



# 5 Tips for Peace & Presence



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- \*Morning Routine
- \*Gratitude
- \*#movemybody30
- \*Nature/ Grounding
- \*Meditation





1

# Morning Routine

Every morning when I wake up I take a moment and lay in bed and visualize my connection to my higher self and Source energy. I often see myself “plugged in” to Source energetically from my crown or heart chakra. Once I’m connected, I first give gratitude for another opportunity for life and then I request support from Archangel Michael to help me maintain my energy throughout the day. This helps me be an observer to happenings around me rather than an absorber. I imagine a blue bubble of protection surrounding my energy field. I also intentionally open my heart chakra and proclaim my willingness to be open to receive angelic support and trust that my prayers are answered. Finally, I request guidance to be of service to those who need my energy and give thanks for the assistance. Then, I get out of bed and begin my day knowing I’m supported. I might add this all happens before I scroll on my phone or turn on a television. It is literally the first thing I do as soon as I’m conscious and awake!








## 2

# Gratitude

Gratitude is the quality of being thankful, and a readiness to show appreciation for and to return kindness. To be grateful implies a state of acceptance and self-contentment of life as it flows. Gratitude is also the expression of appreciation for what is rather than what one desires it to be and is a recognition of value not determined by money. We can all use more gratitude in our lives! My favorite way to incorporate gratitude into my daily life is with a Gratitude Journal where I consistently take time to become aware of the things in my life that add value and give them recognition. Sometimes it can be as simple as 'waking up' if I'm really struggling or it could be a 'new business opportunity.' Big or small, the feeling in the body is the same and will encourage the Universe to give you more of what you desire. Another trick is to find the positive in the situation. Sometimes you may have to dig deep, but there is always a gift or a lesson in every experience. Once you're able to feel into the value, the vibration will shift and the density lessen. One tool I used with my boys when they were struggling with negative self-talk, would be to always ask them to share the positives too. Three positives for one negative comment helps moves the energy!







## #Movemybody30

Our Spirit's are contained in these marvelous bodies and if you're like me, you've spent your life unhappy with the one you've been given. We need to shift our mindset on this topic as our bodies are truly our very best friend on this life journey. Your body believes everything your mind tells it, so don't you think it's time to start speaking to it with love! For a long time, I advised my body that it was sick, tired and inactive but what I didn't understand was that the more I affirmed those things, the more my body answered in ways that confirmed I was correct. Whoa! That was not working the way I had intended. Now, I understand the divine relationship with mind, body and Spirit and I CHOOSE to fill my body with unconditional love and support. Last year, I vowed to move my body a minimum of thirty minutes every single day and I gained more than I ever understood. For the first time in my life, I was proud and confident, and realized the exercise was more for my mind and that my body and Spirit were the benefactors. It's been a big win-win and I only wish it would not have taken me so long to learn. Join me on my Happy Hour Healing page where I post my daily movement photos and join the #movemybody30 challenge today!





## Nature /Grounding

Who knew Earthing was a thing! I would have previously laughed at such a tip but now I feel called to get outside often to soak up the vitamin D and warmth of the sun and connect the soles of my feet with the earth. The ways to ground are endless and depend on your interests and location, such as doing yoga in the park, taking a hike, strolling the beach barefoot, swimming in a body of water, or skipping rocks at the lake. Anything that connects your skin to the great outdoors! And did you know that grounding can reduce inflammation and cortisol in the body, increase energy and physical healing, and decrease pain and restore balance? Taking a few moments to step outside to connect and recharge will shift your vibration and bring you back to mindfulness. Mother Nature is a divine and gentle teacher if we can become still and silent. And my favorite trick is to combine my #movemybody and nature to get the benefits of both at the same time!





# 5

# Meditation

I know! Everybody's talking about it and it's kind of trendy! That's true and it works. I've been meditating daily for a couple years now and it's by the far the fastest way I've found to come into alignment and be present. The ego likes to make up stories about how difficult the practice is but the trick is quieting the mind. One doesn't need to find the sweet spot, rather one needs to practice patience while the thoughts and stories of the mind disappear. It takes time and only gets easier with practice. Two years ago while visiting Thailand, I talked meditation with a Buddhist monk who affirmed there is no wrong way to meditate and it can be different for everyone. Personally, I love walking meditations because it gives my mind something to focus on while my Spirit unfolds and intuition opens up. In the beginning, I used several different guided meditations that can be found on the internet and apps to support me on the journey into enlightenment but with a regular practice I am able to quickly drop in now. Start small and give yourself just a couple minutes of silence and stillness and build up to longer sessions. As the thoughts come, don't push them away rather allow them to pass by you without going in to any stories. This my friend, is the beginning of meditation.