

Helping to make Non-Ordinary Transcendent Experiences (NOTEs) as accepted as 'Yoga', 'Peak' or 'Flow'

#Emerging Proud through NOTEs (Non-Ordinary Transcendent Experiences) by Dr. Nicole Gruel is the first book to be released in the *KindaProud Pocketbooks of Hope and Transformation* series and aims to help normalise NOTEs as an age-old aspect of human beingness.

During a person's lifetime, there may be rare, unfamiliar experiences, events or situations which take them beyond their regular understanding of the world. These Non-Ordinary Transcendent Experiences (or NOTEs) can include spiritual awakenings, near-death experiences, out-of-body experiences, peak experiences and any other extraordinary experiences that seem to defy the laws of reality as they knew it until that moment. Even falling in love and having big dreams can be considered NOTEs as they tend to alter a person's sense of time, place and way of being in the world. NOTEs are often permanently life-altering and whilst some may label these experiences as 'crazy', others consider them to be simply 'extraordinary'.

Fronted by renowned NOTEs expert Dr. Nicole Gruel, *#Emerging Proud through NOTEs* is the first book in the exciting new *KindaProud Pocketbooks of Hope and Transformation* series and features a collection of inspiring and comforting stories from 16 NOTEs experiencers, along with helpful self-care tips and support resources for those who might be struggling with the process.

Evidence continues to reinforce the transformative power of story-sharing, and *#Emerging Proud through NOTEs* aims to relieve people of the distress associated with transformational crises by offering authentic examples of personal stories and resources to engender hope and initiate recovery. From challenging visionary experiences to overcoming dark nights' of the soul, these stories showcase ordinary people from across the globe who experienced something extraordinary that pushed them beyond the edges of their known world. For many, their experiences brought about big life changes and were an invitation to step powerfully into a life of greater purpose and meaning.

The acronym NOTEs was first coined by transpersonal psychologist William Braud, who was looking for a way to weave together the three fields of paranormal research, exceptional human experiences and transpersonal psychology. Drawing on his work and having experienced her own NOTEs throughout her life, Dr. Gruel has spent many years studying this phenomenon. She is also the author of *The Power of NOTEs: how non-ordinary transcendent experiences transform the way we live, love, and lead* and her doctoral dissertation was entitled *'AfterNOTEs: Non-Ordinary Transcendent Experiences And Their Aftereffects Through Jung's Typology.'*



#EMERGINGPROUD
Through NOTEs
(Non-Ordinary Transcendent Experiences)



STORIES OF HOPE & TRANSFORMATION

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"Despite humans knowing about, celebrating and invoking NOTEs since the beginning of time, today we mostly ignore and deride this age-old understanding of what it is to be a normal human being with a healthy connection to spirit. This dismissal is a monumental waste given that NOTEs hold a mysterious key to tap into our true human greatness. They are likely to provide innovative solutions to some of the world's greatest current crises and rifts.

The real power of NOTEs is in their ability to compel us to reach for dreams we never thought possible, to get in touch with and nurture what makes us feel truly alive, and to discover even more of what it is to be our most natural self."

Dr. Nicole Gruel



The *KindaProud Pocketbooks of Hope and Transformation* series is a partnership between independent publisher That Guy's House and Founder of the *#Emerging Proud* campaign, Katie Mottram. The *#Emerging Proud* campaign allows people all over the world to tell their transformation stories of having 'emerged proud' through a crisis. The series launches with Dr. Gruel's book on the 12th May 2019, which is also International *#Emerging Proud* Day around the world, a truly fitting day to celebrate this perspective and to raise awareness.

Further books in the series will launch throughout the year including, *#Emerging Proud through Disordered Eating, Body Image and Low-Self-Esteem*, *#Emerging Proud through Suicide* and *#Emerging Proud through Trauma and Abuse*.

"I hold the vision that one day NOTEs will be a term as common as 'flow', 'peak', or 'yoga'. That what we today consider extraordinary will be accepted and celebrated as an important capacity of our natural human beingness," adds Dr. Gruel.