THE Conscious Toolkit

"A practical guide for feeling good – mind, body and spirit"



KELLY HINE

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INTRODUCTION

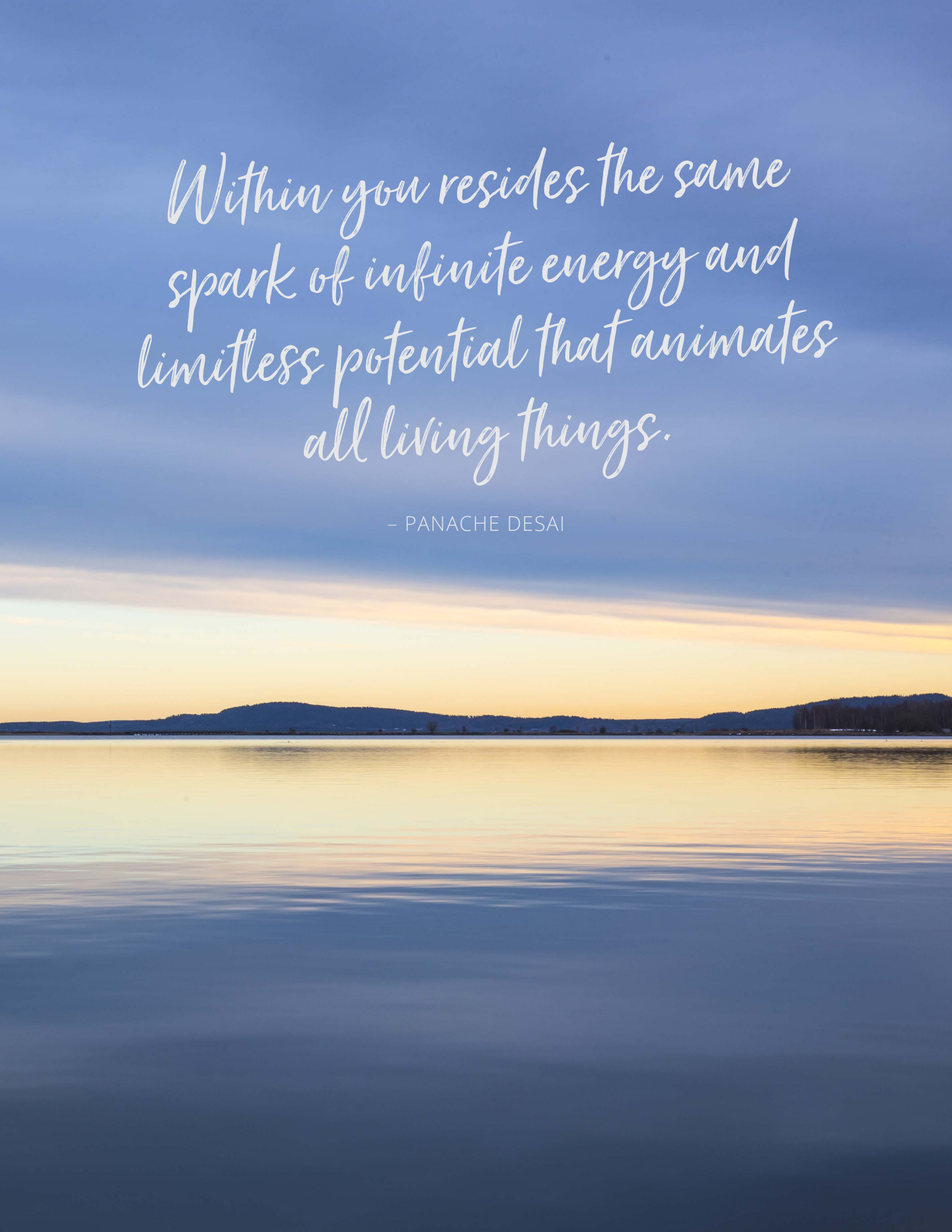
We go through life with little idea of how our body, mind and emotions work together, or how to manage them to feel good and live a peaceful and happy life. This lack of understanding leaves us feeling out of alignment and suffering so much of the time, when we could be living with a great deal more peace, joy, vitality and happiness.

This book is my answer to that. It's the result of years of interest in finding and testing the best strategies out there for feeling good – mind, body and spirit.

As the name The Conscious Toolkit suggests, this is a very practical guide. Knowledge without action is useless. So use this guide often. Get to know which strategies work best for you. It's your go-to guide for whenever you're feeling out of alignment. Better still, use the strategies proactively so that you can feel good more of the time and operate from a state of alignment as much as possible.

This guide takes a very holistic approach and is based on the following:

- Everything is energy and we are energetic beings. This isn't hocus-pocus, it's science!
- An understanding of how the mind works is a pivotal step in moving from stuck, stressed and suffering to peaceful, happy and free. Our beliefs rule our behaviour. Our mind and thoughts are incredibly powerful and only by committing to the practise of coming out of the "checked-out" auto-pilot state, can we move past the limiting beliefs and habits that hold us back.
- Our mind, body and spirit are interrelated, as are our thoughts, energy and emotions.


Within you resides the same spark of infinite energy and limitless potential that animates all living things.
– PANACHE DESAI

Part One

Strategies to Break Limiting Habits and Beliefs

Don't believe everything you think.

– BYRON KATIE

STRATEGIES TO BREAK PATTERNS & BELIEFS

Our beliefs rule our behaviour. But your most powerful beliefs are lurking in your subconscious mind and you possibly aren't even aware of most of them.

But thanks to neuroplasticity (the mind's ability to create new neural pathways), you absolutely can learn to identify and change limiting beliefs that are holding you back.

The key is to be deliberate about it. In other words, to operate out of your conscious mind, rather than in the subconscious "autopilot" state that most people operate from the majority of the time. In a conscious (mindful) state, we take an observer's point of view, with a curious and compassionate frame of mind.

Here's an example. Let's say you've been frustrated that you often seem to run late and end up stressed out as a result. Get curious about it, like a detective. Come out of any emotion, negative self-talk or 'stories' around the situation such as "I'm such an idiot. Why am I always running late? I hate it." Instead, ask, "I wonder what that's about?"

Observe what happens for you in those situations. You might realise that there's a part of you that sets yourself up to be late because that used to happen often as a child, so you picked up a belief of "We're always running late; There isn't enough time." By taking this curious, objective yet compassionate view point, you'll be able to identify through a little exploration, what belief is causing the behaviour.

Then, you can absolutely question and change beliefs. If a belief is causing you to suffer, it's a sure sign that you're believing something that

actually isn't true for you. Beliefs can be changed when you are deliberate about it, which brings us back to what I said above about your conscious vs unconscious mind.

Apart from beliefs, why do we get stuck in unhelpful habits? Why does change seem so hard? To break free from old patterns and self-sabbotage, requires that we understand how the brain works.

You see, the subconscious mind's job is to keep you safe, not happy. And even though it isn't logical, it thinks that change is dangerous. It loves repetition and keeping things the same.

Your brain and body are interrelated, and we also become literally addicted to certain states, even unhelpful ones. Ever notice some people seem to be addicted to worry/stress/ drama or gossip? Or just addicted to being miserable?

Again, even though it's not helpful, there is some kind of payoff that we get from every one of our unhelpful habits! When you experience certain thoughts (from your beliefs), these trigger emotions in your body. The brain releases chemicals into your body that can be addictive.

So, going back to the example of running late, it could be that part of you kind of thrives on (and is addicted to) the adrenalin rush that comes when you're racing around, even though it isn't healthy.

The following strategies offer ways to change limiting beliefs and habits. And they really work!

Kelly


A belief is just a thought
you keep thinking.
– ABRAHAM HICKS

BREAKING PATTERNS & BELIEFS - STRATEGIES

ONE

Set aside some uninterrupted time for quiet reflection. Get out a pen and paper. Bring to mind the negative emotion, belief or pattern in the conscious mind. Observe, staying objective, without going into any 'stories' about it.

Identify and notice everything about how the negative emotion, limiting belief or habit feels, the self-talk that goes with it and the way it plays out in your life. Admit fully to the part you've played in keeping this limiting habit in your life and "surrender" control, asking the universe for help in allowing you to release it.

Write affirmations for the new way of being, in the present tense. Read and say the affirmations over and over, especially first and last thing each day. "I Am" statements are powerful!

Meditate on the new state of being that you want to bring in to replace the old pattern. See with as much detail and positive emotion as you can. Experience it in your mind as if it's really happening to you right now. Feel gratitude. Give thanks and trust. Make it so real that you

get up from the practice feeling really different, as if you've just lived the vision! This whole process is something you need to commit to and practice (make it part of a meditative daily ritual) until you feel you've fully changed the old pattern).

TWO

Say "CHANGE!" when you observe that you're in the old pattern.

Consciously switch to the new desired behavior or way of being. Remind yourself that that was the "old" you.

THREE

Shift your state by changing the body – movement is the quickest and easiest way.

Shake it up; move your bod/ do a little dance or jump around!

FOUR

Use one of the "Power Poses" – Wonder Woman (standing proud, hands on hips) or Invincible (arms raised straight up above your head). Hold the pose for 5 minutes while focusing fully on the desired state of being.

FIVE

E.F.T. / Tapping

(instructions on Page 22)

SIX

The 5 Second Rule.

From the moment you have the idea or impulse of what you want to do, you have 5 seconds to take action before the subconscious talks you out of it. Count backwards from 5 to one and then GO. Take the first step. Do some actionable step – take action/ write it down/ say something out loud....something that will be the first step. By counting backwards from 5 to 1 you are activating the prefrontal cortex part of your brain which helps silence the subconscious part that talks you out of taking action on the idea.

See more here:
melrobbins.com/the-5-second-rule/

SEVEN

Fear Setting.

Get really specific about your fears to rob them of their power. Divide a sheet of paper into 3 columns with the following headings:

1. Worse case fear;
2. How to minimize the chance of this happening;
3. What I'll do if it does happen, to get back to where I am now.

For each thing you fear, articulate in words in the first column what you're actually afraid of, worse case scenario. Then complete the two other columns based on that fear. Continue doing this for each thing you fear. You'll then see that even if your worse case scenario played out, you would be ok.

www.youtube.com/watch?v=qfEAvRM-03k

EIGHT

State your fear out loud in the present moment as you anchor your vision on an object.

This helps to bring you into the present moment (fear does not live here) and to get clear on what you actually fear, rather than having it swim around in your head as random, interconnecting but often irrational thoughts. Then connect your breath with your heart centre. Place your hands on your heart and say, "and my heart says..." and listen for the answer that comes from your heart.

Part Two

Manifesting Your Desires

Within all of us is a divine capacity to manifest
all that we need and desire.

– WAYNE DYER

MANIFESTING YOUR DESIRES

The degree to which you have what you want in your life has a lot more to do with your beliefs and the energy or vibration you're in, and a lot less to do with circumstances and luck.

How deserving do you feel? Look around you at what you have in your life and you'll have your answer.

Often, without realising it, we push away the very things that we want, by focussing on the lack of what we want, rather than projecting a trusting, grateful energy.

The energy that attracts what we want is not about striving and yearning. It's the opposite. It's about letting go, allowing and trusting.

Here's my simplified method for attracting all that you desire into your life. The following steps are based on key universal principles, distilled from the best expert information in this field.

Kelly

KELLY'S 7 STEPS FOR USING MINDFULNESS & THE LAW OF ATTRACTION TO BRING ABOUT WHAT YOU WANT IN YOUR LIFE

ONE

Get crystal clear about what you want.

Write down a specific description of what you want in all areas of your life and review it often. Make sure your goals are actually what you really want – remember that goals are ultimately about a feeling that you're after, so consider first how you want to feel, then what you need to be, do or have to feel that way. Then you can come up with goals that are really authentic for you.

Write a detailed description of your ideal day, 3 years from now. Painting a crystal clear picture of how you'd like your life to look, with as much detail, positive emotions and imagery as you can, is a very powerful strategy when used with visualization.

TWO

Visualise (in meditation) what you want, with positive emotions.

Have a clear vision for what we want. When visualising, go into the feeling as if you already have what you want. See the detail with clarity. Feel into it, using as many senses as possible. Really embody

the positive emotions. Feel gratitude for it all, as if you already have it. The idea is that this little journey or daydream will feel so real that it's like you're actually living it. Do this often. Your very powerful subconscious mind does not know the difference between what you've imagined and what is real, so it will help you to make this picture a reality.

THREE

Let go of wanting.

That's right – once you've worked out what you want, you need to step out of wanting, which has a low-vibration energy of lack. When we're wanting, our focus is on what we don't have.

Release our desire to the universe. Let go of feeling any sense of frustration or desperation for what you want.

Be sure that you can be happy whether you get it or not – it's okay if it happens and it's okay if it doesn't. No desperation or clinging.

This is about letting go of attachment to any particular outcome. Let go.

FOUR

Focus on being happy & feeling good first to get what you want – not the other way around.

It's normal to think that if we can only get what we want, then we'll be happy. But in order to get universal energy working in our favour, we need to take full responsibility for our happiness right now, in our life right now.

When you're feeling happy and grateful for all that you have, the universe will match that high vibration with more good things for you. What you focus on increases.

How can we do this?

Raise your vibration, expand your energy!

Basically doing anything that makes you feel really good! Doing anything we enjoy – mindfulness, nature, exercise, laughing, creativity; yoga; meditation; ocean; good food; affirmations; gratitude...

Practise what it feels like to be in an expansive state, rather than contracted. If you can live your life mostly in this state, you'll have manifestation nailed! The words you use, the thoughts you think, the way you take care of your body, mind and

spirit all have a direct effect on whether you're in an expansive or contracted vibrational energy.

Mindfulness will make you so much more aware of your thoughts and words so that you can catch and counteract negative thoughts with positive ones.

What you focus on increases! If you're focusing on what doesn't please you in your life, you'll attract more of that. Water the tree of positivity not negativity, complaining and blaming. . Focus on what you do want, rather than what you don't want.

You must be grateful now with what you already have in order to attract more of your desires. We're so good at paying lots of attention to the faults, to the little annoyances, to all the things in our life that we want to make better or fix Change that habit and make gratitude a huge part of your daily life.

FIVE

Tell a different story of your life.

Work on your beliefs about your worthiness. Look deeply at your sense of deserving, your sense of worth. We don't get what we deserve, we get what we believe we deserve. What needs healing in this area?

Notice any feelings of discomfort or resistance that comes up when you focus on taking steps toward your desires – these are signs of limiting beliefs that need to be released. Notice uncomfortable emotions. Don't resist them or try to push them away. Allow them to be there. Bring them into the light and sit with them to allow them release.

Seek help if necessary to clear strong persistent limiting beliefs or blocks.

SIX

Act and move towards your desires.

Simply imagining your desires will not make them fall into your lap. It's your responsibility to go and make the life you desire. What do you need to do to feel how you want to feel?

But be careful here not to resort to a pushing and striving state of being. Be guided by your inner voice to take inspired steps each day toward your dreams. Follow what feels right for you moment to moment.

SEVEN

Trust and Stay Open

Let go of trying to control how your desire will manifest. Just expect that it will, with an attitude of full confidence.

Be open to possibilities that you never expected. Expect to be surprised.

Stay focussed on the big picture and trust. Surrender the how and the when to the universe.

Everything is energy and that is all there is to it.
Match the frequency of the reality you want and you
cannot help but get the reality. It can be no other way.
This is not philosophy. It's physics.

– ALBERT EINSTEIN

Part Three

Managing Your Energy & Emotions

Your work is to tend to your own
energy balance and when you do, your world
will come into perfect alignment.

– ABRAHAM HICKS



Everything is energy. We are energetic beings and all that's around us is energy. Sometimes, when you're feeling out of sorts, it may not even be from you, but something you've picked up from others. It's liberating and empowering to have a toolkit of resources that you know you can tap into any time you need to protect, change or clear your energy.

To better manage your energy and emotions, it's really important to understand how very powerful your thoughts are, and how closely related your thoughts are to your feelings. With some understanding of how your brain works, you'll know that you can choose better-feeling thoughts.

We become so convinced that it's what's happening that is the problem. That belief keeps us stuck, victims to the mercy of things going the way we want. When you really understand that it's only your thoughts, not what's happening, that's causing you to suffer, you then have the power to take responsibility for your thoughts – the key to your freedom.

Kelly

MANAGING YOUR ENERGY & EMOTIONS – STRATEGIES

LEARN & PRACTISE

Learn and practise ways to raise your vibration.

Be aware of the huge role that your diet plays in your energy. The more you practise self-awareness through mindfulness, the more you should become aware of how good you feel when you eat clean, and how yuk you may feel when you don't! Learn what energises you and what drains your energy.

Do a chakra clearing meditation regularly.

GROUND

Ground: stand on the floor (or preferably on the ground with bare feet).

Notice the connection of your feet on the ground. Imagine you have roots extending from the soles of your feet, deep down into the earth. Feel your energy moving down through your body and into the earth, imagine you're sending your energy down deeper and deeper. Now imagine you're drawing the earth's energy up through those roots. Feel the energy as it moves up through your body and breathe into this energy.

When you feel you need protection from negative energy from others, simply visualise a cylinder around yourself filled with yellow stars and say to the person (in your mind) "You're not invited in."

When you feel you need to raise your energy level, try simply visualising that you're breathing yellow light into your solar plexus chakra, all the way in. Focus on this for a few breaths; more if you think you need it.

BREATHING

Use breathing to bring change: Breathe out to release what you don't want; breathe in to bring in what you want.

If you have a bad feeling or pain that's bothering you a lot, first bring your attention to it. Notice where you feel it in your body and simply breathe into it. Continue to focus on the part of your body that's holding the discomfort and focus on breathing softness and relaxation into that part until it feels better.

Another very powerful strategy is to list all the positive benefits of the problem that's bothering you. This may involve quite a bit of delving and thinking outside the square to recognize how you've actually benefited from this person or problem. If it's a person, you also need to list how you've actually exhibited all of those negative traits yourself. This is a very liberating experience, which takes us out of judgement and allows us to see the perfect balance of positive and negative that exists in everything. It also allows us to realize how connected we all are and that we can neither blame nor take credit for the negative and positives. Love others and love yourself for the dark and the light side.

EFT

Use EFT to shift blocks or emotions. EFT is one of my favourite modalities because of how simply you can do it yourself and it really works. Of course, there may be situations where you still need an experienced practitioner to work with you.

(See EFT information Page 22)

HOW TO APPLY EFT STEP BY STEP

BASIC TAPPING SEQUENCE FOR ANXIETY

As discussed, Tapping can be used for everything – try it on everything!

In this example, we'll focus on general anxiety. Try it now with this initial sequence.

Here's how a basic Tapping sequence works:

Identify the problem you want to focus on. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.

Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest.

EFT

COMPOSE YOUR SET UP STATEMENT

Your set up statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

"Even though I feel this anxiety, I deeply and completely accept myself."

"Even though I'm anxious about my interview, I deeply and completely accept myself."

"Even though I'm feeling this anxiety about my financial situation, I deeply and completely accept myself."

"Even though I panic when I think about _____, I deeply and completely accept myself."

"Even though I'm worried about how to approach my boss, I deeply and completely accept myself."

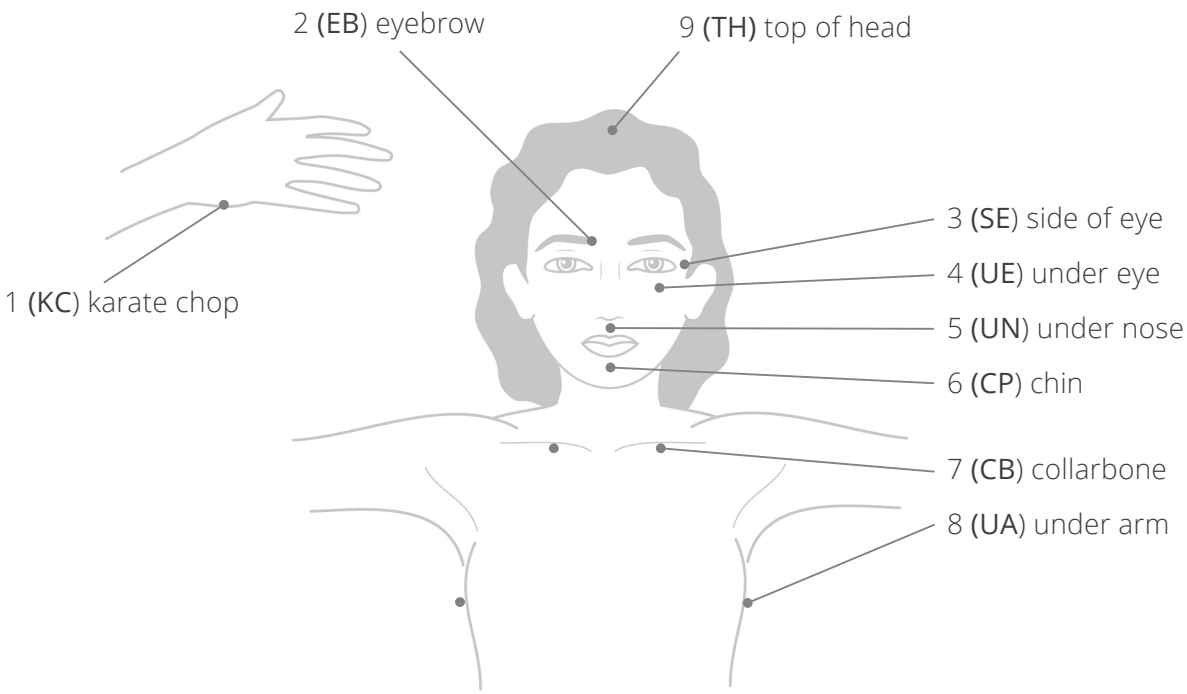
"Even though I'm having trouble breathing, I deeply and completely accept myself."

PERFORM THE SET UP

With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

Repeat the set up statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

EFT



HEAD (TH)
The crown, center and top of the head. Tap with all four fingers on both hands.

EYEBROW (EB)
The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

SIDE OF EYE (SE)
The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

UNDER EYE (UE)
The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

UNDER NOSE (UN)
The point centered between the bottom of the nose and the upper lip. Use two fingers.

CHIN (CP)
This point is right beneath the previous one, and is centered between the bottom of the lower lip and the chin.

COLLARBONE (CB)
Tap just below the hard ridge of your collarbone with four fingers.

UNDERARM (UA)
On your side, about four inches beneath the armpit. Use four fingers.

HEAD (TH)
And back where you started, to complete the sequence.

EFT

GET READY TO BEGIN TAPPING!

Here are some tips to help you achieve the right technique:

You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.

You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around the eyes, you can use just two.

Tap with your fingertips, not your fingernails. The sound will be round and mellow.

The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

Now, tap 5-7 times each on the remaining eight points in the following sequence:

As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my interview" or "my financial situation."

Now take another deep breath!

Now that you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.

If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement

to take into account your efforts to fix the problem, and your desire for continued progress. "Even though I have some remaining anxiety, I deeply and completely accept myself." "Even though I'm still a little worried about this interview, I deeply and completely accept myself." And so on.

Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead.

NOTE

This approach is different from traditional "positive thinking." You're not being dishonest with yourself. You're not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you've confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and your self. Now, you're turning your thoughts and vibrations to the powerful and positive. That's what makes Tapping so much more effective than the "positive thinking" techniques that many of you have already tried. It's not just a mental trick; instead, you're using these positive phrases and tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you. You're actually changing your body's energy into a more positive flow, a more positive vibration.

HERE ARE SOME EXAMPLE PHRASES TO GUIDE YOU:

"I have faith in my ability to change."

"I am joyful about these positive changes."

EFT

"I am accomplishing so much."

"I enjoy the calm and peace that I have."

"I love the person that I am."

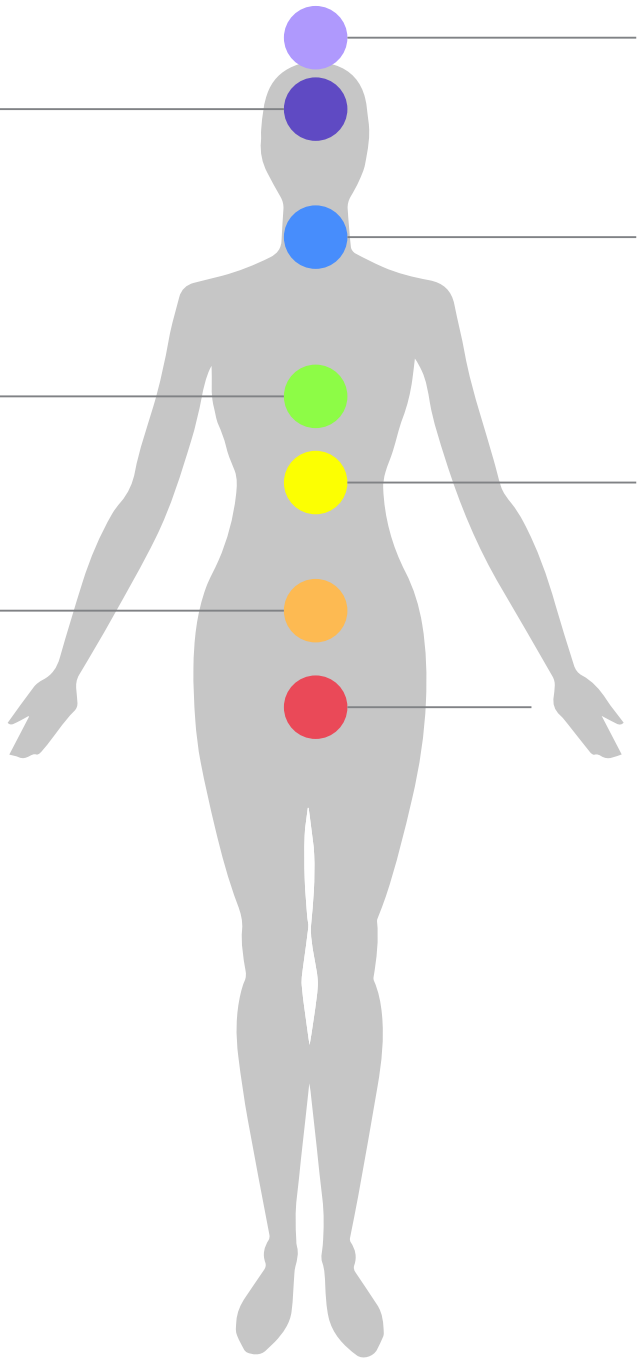
"I am becoming a more relaxed and joyful person."

You can use these positive phrases with the same tapping points and sequences described above.

Congratulations! You've completed your first Tapping sequence.

Source: www.thetappingsolution.com

A SIMPLE CHAKRA CHART



7th Chakra
CROWN
Color: Violet
Inspiration

6th Chakra
THIRD EYE
Color: Indigo
Clear Vision

5th Chakra
THROAT
Color: Sky Blue
Clear Communication

4th Chakra
HEART
Color: Green
Pure Love

3rd Chakra
SOLAR PLEXUS
Color: Yellow
Power Center

2nd Chakra
SACRAL
Color: Orange
Creativity /Sexuality

1st Chakra
ROOT OR BASE
Color: Red
Survival/ Grounding

As long as you think that the cause of your problem is "out there"—as long as you think that anyone or anything is responsible for your suffering—the situation is hopeless. It means that you are forever in the role of victim, that you're suffering in paradise.

– BYRON KATIE

Part Four

Meditation Tips - keep it simple because it is!

Generally we waste our lives, distracted from our true selves, in endless activity. Meditation is the way to bring us back to ourselves, where we can really experience and taste our full being.

– SOGYAL RINPOCHE

MEDITATION

Scientifically Proven Benefits of Meditation

Better focus
Less anxiety
Enhanced creativity
More compassion
Better memory
Less stress
More positive emotions (i.e. happiness!)
Emotional balance
Heightened focus during daily life
Reduces decline in cognitive functioning with age
Increased immunity: Disease fighting genes are activated (genes that help fight inflammation, kill diseased cells, repairs cells and tissue and protect the body from cancer)
Healthier hormone levels
Lower blood pressure

With all of those benefits, why on earth *wouldn't* you meditate?

Meditation isn't about trying – it's the opposite of trying! It's about allowing and surrendering, letting go. This can seem very weird if you're so used to being in control and putting effort into all you do. It's such a wonderful feeling that once you start to practise, becomes something that you want to keep going back to – like a healthy kind of addiction!

Obviously the first thing to do is get very comfortable. Then set an intention for what the focus of your meditation will be. That's all meditation really is – focussing your attention on one thing, which gradually calms and stills the mind and busy thoughts. It can be as simple as just focussing on your breath. There are some more ideas below.

An important key is in allowing rather than resisting thoughts that come up. Don't try to push out thoughts that come up. Be aware of thoughts that come into your mind from an observer's point of view rather than being caught up in them. Gently bring your awareness back to what you are focussing on, simply "favouring" the meditation over the other thoughts.

Guided meditation is a wonderful way to go, because you have a voice to guide you, rather than going it alone, which can feel really difficult, especially as a beginner. You can get my Body and Soul meditation album here:

My Soul Space membership also provides a new meditation download every week.

Kelly



BE STILL
RELAX
PAY ATTENTION

Imagine yourself as a mountain and your thoughts are the clouds.

Be the silent observer - simply noticing them and allowing them to pass. If you notice you've got caught up in a thought, simply release it and return to your state of observing without judgement.

Some points of focus:

YOUR BREATH	MUSIC
BODY SCAN	A GUIDED MEDITATION
MANTRA	MOVEMENT
VISUALISATION	A MENTAL IMAGE – EG BREATHING IN A COLOUR
A PHYSICAL OBJECT – EG A CANDLE OR A TREE	YOUR CHAKRAS

If you're "trying" to meditate you're probably not doing it right!

Practise that feeling of just "letting go"/ "surrendering".

Part Five

Being Present— Mind Full, or Mindful?

The present moment is filled with joy and happiness.
If you are attentive, you will see it.

– THÍCH NHẤT HẠNH

BEING PRESENT

Mindfulness is "the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment" (Wikipedia)

Being present (mindfulness) is the answer to our problems! It's necessary for 3 important reasons:

1. It's the best solution for stress, worry, pain and any other uncomfortable feelings.
2. It allows us to respond to situations, instead of reacting.
3. It allows us to enjoy life fully – in the present - which is the only moment we ever actually have. When we are "checked out" mentally, in auto-pilot state, we miss the wonder and joy that's available to us in the moment.

Our minds tend to try and resist being in the present moment, as if we need to escape it in order to escape pain. But doing this simply causes more pain! When we're suffering, the best way to release the suffering is actually to go within and mindfully observe the discomfort. Notice how we are feeling in our body. Breathe into it. Only then can we release it.

Learning mindfulness involves bringing the mind back to details of the present moment, acknowledging it, and accepting it. Practicing this in regular times of meditation, during any everyday activity and also in times of stress can help you keep your focus more and more in the present moment.

Be aware that when you're overwhelmed or worried, you're simply not being mindful. Your mind is in the past or the future.

Kelly

3 WAYS TO BE PRESENT

These strategies will help you to practise being present, also known as mindfulness.

This is truly the best way to live and allows you to no longer be trapped in your thoughts but instead enjoy being in the moment - the only thing we ever really have.

This involves tapping into your conscious awareness and going beyond your thoughts. It's a way of being and feeling and is easier to learn by practising, rather than in the explanation of it, as a mental concept. The mind will try to pull you into thinking about these practices, rather than actually engaging in them. Remember, engage in being present, rather than thinking about being present!

As soon as you start making judgements about what's happening, you're no longer being present. Anchor back to one of the three strategies.

ONE
BE IN YOUR BODY

Drop your awareness into your body. Out of thinking and into feeling. Be with your breath. Notice feelings and sensations in the body. We can otherwise spend

so much time caught up in our minds that we ignore the body. The benefits of making a habit of this very simple practise are priceless.

TWO

BE FULLY AWARE OF WHAT YOU'RE DOING

Be conscious of what you are doing, noticing the details of each little step. For example, if you're washing dishes, be aware of what your hands are doing as you pick up each plate. Notice what you see (without needing to find words in your mind for what you notice). The feeling of the warm water on your hands, the sounds, the bubbles in the water, the feeling of your feet on the floor. Feeling and noticing details, without the mind chatter.

THREE

E.O.A.
EASY OPEN AWARENESS

Embodying this feeling of expansion is the way that you'll connect with your higher self; you intuition and quickly manifest your hearts desires.

EASY

Easy – no trying or effort, feels soft and easy.

OPEN

Open – an expansive feeling in your own body, energy and all that's around you. A feeling of openness and expansiveness. Open to allowing everything to be as it is wit out judgement. Open to possibilities. While you gaze ahead, you're also aware of what's in your peripheral vision. When you do the same with your eyes closed, you can still have a similar kind of open, expansive awareness.

AWARENESS

Awareness – deliberately noticing, paying close attention to yourself and what's around you. No need to think about it or label your experiences. (Like a newborn baby, taking it in, fully aware, but no voice in your head)

When you notice that you're caught up in your thoughts, don't be discouraged. Instead, rest assured that your noticing was a moment of awareness. Then, you simply go back to EOA and notice, with acceptance and allowing what's going on around you and/or within you.

Part Six

How to Practise Self-Love

Do you want to meet the love of your life?
Look in the mirror.

– BYRON KATIE



HOW TO PRACTISE SELF-LOVE

Self-love is absolutely essential if you want to have peace and happiness, but most of us grow up not understanding the importance of self-love, let alone how to practise it.

When you love yourself, you're able to enjoy wonderful relationships because you're not coming from a needy place that's seeking to be loved. You'll approach relationships from an already full heart, bringing the very best of yourself. You're connected to your authenticity because you already are love at your core. From this place, you have so much more love to give.

Remember that self-love is your responsibility, it isn't selfish (quite the opposite) and it's an inside-job.

The best way for you to know how your self-love practise is going, is to look at the way you're feeling towards others. Criticism, jealousy and other negative feelings towards others, indicate that you've fallen off the self-love wagon. That's ok, it's a practise. Just get back on and keep going.

Another great barometer is the extent to which you seek love from others. Are you making choices that aren't really your preference, in order to please others?

The following is a list of ways to practise self-love.

Kelly

HOW TO PRACTISE SELF-LOVE

Every day, connect with your heart centre.

Breathe in unconditional love. Speak kindly and lovingly to yourself without holding back. Pivot all negative talk you notice, switching it to words of radical self-love.

Believe that self-love is for the greater good of all.

Release any old limiting beliefs that self-love is selfish and accept the importance of really loving and caring for yourself. Not doing so breeds resentment, unhappiness and illness. We can only truly love others to the best of our ability if we love ourselves. You will love others more, judge less and draw in more love from others.

Take full responsibility for your own love and happiness, rather than seeking it from others.

You will then attract more love and feel more love for others!

Take care of your body, your time, your space and your finances.

When you ignore these aspects you're affirming that you're not worth taking care of.

Get emotionally honest.

Let of go of numbing your feelings. Shopping, eating, and drinking are examples of avoiding discomfort, sadness, and pain. Mindfully breathe your way through your feelings and emotions.

Become willing to surrender.

Breathe, relax, and let go. You can never see the whole picture. Stop fighting against yourself by thinking and desiring people and events in your life should be different. Your plan may be different from your soul's intentions. The need to control things and others is based in fear. Love is the opposite of fear. Turn your attention inward and mindfully respond, rather than reacting. This is self-control, the only kind of control we need to be concerned with.

Allow Yourself to be Happy.

Recognise where you're holding yourself back by denying your happiness in self-sabbotage.

Discover the power of fun.

Self-love requires time to relax, play, and create face-to-face interaction with others. Our fast-paced world creates a goal setting, competitive craziness that doesn't leave room for play. Dr. Stuart Brow says, "The opposite of play isn't work, it is depression."

Begin your day with love (not technology).

Remind yourself of your worthiness before getting out of bed. Breathe in love and breathe out love. Enfold yourself in light. Saturate your being in love. Then expand this love out to your loved ones.

Take time to mediate and journal.

Spend time focusing inward daily. Begin with 5 minutes of meditation and 5 minutes of journaling each morning. Gradually increase this time.

Talk yourself happy.

Use affirmations to train your mind to become more positive. Pivot (turn around) negative self-talk when you notice it. This becomes easier with mindfulness.

Enjoy life enhancing activities.

Find exercise you like. Discover healthy foods that are good for you. Turn off technology for a day and spend time doing things that make you feel alive. Expand your interests. Try something new. Learn a language. Go places you've never been. Do things you haven't done before. You have a right to an awesome life.

Work on personal and spiritual development.

Life is a journey. We are here to learn and love on a deeper level. One step at a time is enough to proceed forward.

Own your potential.

Love yourself enough to believe in the limitless opportunities available to you. Take action and create a beautiful life for yourself.

Be patient with yourself.

Let go of urgency and fear. Relax and transform striving into thriving. Trust in yourself, do good work, and the Universe will reward you.

Live in appreciation.

Train your mind to be grateful. Appreciate your talents, beauty, and brilliance. Love your imperfectly perfect self.

Be guided by your intuition.

All answers come from within. Look for signs and pay attention to your gut feelings. You'll hear two inner voices when you need to make a decision. The quiet voice is your higher self; the loud voice is your ego. Always go with the quieter voice.

Do what honors and respects you.

Don't participate in activities that bring you down. Love everyone, but be discerning on who you allow into your life.

Accept uncertainty.

Suffering comes from living in the pain of the past or the fear of the future. Put your attention on the present moment and be at peace.

Be real.

Speak up and speak out. Allow yourself to be seen, known, and heard. Get comfortable with intimacy (in-to-me-see).

Become aware of self-neglect and rejection.

Become conscious of your choices. Ask yourself several times throughout the day, "Does this choice honor me?"

Imagine what your life would look like if you believed in your worth.

Dedicate your life to loving you.
Make it your main event.

Align your self worth with just BEING you, rather than in what you DO or HAVE.

You're a human being not a human doing!

Practise mindfulness and self-awareness and learn ways to raise your vibration.

As you become more tuned-in to your body and its energy, find and practise ways of raising your vibration to feel fantastic. With mindful self-awareness you will become increasingly aware of the inter-connectedness of your mind, body and emotions and be able to skillfully manage your feelings (true self-control).

Seeking love keeps you from the awareness
that you already have it – that you already are it.

– BYRON KATIE

Part Seven

Happiness Formula

"Happiness is a skill and a habit. Cultivate it."



HAPPINESS FORMULA

Everyone wants happiness, but we tend to go through life without much clue of how to get it. Your powerful mind, and society, gives us the message that it's outside of you, so we're in a constant state of grasping for something we can never attain.

The following steps are a powerful summary of what it takes to be truly peaceful and happy. It's important that we're aware of what stops us having peace and happiness (what we need to stop doing), as well as what we need to do.

Anybody could skim through these steps and think, "yes, I know, I've heard this before". But are you putting it into action? It's simple but it isn't always easy, because our minds can keep us in a constant state of grasping for pleasure and pushing away pain, thinking that the answers are outside of you. But the answers really are right here, in a nutshell. If you can live according to these steps, you will be peaceful, happy and free and your life will suddenly seem so wonderful.

Kelly

HAPPINESS FORMULA

ONE

BE HAPPY FOR NO REASON.

Stop needing things to be a certain way in order to feel peaceful and happy, because that approach simply doesn't work. Tap into the peace and happiness within you.

Happiness and peace are cultivated by you. It's a choice and a skill to develop them. They do not exist outside of you, so stop searching and tap in.

Your external reality is a reflection of your internal, so stop living as though it's the other way around (seeking to make life the way you want so you can feel good on the inside).

TWO

THIS MOMENT.

Make space for it. Know how to come out of your head and into your heart. Peace and joy is in the present. Stop trying to escape the present or wishing it were different. Quit the unrealistic and limiting belief that you're in control and that life shouldn't have challenges.

THREE

BE IN YOUR POWER VS BEING A VICTIM.

Take full responsibility for your own happiness and quit the "poor me" thinking. Quit trying to control what isn't in your power or your business to control.

FOUR

LOVE YOURSELF.

Truly and deeply. It's your job. Take responsibility for loving you and stop seeking it outside of yourself. Self-love is a practice and an important aspect of it is getting to know your true, authentic self, your soul or "spiritual side".

We are mind, body and spirit. Ignoring the spiritual aspect will leave us out of alignment, with a frustrated feeling that something is missing. Being in touch with our spirit guides us to make choices that are right for us, every time, and point us to our gifts and life purpose.

FIVE

TRAIN YOURSELF TO SHIFT FROM A NEGATIVITY BIAS TO A POSITIVITY BIAS.

Live in a constant state of gratitude. Accept the truth that life is meant to have challenges, stop thinking it's less than perfect because things don't go the way you planned.

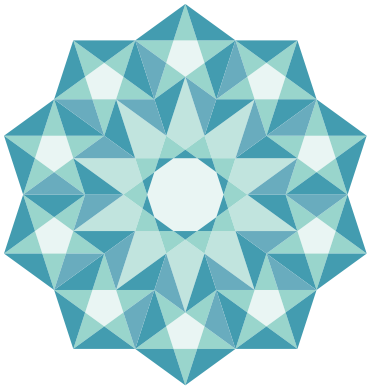
SIX

LIVE ON PURPOSE.

Identify your values and authentic desires and live consciously according to them.

Question and change any beliefs that are stopping you from living authentically in your truth. This is about living consciously – identify your values and set daily intentions about how you want to feel and show up in the world!


Life is here and now.
Live it!
– KELLY HINE



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