



INNER DIALOGUE®

ADAMALAND STORY



ADAMALAND STORY

Once upon a time, there was a place called Adamaland.

And in Adamaland, a keeper named Keishi lived with 44 wolves.

Keishi had found these wolves as tiny cubs and had always been mindful to take care of these 44 cubs. As they grew, they started showing different tendencies. Some were more violent. Some were more docile.

Keishi loved them equally, but he couldn't treat all of them equally.

He found that if he fed the violent ones more, they became less violent that day. Keishi had limited resources, so that the docile wolves would get less food.

The violent wolves were growing bigger and bigger...

While the docile wolves were becoming weaker.

One year, there was a drought in Adamaland, and most animals fled the lands.

Keishi didn't have enough food to feed any of his wolves.

One morning, when Keishi checked in on the wolves, he found that half of them were gone. The violent wolves had eaten the docile wolves.

Now, there were only 22 wolves in Adamaland. All violent. And they gave birth to more violent wolves.

ADAMALAND STORY

Adamaland is a fictional story.

But what it describes lives very close to everyday life.

Inside you, there are parts that feel violent toward your dreams.

Not because they want to destroy them but because they are scared.

They want certainty. Permission. A paved path.

They shrink you not out of cruelty but out of devotion to safety.

There are also other parts of you.

Curious. Optimistic. Defiant. Quietly courageous.

Parts that lean toward your path even when it feels unreasonable.

Like Keishi in the story, most of us end up feeding the parts that shout the loudest. The ones that warn. The ones that rush in when uncertainty appears.

And slowly, those parts take over the ones that wait patiently in the background. Not because they are stronger. But because they are heard more often.

- Fear weakens courage.
- Worthlessness weakens dims creativity.
- Doubt weakens confidence.
- Anger weakens wisdom.
- Jealousy weakens peace.
- Rejection weakens love.
- Abuse weakens inner power.
- Betrayal weakens trust.
- Sadness weakens joy.
- Desperation weakens hope.
- People-pleasing weakens freedom.
- Secrecy weakens truth.

Now read that from right to left.

ADAMALAND STORY

What we call “lost” parts are rarely gone.

They are dormant. They wait beneath the beliefs that say:

- I am not enough.
- I don’t have what it takes.
- I should be grateful for less.
- I am safer staying small.

These parts are not dead.
They are simply underfed.

So the question is not:

What is wrong with me?

But:

Which parts of me stopped being listened to?

Awakening them doesn’t require force.
Only attention.

And when you choose to notice them—
even gently—
the story you tell yourself begins to shift.

Not into someone else.
But back into yourself.

