



Holistic Health Centre

Natural Beauty for Body, Mind & Spirit

Connect with your authentic self

Looking after your

MINDFUL SELF

in three simple steps

We often hear that word mindful. What does it even mean? It means being present in the moment.

Leading busy lives, working, raising a family, keeping relationships on track, juggling finances, taking care of your loved ones, can all be pretty exhausting and at times overwhelming. So how do we actually cope with all these life experiences? Are you aware of how much you are carrying in your mind? Is it time for you to let go of a few thoughts or beliefs that have become too heavy or obsolete? I know only too well how it feels to carry the world on your back.

So if you're ready to change your life and let go of all the things that are holding you back, and find out how, it's time to ... STOP ... take a moment and ask yourself what am I doing and why am I doing it? Only then can you really receive the answers to the situation. Whether you find them yourself or need some guidance doesn't matter - the point is to understand what is going on for you, then to find a solution how to best deal with it ... if you need further clarity, then [click and book some time](#).

Daily Morning Intentions

Morning - use the SEE method

Start your day with an attitude of gratitude

Each moment be present with yourself

Environmental awareness

Start with a positive flow of energy

This exercise will start your day with an attitude of gratitude for what you already have, as you expand into every cell of your body, with the intent of keeping them happy:

Before your physical eyes begin to open become aware of being in your body
Take a breath and focus on your energy as you begin to welcome in the day

Thank you for my beautiful body that allows me to move around
Thank you for all the internal systems within it that function together
Thank you for my cells that receive my expanding loving energy

I step into my day with a feeling of lightness and freedom
I step into my day with excitement and wonder
I step into my day with a smile that stays

Daily Lunchtime Intentions

Lunch - *EAT* to feed your soul

*E*nergy boost to your whole being

*A*llow your mind to empty and clear

*T*ogether your whole being can digest and process with ease

Use this exercise to keep you focused on being aligned and in flow with yourself:

Take a break from the morning's experiences.

Find a space that is away from your usual place.

Take a deep slow inward breath as you visualise it filling every cell in your body, letting go slowly on the outward breath (do this, as many times as you need), until you become calm and focused within yourself).

Repeat as many times as you need:

I am present in my body
I am present in my mind
I am present in my energy

Feel your energy vibrations flowing with ease as they expand with every breath

Repeat:

I choose to let go of all energy, thoughts and feelings that do not align with my truth
I choose to give them no further attention
I choose to focus on giving ... from a place ... of clarity

Daily Evening Intentions

Evening - *AIM* for living in flow

*A*spire to write one thing from your day

*I*nternally focus on your feelings

*M*y heart is open to love

This exercise will give you clarity on the areas that need your attention, for you to work on by yourself, or with your mentor:

Always allow your energy to slow and calm before sleeping.

This is a wonderful time for you to take a few notes of some thoughts, feelings, actions and words that did not serve you during your day.

Repeat:

I am grateful for all the experiences that showed up today

I am grateful for all my loved ones in my life

I am grateful that I can share my life with them.

I now sleep soundly with the knowing I have done the best I can.

For some of you it may be far more challenging to let go of your thoughts, feelings, actions and words. If this is happening for you it may mean there are deeper rooted reasons and need expert guidance to find the solution. You can always look at some of the treatment options I offer.

Treatments

My mindful, energy transformation sessions will help look after you by loving your soul journey. They work by finding and transmuting the root cause of why your energy is not flowing with ease (i.e. thoughts, fears, beliefs, anxiety, stress, overwhelm, pain, illness, anger, grief, suffering and more...) by gently clearing and changing your energy. This gives you the choice to live a confident, happier life as you bring healing to your body, mind, emotion and spirit.

The areas I will look into are:

- Ancestral (DNA)
- Past Life
- Relationships
- Health / Wealth / Prosperity
- Land / Property / Business
- Physical Body

Freeing yourself from the past, living in the present, will create your future happiness.

You can book a single session, four weekly sessions or six monthly sessions using my [on-line booking facility](#).

These sessions are available in person, or virtually via Zoom.

Welcome to my world ... of intrigue, insight and intuition

Working with Spirit has been a challenging journey throughout my life. Making choices that I know to be my spiritual truth did not always align me to my physical life.

Being shown by Spirit how to work with energy and what was needed for a seamless flow, and how to change the flow when it became disrupted, has taken me persistent practice and lots of patience.

This led me into a world of childhood adventures with my Spirit Guide, from connecting to the elemental kingdom and the nature spirits, to whizzing off into the universe meeting other spiritual and highly evolved beings; there are many stories I share with you in my teachings.

There was also the little matter of my own life lessons that were to be experienced. Staying true to myself, got me into a lot of situations that I had to master for myself.

With each physical challenge ... I began to grow spiritually ...

I am so happy to share my knowledge and wisdom, by helping, you to learn to trust your own inner ability as you connect and grow too.

*When you ask yourself...
can I really change my situation?*

*I would say to you ...
Yes, you hold the potential to
change your life.*

*You then ask ...
What if I get it wrong?*

*I then respond to you ...
Whatever you choose, will always
be the right way for you.*

With love from

One Beautiful Soul to Another

sandra

The Energy Mentor