

7 Simple Steps to Spiritual Well-Being

These 7 steps correspond with your 7 chakras. In just minutes a day, each step will help to balance, align, sooth and heal your overall chakra system providing you with daily support, nurturing energy and unconditional love.

1. Slow Down
2. Be Present
3. Bless everything you take into your body
4. Give compliments to yourself and others
5. Speak kind words
6. Spend time outdoors
7. Pray

1. **Slow Down.** This is about grounding and is the foundation for each of the other steps. Related to the root chakra located near your tail bone when you feel you never have enough of anything or are running out of time to do more, experience more or accomplish more, you enter into the drama of rushing. When you slow down you give yourself a chance to absorb, to be calm, and to gain perspective. You allow yourself to breathe, let down your shoulders, release stress and let yourself off the hook. The very best way to do this is to begin each morning with Meditation. Just 10 minutes of meditation a day will dramatically calm your ego/fear-mind and will bring you into alignment with your higher self and your inner divinity. Spending time in this peaceful place will allow you to live from the heart, release fears and concerns, and bring you into balance with your soul. If meditation is not something you are ready to embrace, start by picking one thing you will do slowly each day: eat a meal, wash the dishes, drive to work, or simply take a moment to sit down!
2. **Be Present.** This is about fully enjoying the moments that make life worth living. Related to the sacral chakra located in your lower abdomen when you do not fully engage in the pleasure and experience of each moment and/or each interaction with others, you block your ability to receive and create. When you are not fully present you literally rob yourself of the joy of satisfaction and confidence. When you find your thoughts slipping into the past or find yourself spending too much time in your dreams for the future, stop and get present. Ask yourself where you are today and how you can be happy now. See what is in front of you and remember that each part of your day is equally important and each activity is valuable as an expression of your self whether it is making dinner, taking out the trash, making money or making love. Our fear mind lives in the past and the future. Our true self only lives in the present moment because that is all that's possible. Staying in

tune with your true self will help to bring about inner peace, joy and calm appropriate action!

3. Bless everything you take into your body – This is about self-nurturing. Related to the solar plexus chakra located between your navel and the base of your sternum when you continually do for others without taking proper care of yourself, you become emotionally and spiritually spent. When you give your energy away and make everyone else's needs more important than yours, you lose your sense of self, begin to feel insignificant and eventually start asking, "What about me?" It can be difficult to make time in your day to refuel your spirit and personal energy. You have the power to renew your energy by blessing your food, water, shower and bathwater with healing and loving light. When you ingest food and water with this loving light you will be infused with it! You can begin to heal yourself from the inside out with this beautiful and easy to deliver divine energy. Each time you bless your food, water, shower or bathwater you raise the vibrational level of these substances to have more energy and unconditional love. You can nurture yourself throughout the day just by blessing everything that goes into your body. Simply place your dominant hand over your food, drink etc. and recite any blessing you prefer. A simple one is, "I bless this _____ with the healing energy of God's unconditional love. Amen!"
4. Give compliments to yourself and others – This is about love, compassion, and connection. Related to the heart chakra located in the center of the chest giving compliments is the best way to connect with yourself and others in a loving, compassionate way. This will instantly lift your mood, lighten your step and allow you to align everyday with your true values. Isolation and negative thinking bring about feelings of low self-esteem, loneliness and unworthiness. When you give love and compassion your heart opens and floods you with sweetness, contentment, and joy. Connecting to others and self in a positive way is a crucial component to your spiritual health. We are here to love and giving compliments is something we can do for everyone. Look in the mirror and praise yourself about absolutely anything and then sincerely compliment others throughout your day. This practice will deliver smiles all around which is strong medicine!
5. Speak kind words. This is about dropping judgement. Related to the throat chakra located at the base of the neck when you speak harshly you drop immediately into judgement. Using harsh words demeans your spirit, leads to feelings of not being good enough and leads to the inability to achieve your goals. When you don't convey your true feelings in a kind and compassionate way, anger and frustration can build up which further blocks your ability to express yourself honestly and sincerely. This is about taking responsibility for how you truly feel and expressing yourself in a way that does not diminish yourself or others. Words have power. The vibrations of your words can greatly impact you and others either negatively or positively.

Loving, kind and caring words have high vibration. Rough, profane, uncaring words have low vibration. Choose wisely!

6. Spend time outdoors. This is about cleansing your aura and developing your intuition. Related to the third eye chakra located in the middle of the forehead slightly above and between the eyebrows when you spend too much time indoors, your aura becomes clogged and dirty and your intuition weakens allowing fear and negative thinking to grow out of proportion. Simply stepping outside to breathe the air, gaze at a tree, or walk through the grass begins the process of cleaning out your aura. Spending too much time indoors with the negative, low vibration of the television, appliances, cell phones, radios, and stagnant energy can overwhelm your system, lower your vibration, elevate fear and cause mental sluggishness, depression, and low self-esteem. Buildings and cars trap energy and block flow. Our intuition is a subtle voice, sound, feeling or thought that can be easily drowned out by fear, stagnant dull energy, and low vibration. Nature takes negative energy from us gladly and puts us back in balance with the flow of life. Nature willingly and lovingly cleans, heals and restores us without effort. Spending just 15 minutes a day outdoors fosters wholeness, wellness, balance and the ability to allow your dreams to come to fruition!
7. Pray. This is about self-acceptance, self-love and surrendering. Related to the crown chakra located at the top of the head when the feeling of being “looked out after” is absent depression and obsessive thinking move in. Praying is a powerful step to developing a conscious fusion with the Divine and getting in touch with the unconditional self-love and self-acceptance that is already inside of you. Asking God for help instantly transports you into gratitude, humility and self-esteem. It is the ultimate way to project to the universe that you are worthy of everything life has to offer and you are ready to receive. Praying is also a daily acknowledgment that a higher power “has your back” and you are willing to surrender to divine wisdom and receive guidance from your spiritual support team. So in addition to giving thanks and telling God what you are grateful for, when praying, ask for help with all matters whether big or seemingly teeny tiny. Nothing is insignificant to God!