

Soul Skills

Mindfulness to Create Lasting Change

If you would like to access and practice your true essence where you are authentically powerful, happy, fulfilled, healthy, abundant, peaceful and easy, I recommend that you integrate some of these activities into your daily life. They are the most significant ways to create lasting change, save you time, enhance your productivity, improve your health, improve your relationships, and experience fulfillment, abundance and success.

- ▶ **Stay grounded!** Spend at least 10 minutes outside barefoot every morning balancing your body's ions with the earth's ions.
- ▶ **Meditate:**
 - ▶ Set aside time each morning to be quiet, be present and watch your thoughts without judgment.
 - ▶ The more you practice, the easier it becomes.
 - ▶ There is no wrong way to meditate.
- ▶ **Morning Intention:** Choose the thought and belief you want to energize. Reconnect to this intention throughout the day.
- ▶ **Journaling:** Explore your vision of your ideal life. No need to write an epic tome, just record the inspired thoughts that come to you.
- ▶ **Power Thought Cards:** Draw one every day to see what thought your soul wants you to see and embrace.
- ▶ **Realignment:** Life evolves! Experience the contrast, learn the lesson and head back to peace, joy, love, abundance and ease.
- ▶ **Silence:** Turn the volume down for a while every day. Silence is the most productive, most creative way to spend your day.
- ▶ **Gratitude:**
 - ▶ Honor your blessings every day.
 - ▶ Be grateful for things you haven't yet created.
 - ▶ Use your journal to really feel your blessings.
- ▶ **Evening Reflection:** Honor all you've created by recounting your successes and blessings

NOTES, QUESTIONS & RESOURCES

GUIDED MEDITATIONS ~ online free resources

- ▶ <http://www.chopra.com/ccl/guided-meditations>
- ▶ <http://www.chopracentermeditation.com> for 21-day meditation series with Oprah
- ▶ <http://www.artofliving.org/us-en/online-guided-meditation>
- ▶ <http://www.meditationoasis.com/podcast/>
- ▶ <http://www.youtube.com/watch?v=gwBFI4sGsLg> meditation for manifesting with Wayne Dyer

MEDITATION & MINDFULNESS BOOKS:

- ▶ *Getting Into the Vortex Guided Meditation CD and User Guide* by Esther and Gerry Hicks
- ▶ *Meditations for Manifesting* by Wayne Dyer, Book and CD

DAILY INSPIRATION CARDS:

- ▶ *Power Thought Cards* by Louise Hay (these are the ones I use)
- ▶ *Wisdom Cards* by Louise Hay
- ▶ *My Daily Affirmation Cards* by Cheryl Richardson