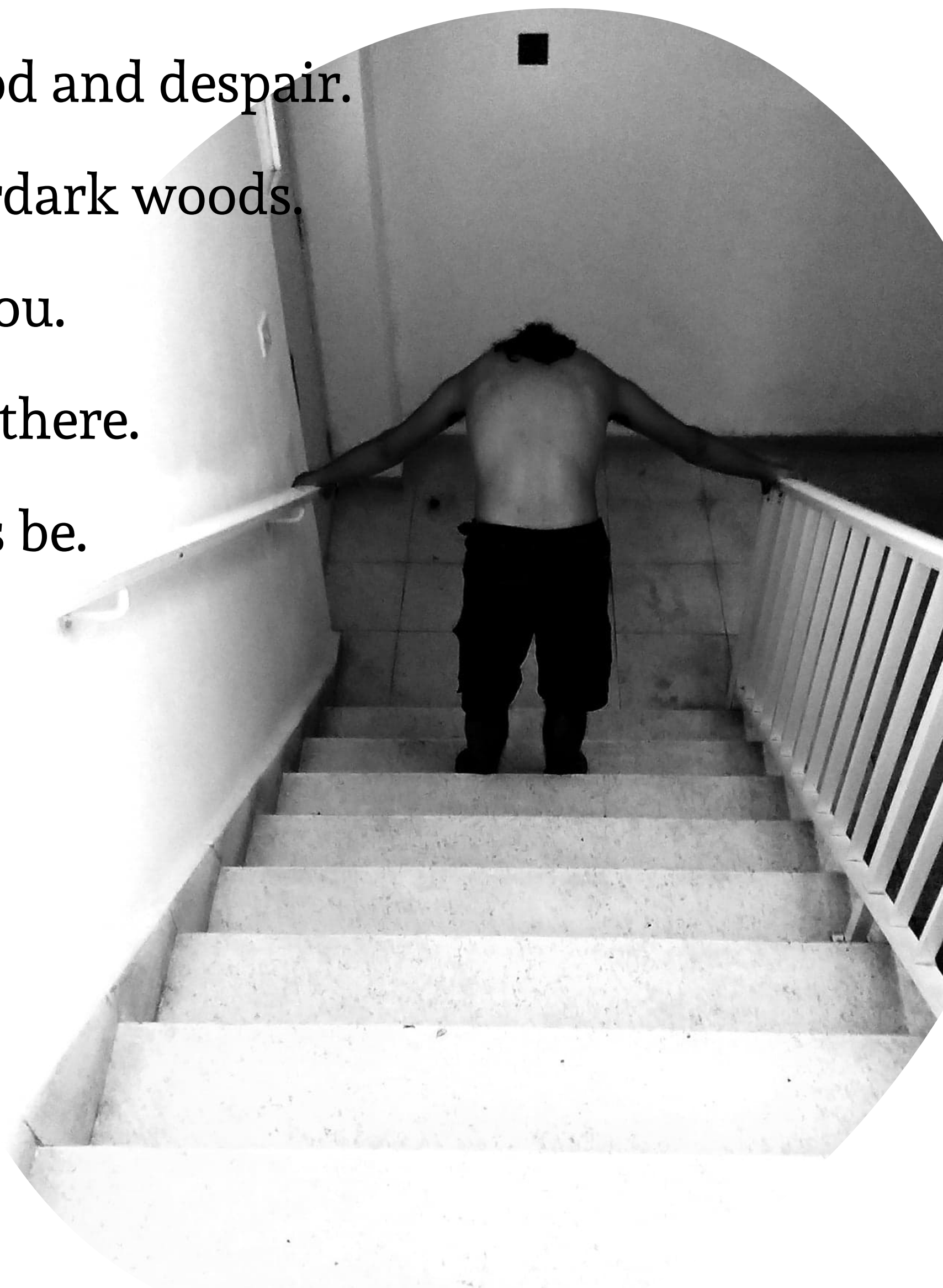
Through the bony abyss of blood and despair.

And into the mystical foreverdark woods.

Shadow, I can see you.

You have always been there.

And you will always be.



# WHICH EMOJI ARE YOU TODAY?

PICK THREE:



A large, empty rectangular box with a light pink background and a thick yellow border, intended for the user to write their selections.

**ALWAYS EAT HEALTHY**



**BUT REMEMBER  
YOUR SWEET**

Recipe

# Chocolat mousse

70 g chocolate (minimum 70% cocoa content)  
10 g cocoa powder  
100 g whipped cream  
75 g mascarpone  
20 ml of milk  
a few drops of vanilla extract (optional)

1. Let the chocolate melt. You can do this - as it should be - au bain-marie, but you can put the chocolate in a bowl in the oven at 50 °C. That also works fine and is easy.
2. Mix the cream with the mascarpone and add the cocoa powder.
3. Then pour in the milk, possibly a few drops of vanilla extract, and mix in the chocolate.
4. Divide between some bowls.

Tip: portions of chocolate mousse  
We like to serve the mousse as small dessert  
and divide the amount over six or eight servings over three days.



Greetings from the one and only

# **SQUIRT and SWALLOW team**

Don't forget to watch our  
latest tv show!

