

RELAXATION TIPS

Intuition - 2



SIMPLICITY
LIFE COACHING

Find the joy and let go of the struggle!

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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

- ☞ Next time you're making a decision, try turning your attention within and notice what your intuition may be telling you. Not facts, you're looking for a feeling, a sense, a gut instinct.
- ☞ Is there any unresolved energy or a feeling of discomfort? If so, you may need to clarify the situation, ask more questions, change how you approach the decision.
- ☞ When you consider the choices you could make, how do you feel? Positive ones give you positive energy and strength. Negative choices leave you with doubts, a feeling of weakness.

Five minutes

- ☞ Try stopping a few times each day and observing yourself for a few minutes.
- ☞ Notice your actions, become mindful of your thoughts, feelings, your inner essence.
- ☞ Repeat this until you feel calm and relaxed and ready to continue with your day.
- ☞ Now BE you. Choose to come from a centred place of calm. Decide to act in accordance with the wisdom already within you (come from a place of deep knowing).

Incorporate into everyday life

- ☞ Next time you're doing something repetitive, maybe walking, on the treadmill or folding laundry, picks something that has been bothering you and ask yourself a question.
- ☞ Now just focus on the repetition of what you are doing being in the present moment. Do it slowly and easily, letting the repetition lead your mind to relax.
- ☞ Breathe, focus and relax, making a mental note of the insights that come to you that might help. What actions could you take, who do you need to be to solve this problem?
- ☞ Finally, take a deep breath, allowing it to energize you.

Meditation is simple and free! It 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

"Good instincts usually tell you what to do before your head has figured it out."

Michael Burke

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