

4 TOOLS TO LIVE WITH MORE EASE – The A.B.C of Authentic Living

A. AWARENESS = PRESENCE = CONSCIOUSNESS

- Sensory awareness – Our bodies are a very important tool we have that anchors us into this reality. We are using our five senses to experience life and at the same time we can ask our bodies questions. Kinesiology! Watch out for numbness, tingling, feeling of sick, light headedness, dizzy, any symptoms your body might use to get your attention. What if we would start listening to our bodies before they start screaming in pain?
- Mental awareness - Lots of people still believe that circumstances control and guide their experiences and their lives. Without the awareness that it is our thoughts and points of view that create our experiences we stay stuck in victimhood. Letting go of our fixed points of view and conclusions is essential to live authentically.
- Emotional and Intuitive awareness – Use your emotions as your internal guidance system to help us make decisions.

TOOL (1): WHAT FEELS LIGHT IS RIGHT FOR YOU – WHAT FEELS HEAVY IS NOT

Play with this tool, by tuning into your body and getting a sense of what heavy and light means to you.

B. BLOCKAGE REMOVAL – UNSTUCKING ENERGY

Now, Human Beings are thinking creatures and we are starting to understand that our thoughts have something to do with our day to day experiences. A thought, which is an energy form, that we think over and over again creates a belief and a point of view – that point of view then creates our reality, it defines us. CONTROL YOUR THOUGHTS - CONTROL YOUR REALITY!!!

TOOL (2) : DON'T TRY TO CHANGE OR CONTROL A THOUGHT – IT DOESN'T WORK AND WHY DOESN'T IT WORK? RATHER SEND IT BACK TO SENDER WITH CONSCIOUSNESS ATTACHED

BECAUSE 98% of all our thoughts are not even ours. A Thought doesn't need to be changed, it needs to be understood for what it is – an energy. You can think of negative thoughts as dark spots in your etheric body, slowing down your system. We are schlepping them around since our early childhood days and before. We are psychic beings and pick up on others thoughts. All you need to ask is: Who does it belong? If there is a lightness entering your body, a curiosity rather than a heaviness, you will probably find that you had bought this thought as yours. The good thing is you don't have to keep it. So, send it back to sender with consciousness attached! That will create more space in your life and allow your authentic truth to shine through.

TOOL (3) : LIVING FROM A QUESTION RATHER FROM A CONCLUSION – The purpose of asking a question is not to get an answer but to get an awareness, which give you a choice and as soon as you have a choice, possibilities opening up. "HOW MUCH BETTER THAN THAT CAN IT GET?"

- Every limiting belief, thought, idea, point of view is just stuck energy that has a point of creation (POC) and a point of destruction (POD) and can be unstuck and released through choice.

When we define ourselves we know what to expect, we know what we are willing to refuse and to receive. We conclude a rightness and a wrongness about it. We cut ourselves off from all the unlimited possibilities out there

C. CONNECTION - HUMANS DO CARE

We have an inbuilt mechanism to care for each other. If you would put a human being into isolation with food and water it would go crazy. Relationships help us to learn about ourselves re-create ourselves over and over again BUT AT THE SAME TIME we keep judging ourselves and each other?

Competition vs contribution

We are here to make a contribution through our very own uniqueness, our very own energy signature. If we go into competition mode, we separate ourselves, and make us or them lesser than which becomes a judgement again of self or others and create resistance. Either way we can't be the contribution we have come here to be whilst separating ourselves.

TOOL (4): EVERYTHING IS JUST AN INTERESTING POINT OF VIEW

- NON-JUDGEMENT is inclusive of everything and everybody without judgement.

Now, there is a difference between judgement and observation. Judgement has a charge attached to it whereas observation is pure awareness without a heated point of view.