

RELAXATION TIPS

Intuition - 1



SIMPLICITY
LIFE COACHING

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Meditation can calm your mind, relax your body and soothe your spirit. Anyone can select a meditation technique that fits their lifestyle and belief system, so here are some suggestions to get you started:

Immediate

- ☞ When making a decision, try imagining a simple "Yes/No" meter. This could be an on-off switch, a dial, a traffic light or even different colours. **Make sure** you can clearly see "Yes" and "No".
- ☞ Now test it by asking yourself some questions with clear yes/no answers eg. "Do I have blue eyes?" or "Do I live in Canada?". Then try some questions where you don't know the answer.
- ☞ With practice you can use your "Yes/No Meter" even in tough or stressful situations.

Five minutes

- ☞ Find a quiet place and get comfortable by placing both feet on the ground and closing your eyes.
- ☞ Focus on your breathing for a few moments and then imagine you are in a long corridor with clean and blank walls all the way down.
- ☞ Slowly walk along until you come to an opening in the wall. Go through this opening and notice you are in a safe, quiet space that is just for you.
- ☞ When you are ready you will become aware of another presence in your space. Ask any questions you may have and wait for the answers – they will come.
- ☞ This is your intuition and you can return to this place any time you like.

Incorporate into everyday life

- ☞ Another way to access your intuition, especially on smaller things, is to ask yourself a question before you start to clean your teeth.
- ☞ Take a few deep breaths and then focus your mind and energy 100% on cleaning your teeth, the repetitive movements, how the brush feels, how the toothpaste tastes and smells. Just allow your mind to relax and process the question in the background.
- ☞ Maybe the answer will come to you then. If not, ask the question again next time you clean your teeth until you get an answer.

Meditation is simple and free and only requires your time and effort. If you're interested in achieving inner peace, give meditation a try and **keep trying**. Start with 5 minutes and work up to 15 or 20 minutes at a time. Remember it gets easier with practice.

GEM

"Be the change you want to see in the world" *Ghandi*

Simplicity Life Coaching Ltd.

Contact: Emma-Louise Elsey

Phone: (604) 990-9068

Email: emma@simplicitylifecoaching.com

NB. Do not practice meditation while your attention is required elsewhere, like driving a car or operating machinery.