



MINDFUL BALANCE & FLOW

Your life has balance and flow. Sometimes fast and light. Other times slow and heavy. From grief and loss to change and success, learning to love life no matter what you experience is a mindful peak to reach. For lessons are abound in the challenges we meet while wisdom is adorned for those who seek.

1. Settle into a comfortable and relaxed state. Preferably when you are feeling neutral and ready to observe your life and current state.
2. Imagine balance in your life. What does it look like? Can you stand on one leg on a pillar at the beach?
3. Hands outstretched, can you maintain balance with a weight (current challenge or dilemma) being loaded into one hand?...
4. Counter this weight now with positivity, belief, trust, confidence, self worth and faith in your other hand. As you are now balanced you grow even stronger. What are you feeling now? Be mindful of this moment.
5. Maintain balance as wind and rain picks up to unsettle you. Be mindful of your grit and determination. How does it feel to be living through this challenge right now? Do you feel alive?... As the wind and rain subside, you've survived.
6. You realise with balance comes strength and growth. Wind and rain is just a season of life. An experience we can choose to appreciate and grow from.
7. Put down the weights in each hand and stand up upon them. Look down at what you have now conquered and overcome. Stronger. Wiser. Finish with reflection.