

A close-up, high-resolution portrait of a man's face, focusing on his eyes, nose, and mouth. He has light brown eyes and a slight stubble. The lighting is soft and natural, highlighting the texture of his skin.

White Butterfly

JOURNAL

CONFIDENCE
ISSUE

The W H I T E
B U T T E R F L Y

The White Butterfly Psychiatry & Wellness is a boutique mental health practice led by Dr. Hector Rodríguez, M.D., M.Div.—a psychiatrist, theologian, and emotional wellness expert.

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"CONFIDENCE IS NOT
SOMETHING YOU PROJECT.
IT'S SOMETHING YOUR BODY
REMEMBERS."



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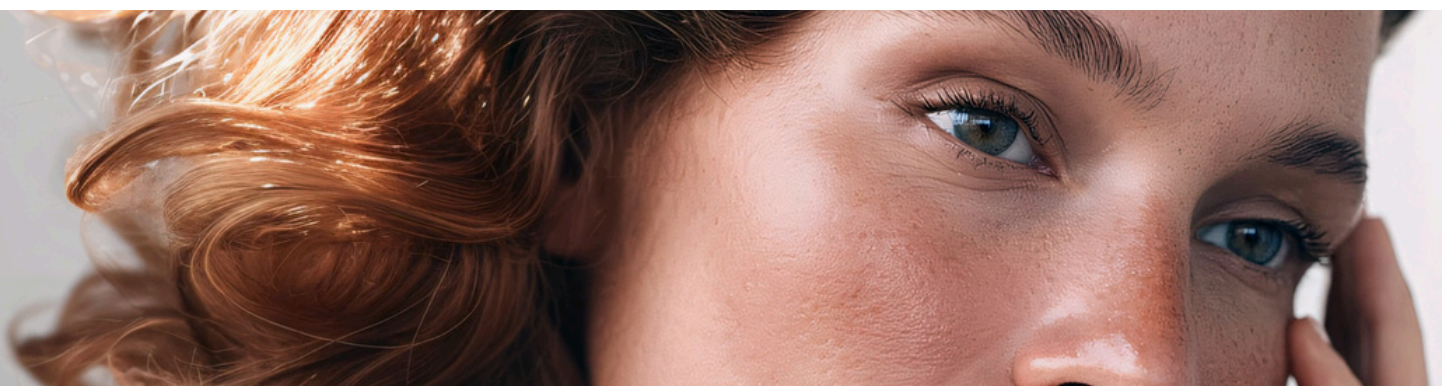
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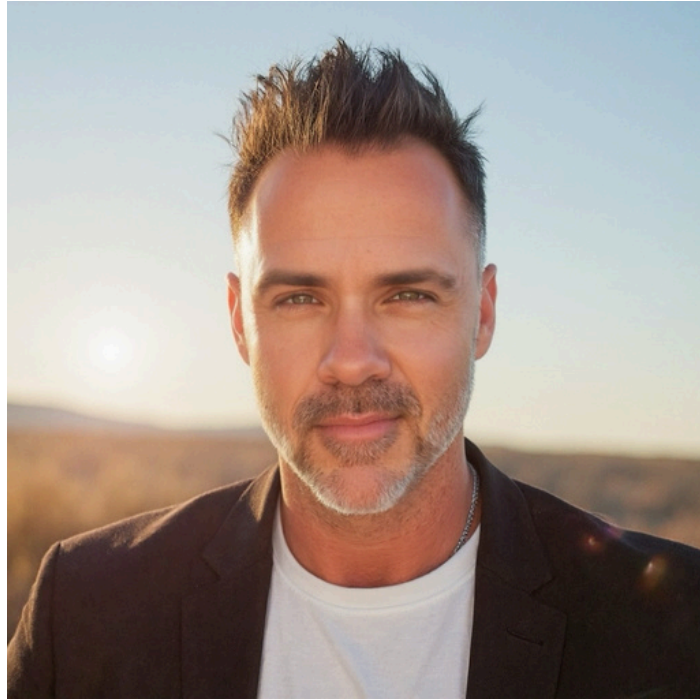
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From the Editor



We've been taught to misunderstand confidence. We've learned to associate it with volume, certainty, performance, or charisma. With speaking first, taking up space, never hesitating. But in my work—both clinical and personal—I've learned that what most people call confidence is often something else entirely: adaptation, defense, or learned performance.

Real confidence is quieter than that. It shows up as steadiness. As self-trust. As the ability to remain present in your body when you are seen, challenged, or uncertain. It is not something you put on for others. It is something your nervous system learns through repetition, safety, and integrity.

This issue is an invitation to slow down and reconsider what confidence actually looks like.

You'll find it explored through the body—through posture, breath, and presence. You'll see how confidence communicates itself before a word is spoken, how it shapes intimacy, and how it's reinforced through daily practices and intentional choices. You'll also see how confidence can be rebuilt gently, especially after periods of burnout, self-doubt, or rupture.

Confidence does not require perfection. It requires alignment.

When the body trusts itself, confidence follows naturally. When we stop performing and start listening, we begin to move through the world with a different kind of authority—one that is felt, not forced.

My hope is that this issue meets you where you are and offers a quieter, more sustainable definition of confidence—one you can return to again and again.

Thank you for being here.

Dr. Hector
EDITOR-IN-CHIEF

White Butterfly

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THE STYLE OF CONFIDENCE

Armor has often been imagined as something heavy, aggressive, or intimidating. But true armor was never about attack. It was about protection. About creating a boundary between what is essential and what is not.

This is where style becomes interesting. Confidence-driven style doesn't try to impress. It doesn't chase attention or trend cycles. It doesn't ask for approval. It exists to hold the body together—to reinforce posture, presence, and internal alignment. Real style, like real confidence, is defensive in the healthiest way.

CLOTHING AS CONTAINMENT
When someone is confident, you can often see it before you

understand it. The body looks held.
Not tight.
Not rigid.
But contained.

Tailored clothing does this instinctively. A blazer that sits cleanly on the shoulders, a structured coat, a well-made shirt—these pieces don't disguise the body. They organize it. They say: I'm here. I'm intact. I don't need to explain myself. This is why tailored silhouettes feel powerful even when they're simple.

NEUTRAL DOES NOT MEAN INVISIBLE

A neutral palette is often mistaken for caution. In reality, it's confidence without decoration.

Black, ivory, stone, navy—these colors don't compete for attention.

They hold space. They allow the person wearing them to be felt rather than scanned.

Armor was never flashy. It was functional. Reliable. Trusted. The same is true for confident style.

STILLNESS IS THE POINT

The most confident people don't adjust their clothing constantly. They don't fidget with sleeves or collars. Their clothes move with them, not against them. When clothing fits well and feels intentional, the nervous system relaxes.



Stillness becomes possible. And stillness is one of the strongest signals of confidence. You don't need to move when you feel protected.

**STYLE AS REINFORCEMENT,
NOT DISGUISE**

Confident style is not about hiding flaws or constructing an image.

It's about reinforcing what's already there. It supports posture instead of correcting it.

It complements presence instead of creating it. It becomes a quiet agreement between body and garment: We've got each other.

This is why the most powerful outfits often look almost boring on the hanger—but unmistakable on the body.

**WHAT ARMOR LOOKS LIKE
NOW**

Modern armor doesn't clang. It doesn't shine. It doesn't demand attention.

It looks like a clean silhouette. A jacket that holds its shape. Shoes that ground you. Fabric that doesn't apologize.

It looks like someone standing still, slightly off-center, not performing—just present.

THE CONFIDENCE TEST

If you want to know whether something is armor or costume, ask one question:

Do I feel more settled in my body when I wear this?

If the answer is yes, confidence follows.

Not because of what others see—but because your body feels protected enough to stay.

That's style at its strongest.

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Power Up *Spotlight:* Confidence

CONFIDENCE IS NOT BUILT IN MOMENTS OF INTENSITY.
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THE CONFIDENCE WE ADMIRE IN OTHERS IS USUALLY THE RESULT OF
SOMETHING UNGLAMOROUS: REPETITION. SMALL ACTIONS DONE
CONSISTENTLY. PROMISES KEPT QUIETLY, WITHOUT WITNESSES.



Confidence

/ˈkɒn·fɪ·dəns / (noun)

The quiet trust that allows the body to remain present, grounded, and aligned with itself—regardless of outcome or approval.



This is where confidence actually lives — not in personality, not in volume, not in performance, but in practice.

Every time you sit with yourself instead of distracting.

Every time you write something down and follow through.

Every time you choose consistency over perfection.

You are teaching your nervous system a simple truth:

I can rely on myself.

That trust accumulates.

The Confidence Practice (5 Minutes Daily)

1. Write one sentence you can stand behind. Not an affirmation you don't believe — a truth you can hold.

Example: "I show up even when I'm unsure."

2. Pair it with a physical cue.

Hand on the notebook.

Feet flat on the floor.

One slow exhale.

This anchors the thought in the body.

3. Repeat daily, not dramatically.

Confidence grows through familiarity, not force.

Why This Works

The brain learns confidence through evidence. Repetition creates predictability.

Predictability creates safety.

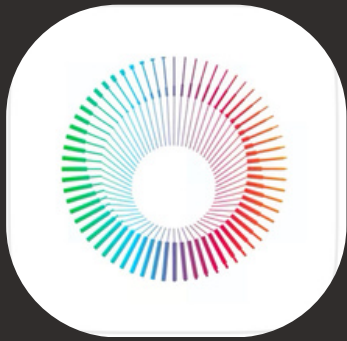
Safety creates self-trust. And self-trust is the quiet foundation of confidence.

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This spotlight is just the beginning.

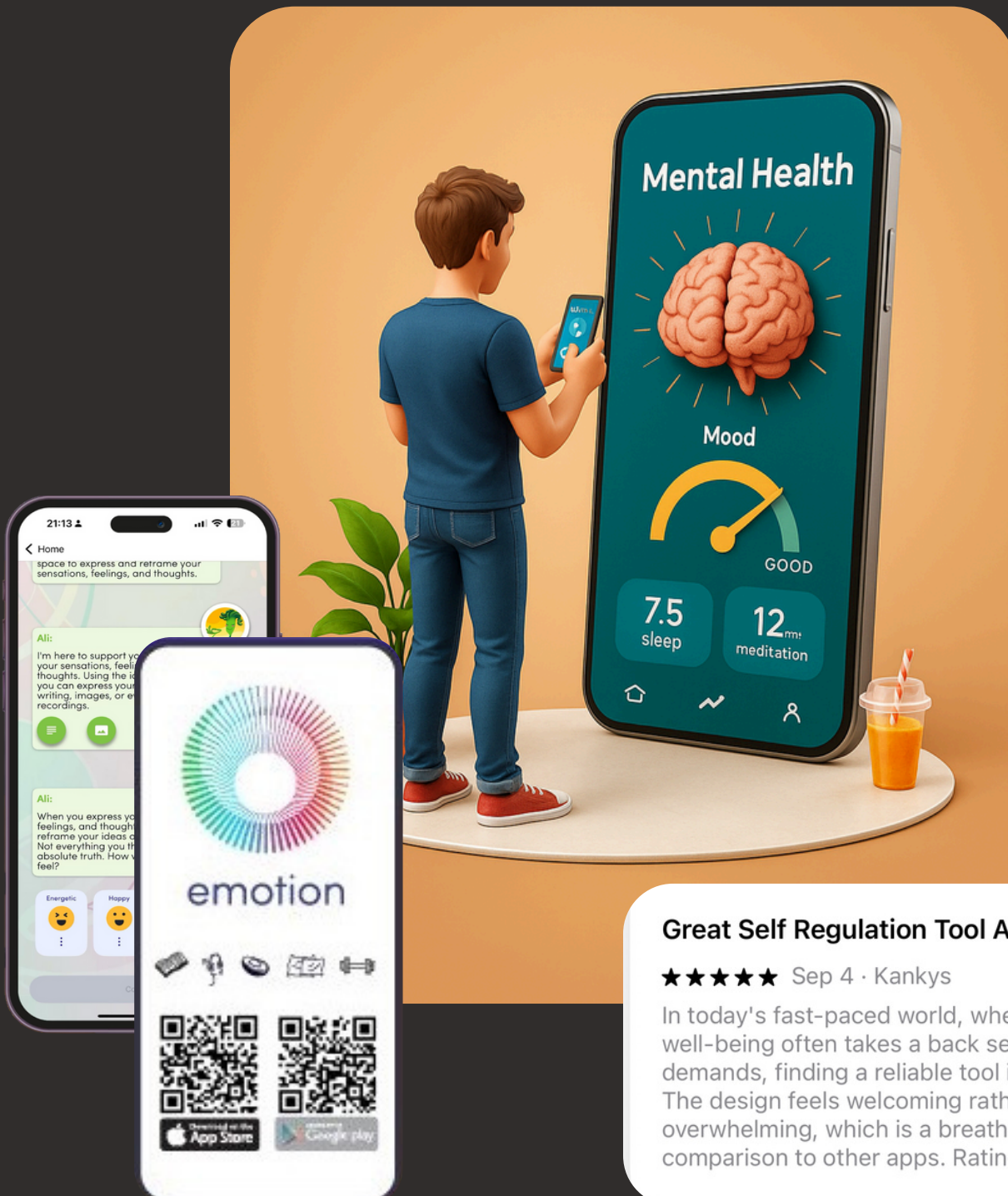
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In today's fast-paced world, where mental well-being often takes a back seat to daily demands, finding a reliable tool is very helpful. The design feels welcoming rather than overwhelming, which is a breath of fresh air in comparison to other apps. Rating: 5/5

The List

FIVE FASHION OBJECTS THAT SIGNAL CONFIDENCE

Confidence is communicated through restraint. Through pieces that don't chase attention, but hold it. These are objects designed to support posture, presence, and quiet authority — and they are meant to last.



1

THE TAILORED BLAZER

What it does:

The Row's tailoring is known for precision without excess. Their blazers naturally encourage upright posture and ease of movement, reinforcing a calm, grounded presence.

How it's used:

Worn over anything — a t-shirt, silk top, knit dress, or denim. It doesn't dominate an outfit; it stabilizes it.

Who it's designed for:

People who want confidence to feel internal and mature. Ideal for leadership, visibility, and everyday authority.

The List



2

THE LOAFER — PRADA

What it does:

Prada loafers combine weight, balance, and clean lines that ground the body and support intentional movement.

How it's used:

Worn during long days or important transitions. Designed to feel substantial without being heavy.

Who it's designed for:

People who lead with calm authority and value control over speed.

Confidence Cue:

As you walk, feel the full sole of your foot connect with the ground. Let each step land completely before the next begins.

The List



3

THE STRUCTURED LEATHER TOTE — KHAITE

What it does:

A structured bag creates physical and psychological containment, encouraging order, steadiness, and purposeful movement.

How it's used:

Carried intentionally rather than overfilled. Its form naturally slows the body down.

Who it's designed for:

Professionals and creatives navigating multiple spaces and responsibilities.

Confidence Cue:

When standing still, hold the bag close to your side and let its weight anchor your posture rather than pull you forward.

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The List



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THE WHITE BUTTON-DOWN SHIRT — COS

What it does:

A crisp white shirt communicates clarity and self-respect through simplicity and clean structure.

How it's used:

Worn ironed and unadorned, either alone or layered. Acts as a visual and psychological reset.

Who it's designed for:

Anyone entering a new chapter or stepping into greater visibility.

Confidence Cue:

Before engaging, smooth the collar or cuffs once, then stop adjusting. Stillness afterward reinforces quiet authority.

The List



5

A SIGNATURE SCENT — LOUIS VUITTON

What it does:

Louis Vuitton fragrances are designed with subtle depth, anchoring identity through the emotional brain without overwhelming the senses.

How it's used:

Applied lightly on your wrists as part of a consistent daily ritual.

Who it's designed for:

Those who experience confidence as something intimate, not performative.

Confidence Cue:

Apply scent after grounding your breath. Let it mark the transition from preparation to presence.

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CONFIDENCE, UN-DRESSED



SEXUAL INTELLIGENCE AND THE QUIET POWER OF SELF- TRUST

Confidence is often mistaken for volume. For charisma sharpened into spectacle. But real confidence—the kind that settles into the body rather than announcing itself—rarely performs. It breathes. It listens. It remains steady even when exposed. There is no place where this becomes clearer than in intimacy.

Sexual intelligence, as framed by Marty Klein, is not about how much you know or how adventurous you are. It's not about novelty, skill, or technique. It's about something far more subversive in a culture addicted to performance: self-trust. To be sexually intelligent is to be comfortable enough with yourself to stay present when there is nowhere to hide.

Confidence Lives in the Nervous System
True confidence isn't cognitive.



It's the ability of the nervous system to remain regulated while being seen—emotionally, physically, relationally. When the body feels safe, confidence follows naturally. When it doesn't, no amount of external validation can manufacture it.

Can you stay connected to yourself when desire arises?

Can you tolerate closeness without dissociating or performing?

Can you communicate honestly without collapsing into shame or defensiveness?

These are not sexual skills. They are nervous system skills. And they are learned—not through scripts or expectations—but through awareness, reflection, and embodied honesty.

THE MYTH OF PERFORMANCE-BASED CONFIDENCE

We live in a culture that treats sexuality as something to achieve. Better technique.

Better bodies. Better experiences. But performance-driven sexuality is rooted in anxiety, not confidence. It externalizes worth and places safety in outcomes rather than self-knowledge.

Sexual intelligence dismantles this entirely.

It asks different questions:

- Do I know what I feel?
- Can I name what I want?
- Am I allowed to change my mind?
- Can I set limits without apology?
- Can I stay present without needing to impress?

These are the questions of a confident nervous system—not a perfect one.

CONFIDENCE IS COMFORT WITHOUT APOLOGY

One of the most radical ideas in sexual intelligence is this: comfort is enough. Not excitement. Not fireworks.

Not novelty for novelty's sake. Comfort means your body trusts you. It means you listen when something feels off. It means you don't abandon yourself to be chosen. This kind of confidence is quiet. It doesn't seek approval. It doesn't rush intimacy to avoid discomfort. It allows connection to unfold naturally, without pressure. And paradoxically, this grounded ease is what creates depth, pleasure, and authenticity.

SHAME IS THE ENEMY OF CONFIDENCE

Confidence cannot coexist with chronic shame. Shame fragments the body. It pulls attention outward—toward comparison, self-monitoring, and performance. Sexual intelligence does the opposite: it brings attention inward, where sensation, emotion, and intuition live. When shame loosens its grip, confidence emerges. Permission to be imperfect and still worthy of connection.

A QUIET REDEFINITION

Perhaps the most powerful reframe is this: Confidence is not knowing everything. It's knowing yourself well enough to stay. Stay in the moment. Stay honest when it would be easier to perform. In a world that equates confidence with certainty, sexual intelligence offers a more grounded truth: Confidence is comfort with being real. And nothing is more attractive than that.



THE QUIET KIND OF CONFIDENCE

WHY THE STRONGEST CONFIDENCE IS RARELY THE LOUDEST

Confidence has been misunderstood for a long time.

We've been taught to recognize it by volume—

the person who speaks first, the one who fills the room, the one who never hesitates, never doubts, never softens.

But what we often call confidence is closer to performance.

And performance, by nature, is fragile.

Real confidence doesn't announce itself.

It stabilizes.

It is not rooted in personality or charisma, but in something far more subtle and far more durable: self-trust.

CONFIDENCE IS NOT A TRAIT. IT'S A STATE.

The most confident people are not necessarily the most expressive.

They are the most regulated.

Confidence, at its core, is a nervous system state.

It's what happens when the body believes it can handle what comes next—whether that's a conversation, a conflict, a room full of strangers, or a moment of intimacy.

When the nervous system is regulated, the body doesn't rush.

It doesn't overexplain.

It doesn't need to dominate or disappear. It stays. This is why confidence feels calm when you're near it. It creates steadiness, not spectacle.

THE PROBLEM WITH PERFORMATIVE CONFIDENCE

Performative confidence is externally referenced. It relies on reaction, validation, comparison, and control.

The first exhausts the nervous system.

The second strengthens it.

Self-Trust Is the Foundation

Self-trust is built through small, repeated experiences of keeping your word to yourself.

Not grand declarations.

Not dramatic transformations.

But moments like:

- noticing discomfort and responding instead of overriding it
- pausing before speaking rather than filling silence
- setting a boundary without needing to justify it
- choosing consistency over intensity

Each of these moments teaches the nervous system: I am safe with myself.

And from that safety, confidence naturally emerges.

WHY QUIET CONFIDENCE IS SO POWERFUL

Quiet confidence doesn't compete.

It doesn't seek attention. It doesn't require comparison to exist. It's recognizable because it's grounded. You see it in posture—upright but relaxed. In movement—intentional, unhurried. In speech—clear, not rushed. In presence—felt, not forced. People trust quiet confidence because it feels stable. And stability is what humans are wired to follow.

CONFIDENCE AFTER RUPTURE

For many people, confidence is not something to “build,” but something to restore. Trauma, loss, illness, shame, burnout, or prolonged self-abandonment all disrupt self-trust. They teach the body that it cannot rely on itself—or that being visible is unsafe. Quiet confidence honors this reality. Instead, it asks: Can you stay present for one moment longer? Can you listen instead of push? Can you respond instead of react? This is confidence rebuilt from the inside out.





CONFIDENCE IS CONSISTENCY, NOT CERTAINTY

The most grounded people are not those without fear. They are the ones who don't let fear dictate their behavior. They move forward gently. They remain intact even when uncertain. This is why confidence often looks like restraint. Why it shows up as simplicity. Why it feels mature. Confidence is not knowing everything. It's trusting yourself enough to meet what you don't know.

A NEW DEFINITION

Confidence is not loud. It is not dominance. Confidence is the quiet agreement between your mind and your body that says: I can stay with myself, no matter what unfolds. That agreement—steady, embodied, earned—is what carries you into rooms, relationships, decisions, and seasons of change without needing to prove anything at all. And that is the kind of confidence that lasts.



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A close-up, high-resolution photograph of a person's face, focusing on their eyes and forehead. The person has light-colored, hazel eyes and dark, well-defined eyebrows. The skin is fair and shows some texture. The lighting is soft, highlighting the contours of the face.

PRESENCE

Before You Speak: What People Already Know About You

Most people think confidence starts when they open their mouth. It doesn't. It starts the moment they walk into a room. You've felt this before. Someone enters and nothing dramatic happens, but the energy shifts. People look up. Conversations slow down. There's no performance, no announcement — just a sense that this person is comfortable being there. That's presence. And it has very little to do with personality.

WHAT THE ROOM NOTICES FIRST

When someone walks in, the room picks up on a few things immediately: how fast they're moving, how tense their body looks, and

whether they seem at ease in their own skin. A rushed walk reads as anxiety. Stiff shoulders read as defensiveness. Eyes darting around read as uncertainty. None of this is judged consciously, but it's felt. On the other hand, a steady pace, relaxed posture, and calm breathing communicate something simple: this person isn't trying to prove anything. That alone changes how people respond.

CONFIDENCE LOOKS LIKE COMFORT

One of the biggest misconceptions about confidence is that it needs to be visible. In reality, the strongest confidence often looks almost boring. It looks like someone who:

- doesn't rush to sit or speak
- doesn't fill silence just to avoid it
- doesn't overcorrect their posture or gestures
- doesn't scan the room for approval

They take their place and stay there. This kind of comfort is rare, and people notice it immediately.

HOW WE GIVE AWAY OUR NERVES

Most men and women don't realize how much they communicate without speaking. Small habits tell the whole story: fidgeting with hands, shifting weight constantly, tightening the jaw, or speaking too quickly once they start talking. These aren't character flaws. They're signs that the body doesn't feel settled yet.



“People trust
what feels
grounded”

WALKING IN IS HALF THE MESSAGE

The way you enter a room matters more than the words you plan to say. A slower pace tells people you're not in a hurry to be accepted. Standing fully in one spot instead of hovering shows you're comfortable taking up space.

Even something as simple as stopping before you speak — instead of talking while moving — changes how your voice lands. People trust what feels grounded.

WHY STILLNESS WORKS

Stillness makes people pay attention because it signals control. When movement is intentional instead of restless, it shows awareness. When speech comes after a pause instead of spilling out, it shows self-trust. A man who can pause doesn't feel rushed by the moment. And that calm spreads.

PRESENCE IS NOT A TRICK

This isn't about power moves or body language hacks. Those fall apart quickly. Presence comes from learning how to settle your body before you engage the world.

That skill comes from repetition: slowing down when you want to speed up, grounding yourself before reacting, allowing silence instead of fighting it.

Over time, the body learns that it's safe to stay.

BEFORE YOU SPEAK

Before you say anything, take a moment to arrive. Feel where you're standing. Let your breath drop into your chest. Stop moving. When you speak from that place, people listen — not because you demanded attention, but because your presence already made room for it.

That's confidence people trust.

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The Body of Confidence

Confidence is not a thought you arrive at.

It's a posture you inhabit.

Long before the mind decides it is ready, the body has already chosen whether it feels safe, grounded, and capable of being seen. Confidence lives there — in muscle tone, breath rhythm, and the way weight settles through the feet.

The body does not speak in affirmations.

It speaks in sensation.

THE SPINE REMEMBERS

Confidence begins vertically.

When the spine collapses, the nervous system reads danger.

When it lengthens — not stiff, not forced — the body receives a signal of stability.

An upright spine doesn't say I'm better than you.

It says I can hold myself.

This is why confidence often looks like stillness.

No fidgeting.

No shrinking.

No bracing.

Just alignment.





An open chest signals availability, not vulnerability without boundaries. It says: I'm here, and I trust myself to respond.

THE GAZE

Eyes communicate regulation faster than words. A steady, soft gaze tells others what the body already knows: there is no threat here. Confident gaze is not staring. It's present. It's unhurried. It's willing to meet and willing to release.

CONFIDENCE IS A SENSATION

It feels like:

- warmth instead of tension
- steadiness instead of urgency
- containment instead of collapse

A SOMATIC RESET (1 MINUTE)

Stand or sit upright.

Lengthen the spine gently.

Let the shoulders drop.

Exhale slowly through the nose.

Feel your feet or seat connect to the surface beneath you.

Say nothing.

Fix nothing.

Just notice.

This is what confidence feels like when it isn't trying to prove itself. Confidence is not something you put on. It's something the body returns to when it no longer needs to protect or impress.

And every time you choose alignment over tension, presence over performance, your body relearns a quiet truth: I can trust myself here.

BREATH SETS THE TONE

Shallow breath creates urgency. Held breath creates tension. Slow, complete breath creates choice.

Confidence requires room — space inside the chest, time inside the exhale.

A long exhale tells the brain: We're not being chased.

And when the body stops rushing, presence returns.

You don't need to breathe deeply. You need to breathe honestly.

FEET ON THE GROUND

An ungrounded body searches for reassurance.

A grounded body offers it.

When weight is evenly distributed through the feet, the nervous system stabilizes. This is why confident people appear calm even in uncertainty — their foundation is internal.

Stand with both feet fully on the floor. Let the ground meet you.

Confidence is not leaning forward into the future or backward into the past.

It is being exactly where you are.

SHOULDERS AND CHEST

Tension in the shoulders is often mistaken for strength.

But true confidence is relaxed.

Shoulders soften when the body no longer expects to defend itself.

The chest opens not to impress — but to breathe.

White Butterfly

Journal

THE BEAT THAT MAKES US ONE

Inside EDC and
global music
festivals as
modern rituals of
belonging

Offline:
Rebuilding
Connection in
a Digital
World

The Body on
Connection

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