Master the mind-body connection.

Starting a daily meditation practice changed my health and whole life in ways that I never thought possible. At first I struggled to do it and now I find myself doing it twice a day, and craving it when I miss a day!

“What we manifest in our mind… we manifest in our body". Dr. Joe Dispenza’s teachings really elaborate on this… (There is more on why I am such a fan of Dr. Joe in another article!)

Meditation gives us permission to...

🧘🏻‍♀️Release negative thoughts about sickness and life that cause internal stress

🧘🏻‍♀️Focus on the positive to attract more positivity

🧘🏻‍♀️ Clear the mental clutter that gets in our way from moving forward

🧘🏻‍♀️ Raises the vibrational cells in our body for powerful healing

The spiritual journey I have been on using meditation, tapping and other forms of energy work has taken my health re-building to a whole new level.

Meditation is NOT about sitting in silence, it’s about allowing thoughts to pass through and out so we don’t get stuck. Even just 3 minutes can make a difference and there are a lot of types of meditation to try such as….

🙇🏻‍♀️ Body scanning

🙇🏻‍♀️ Walking meditation

🙇🏻‍♀️ Guided meditation

🙇🏻‍♀️ Binaural beats

🙇🏻‍♀️ Yoga as meditation

I personally LOVE Dr. Joe Dispenza meditations and classes, but for some and for beginners, they may feel too long…

Now there are all kinds of apps to download and YouTube videos to take advantage of for free! Checkout @insighttimer for thousands of free meditations to try!

Tony Robbins has a “priming” meditation that you can find and use daily as well. It is a VERY powerful practice. Priming often moves people to tears and allows for a beautiful release of energy not serving you.

Don’t expect yourself to be perfect at first try… You WILL be easily distracted. That is the body controlling the mind, when it should be the very opposite! Your mind controls your body… Just keep at it and sit your body down and tell it to stay… when you are done, you can get up and drink your coffee and check your emails.

Set a timer on your phone and throughout the day periodically check in with yourself. How are you doing? Do you need to take a moment to get a few deep breaths and get your mind / body back to a better place?

As part of the challenge try meditating for 5 minutes (ideally even more) each day. Practice this habit for the next 14 days to improve health and feel your best!

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