

7 TIPS TO EMBODY YOUR NATURAL STATE

To return with ease to abundance, love, health, freedom and bliss.



1

JUST BREATHE

We rush through life checking things off of our to do list, forgetting to take the time to truly breath. Just by taking several slow, deep belly breaths you can return your body to its natural state of calm and balance.

If you're ready to take it to the next level exhale all of the air out, pause for a second and relish in the feeling of pure emptiness. Then inhale through the nose but as you do imagine golden light filling up every cell of your being with warmth. Again, pause at the top relishing the feeling of expansion.

2

GIVE SPACE

When was the last time you asked yourself what you want? Or took the time to try new things and discover what you are passionate about? Give yourself the space to ask and the quiet to receive the answers.

Try this journal prompt:
If money and time were no issue and I had no fear what would I want to be, do and have in this life?

3

LIVE FROM YOUR HEART

One of the easiest ways to connect back into your natural state is to live from your heart. Your heart is the gateway to the truth of who you are, your core essence. But how does one live from the heart? It's as easy as allowing your consciousness to drop down from your brain and into your heart. It might help to begin with to place your hand over your heart when you do this. And then when you are there try making decisions or asking yourself questions and see what comes up.

4

DROP THE B.S.

We all have so many stories running around in our heads all of the time. Stories that we have been telling ourselves or have been told to us so much that we don't even question them anymore. But your stories aren't you.

Question your stories and then drop the ones that don't serve you.
Who are you?
What do you believe?
What can you achieve?
What do you enjoy?
What is important to you?

5

GO WITHIN

It is our default to look around us to find the answers. But the real answers are within you. Go within and ask yourself the important questions. Sit in silence or stare into your own eyes and ask away. Allow yourself the time and the quiet to receive the answers.

6

GROUND DOWN

We are made up of pure energy and so is the environment we live in. For most of us our modern lives consist of a lot of technology and less time in nature than our ancestors. By simply standing barefoot on the earth for a few minutes and allowing the energy to be released we can reset our bodies (and minds) to their natural state.

7

ASK FOR HELP

You are an infinite being with access to the full support of the universal energies and beings that exist. Connect with your heart and ask for guidance, clarity, or whatever else you desire. You might be surprised by what you receive.