



## Pillar 3: Soul Aligned

Pillar one AWAKE was focused on opening your mind to set you free from suffering to shift back into peace. Pillar two AWARE was focused on opening your heart to the deeper meaning behind what's happening in your life and becoming empowered to shift it. Pillar three ALIGNED is an invitation to live dropped in, grounded, present and aligned.

**Living Soul Aligned is about living in alignment with your values, honoring yourself deeply and putting into practice all you know.**

It is to live with an awakened mind and open heart, no longer closing down or denying but rather allowing all of life's experiences to move through you and to cleanse and purify situations as they arise, no longer accumulating further stress or conflict.

**This pillar helps you get back into alignment with your core and connected to inner peace and wisdom.** You will learn meditative practices and sacred morning rituals to help you get and stay grounded, growing deep roots so that the stresses of life don't knock you down. Quieting the mind so the soul can speak is an essential part of living an aligned life.

Showing up for these practices is a radical act of self-love. You say to the world "I am important, I matter" and start teaching others how to treat you through how you are treating yourself. **It is time to make these loving acts a priority so you can show up in love and give from a full cup.**

Living your best life comes down to priorities and focus with an extra serving of grit and grace.

In order to experience the richness of life, you also have to get present to it. So slow down, take it all in, appreciate the beauty that is all around you and no longer take any of it for granted.

**"The greatest gift you have to give is your presence."** - Heather Fantin

Deep and meaningful relationships are possible when you live life from the deepest part of your being that sees every moment as a precious gift you don't want to miss out on.

Don't let life pass you by.

**You experience life more fully the moment you decide to unhook** from all the stress, chaos, distraction, noise and busyness of life and actually get present, dropped in and aligned with what is real and what matters most.

**This is your invitation to live AWAKE, AWARE & ALIGNED.**

Let yourself be silently drawn by the strange pull of what you really love.  
It will not lead you astray. - Rumi



## Morning Practice

Deep down all is well and you are at peace. Pause, tune back in, and listen. Your soul is waiting for you. - Heather Fantin



When you get out of bed in the morning and your feet hit the ground let the first thing you do, be to say **"thank you for this day."**

**Start your day from a place of deep appreciation** for the gift that it is to be alive. You get the gift of life one more day so what are you going to make of it? What version of you do you want to bring to your life today?

**Be intentional. Get present. Drop in, tune in and listen.**

Allow yourself to be guided by the whispers of your soul and remember, today is all you have. Each moment fleeting, never to come again so what will you make of it?

**When you get present you find peace.**

The only reason why you suffer is when you are; in resistance to what is, are carrying around the pain of the past or projecting into a future that does not yet exist.

Remember, the only place the past exists is in your mind and you can decide whether or not those memories empower or disempower you. And, if you spend too much time future tripping there is no space for the magic of the moment. **All that is real, all that exists is this moment right here, right now.**

So what will you make of it? How present can you get? Before you leap into life, before the busyness takes over, **how grounded and intentional can you be?**

**Starting your day with mindfulness and intention grounds you deeply in self and spirit.** It helps you anchor in and strengthen your foundation, breathe a little deeper and feel more equipped to handle whatever life might throw at you.

**The more grounded and intentional you are, the more at peace you will be.**

How you start your day sets the stage for the energy of your day... how different might your life look if you made your mornings matter? If you went to bed early enough to get up and make the most out of the start of your day? What might change? How would you feel?

**Creating a sacred morning routine is one of the greatest gifts** you can give yourself and one of the most powerful ways to live a Soul Aligned life.

You don't (always) need an hour for your morning routine, it can be just a few minutes of prayer and intention. Don't let the old time excuse get in the way, you are more creative and resourceful then you give yourself credit for.

Trust me, I know!





## Meditation - Mindset & Miracles

When you get up in the morning and before you turn on your phone, check your email or allow any other noise or distraction to pull you away from the stillness with which you woke, take this time to meditate and pray, be in silence and connect within.

There are many different techniques you can learn, apps you can download and guided meditations you can listen to. Whichever path you decide to take, always remember **the simplest way to meditate is to simply focus on your breath**. There is no right or wrong way to do it, just give a try.

If you happen to be thinking that *your* mind is too busy to meditate, **you are the very person who needs meditation the most!** And yes, when you actually, finally sit down and get quiet, you will hear all the noise which is running in the background of your mind ALL THE TIME. You just haven't stopped long enough to become aware.

**So take this time, create the space and make it a priority.** Meditation purifies your body and mind, it helps to release stress, fatigue, anxiety, worry, and allows all of the noise to calm itself down by finally getting a chance to move up and out. **It is exactly what you need to be clear, focused and aligned.**

### SIMPLE MEDITATION SEQUENCE

Take a moment and get comfortable, sitting upright so the energy can flow freely through your body.

Close your eyes, relax your body, relax your mind and begin by focusing on your breath...

Scan your body for any areas of stress or tension, any areas you might be holding on.

Take a deep breath and relax your body, letting everything go.

Letting go of all your thoughts and all your cares.

Calm and relaxed, calm and relaxed.

Allow your breath to deepen, breathing deep into your belly with each inhalation.

Deeply relaxing and letting go as you exhale.

Continue to softly focus on your body as you relax your body and mind.

Notice the subtleties of your breath, the air flowing in and out of your nostrils, the rise and fall of your chest.

Simply, observe.

Continuing focusing on your breath, connecting deep within, relaxing your body and mind...

Once you feel more relaxed, take another deep breath

Bring your awareness to the soles of your feet.

Imagine that there are energy centers on the soles of your feet.

Imagine those energy centers opening and shining down like a street light, deep into the earth.

Allow any heaviness, negativity, stress, worry or fear to drain out of your body and mind.

As you exhale, imagine energy rushing down like a faucet flowing out through the soles of your feet.

Take a deep cleansing breath and let it all go.

Let it move through your body and drain out of you.

When you feel lighter, bring your focus back to your core, dropping in a little deeper.

Throughout this process, allow thoughts to arise and simply notice them, watch them float by.

Do not hook in, but if you do, once you become aware, simply come back to your breath.

Take another deep breath and focus on your heart, feel the love in your heart.

Fill your heart with the energy of gratitude and deep appreciation, feel it in your heart.

Sit for a moment in gentle, loving connection within.

And finally, rise up energetically, asking your higher self to be with and guide you.

Take a few more deep breaths, set your intention for the day and the energy you want to bring.

Open your eyes to a much brighter future...



## Timeless wisdom for living a miraculous life

- **DECIDE to be happy**, that's right... make a decision and really mean it. Do you want to be genuinely, radiantly happy?
- **REMEMBER life will keep happening** with all that comes along with it, but luckily events don't determine whether or not you're going to be happy. They're just events and events are neutral. You determine whether or not you are happy based on your decision to be happy regardless of what is or isn't occurring.
- **ALLOW emotions to rise up** inside you, do not deny or suppress heavy or painful emotions, let it be there, lean into it, let it MOVE. When you allow for movement the emotion doesn't get stuck or weigh you down.
- **KEEP your heart open** even when you feel the urge to close down, nothing is worth closing down, practice deep acceptance and allow all that is to pass through you. Do not close your heart to the presence of love, but instead BE LOVE.
- **KNOW there is nothing to fear** but fear itself, it only has power over you if you do not face it.
- **LIVE each day** as if you were living on limited time because you are. Get your priorities straight, show up for life fully, be present, take it all in, appreciate each and every moment, every exchange and every breath.
- **SURRENDER and flow with life**, let go and allow the current of life to carry you, allow yourself to be guided.
- **DROP INTO YOUR HEART** when you feel yourself closing down or getting triggered. Disengage from the drama, unhook from the stress and take a deep breath, get curious and drop into the seat of the Witness. Always come back to you, to your center and reconnect to your soul. There is infinite love, truth, and wisdom waiting for you within.
- **ACCEPT life as it unfolds**, no longer resisting or holding on when things turn out different than expected.
- **INVEST in your growth**. Make your growth a priority, never stop learning or being willing to look within yourself to see your part.
- **CELEBRATE how far you've come**. Pat yourself on the back and acknowledge just how much you've grown through what you've gone through. Do a little dance declaring just how awesome you are on a regular basis.
- **CREATE sacred morning rituals** as you become more intentional about everything you do and practice gratitude every moment of every day.
- **PRACTICE being conscious**, centered and loving, patient and kind to yourself and others.
- **BECOME the most intentional person you know**, make everything count. See how each and every choice you make is creating your future reality right now. Allow yourself to see the long term impact of your choices, no matter how big or small.
- **BREAKTHROUGH inner resistance to change**, turn around and face your fears always and in all ways.





## Letting Your Body Speak to Your Mind .....

**In any moment, you can change how you feel!**

Your body is always responding to your thoughts and emotions. Those thoughts and emotions create a cascade of hormones and changes in the physiology of your body. You change your posture and expression based on how you feel. **Your body is literally walking around telling the story of your inner world.**

Thankfully, communication is a two-way street. The body might be responding to everything you think and feel, but the mind also responds to signals your body sends.

If you find yourself in a serious funk and can't seem to shake it, if your inner negative nelly has a loudspeaker blaring all the reasons why you are doomed, nobody loves you and life sucks, then **it's time to let your body send a powerful message to your mind.**

If you change the way you use your body, you can change the way you feel! Shifting your posture to reflect how you want to feel has the ability to help you shift the way you actually feel. You can also use the muscles in your face to help you change your mood.

***It's easier to act your way into a new way of thinking than to think your way into a new way of acting.***

—Millard Fuller, Founder of Habitat for Humanity

**Examples of physical exercises to change your emotional state:**

1. **Smiling at yourself in the mirror** (if you are in a serious depression, you get to do this for 20 minutes a day! And if you are just in a funk, look at yourself in the mirror, muster up the strength to compliment yourself, give yourself a little pep talk and smile until you mean it)
2. **Practicing Power Poses** (Like wonder woman with hands on your hips, chin up, shoulders back - hold this for two minutes as well) - For more information go to: <https://jamesclear.com/body-language-how-to-be-confident> and although the science behind this is now being disputed, I say give it a try and see how fast you can shift! It really works! You just have to do it (and want it!).
3. **"Yes" to life** (arms up in a V shape with hands open, pull them down to 90° bent elbows and make a fist as you pull down and simultaneously say out loud YES! Do this over and over again for at least 2 minutes... it's also a nice arm workout!)
4. **Laughter yoga** (laughing on purpose until it becomes real)

**Study at UC Berkeley on Depression and Smiling**

Clinically depressed patients in this study were not given any drugs. Instead they were asked to come into the clinic every day for 4 weeks and stand in front of a three-part mirror and grin so big that it created crow's feet. They were required to stand with their shoulders back, head up, breathing fully, and smiling for twenty minutes a day.

After 20 days, not one of them needed medication anymore... MIC DROP.

**Now you have tools you can use any time you WANT to shift out of a funk and into feeling better fast.**



## Tools to Transform Stress

- Drop Inside
- Get Grounded
- Ask for the Highest & Best Outcome for All
- Trust, Surrender, Let Go, Repeat
- Shake it Out
- Journal Daily - Self-Awareness, Alignment & Gratitude
- Sacred Morning Rituals
- Media Detox
- Inspired Right Action
- Invest in Personal & Spiritual Growth
- Spend Time with Positive People



## Uplevel and Apply These Soulful Reminders

- Recognize and know just how powerful you are
- Always remember that your point of focus determines how you feel
- Trust in the divine timing of all things
- Start living in the energy of that which you want to experience
- Use the power of your mind and the power of visualization to call in your ideal life
- You don't have to make anything happen, just be the Lighthouse!
- We are vibrational beings, nothing else is here except energy
- You are surrounded by the ever-supporting presence of love
- If your presence doesn't match your desires, your words will never work
- What you bring forth will save you, what you don't bring forth will destroy you
- Ask the Universe to show you what you need to shift in order for your energetic state to match your desires
- Stay in constant contact with your Inner Guide, connect within
- Whenever you find yourself out of alignment with love and falsely interpreting a situation which is causing you pain and suffering, ask to be shown another way of looking at the situation through the lens of love. Pray for help in re-organizing your energy/thoughts to higher vibrational thoughts
- Take time for your inner child, cultivate that relationship, and listen to her when she is afraid. Embrace and love on her. Pay her the attention she needs to soften her hold on fear. Reassure her that you are there and that everything is working out for her





## Integrate & Embody Through Journaling

Pull out your journal, use these prompts as a guide after each video and answer as many as are relevant for you.

### Discovery & Reflection

What I learned was...

What was new & interesting was...

What ideas or concepts were new to me were...

What really stood out and hit home was...

These soulful reminders were really helpful...

Things I am curious about exploring further are...

Questions I have are...

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Inner Peace is just a thought away.  
At any moment I can choose a peaceful,  
loving, empowering thought and see the  
magic of life in front of me.

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### Commitments moving forward

I am committed to shifting the way I see or approach...

I am committed to letting these patterns of thinking go...

I am committed to calling in these new ways of thinking...

### Take a moment and reflect

Are you truly open to learning something new and seeing things from a different perspective?

Are you willing to question your stories?

Are you willing to be wrong?

What do you gain from holding onto these old beliefs, stories or habits?



### ✧SOULFUL REMINDER✧

Allow yourself to say no to invites or obligations. Make room for self care in your schedule. Do what is good for your soul and lights you up from the inside.

Take a moment and tune in...

What does your body need to feel good?

What is your soul craving?

What lights you up & energizes you?

And how do you most want to FEEL?

Plan your day around how you most want to feel. Adjust your schedule and be okay with disappointing someone if it means you're doing something good for your soul.