

Nine Guides for Living

Because so many people get caught up in daily responsibilities and lose perspective of their connectedness to all things, we put together our Nine Guides for Living. You can use these guides as a reminder to pause during your busy day and acknowledge the present moment. Giving yourself time to simply be will help bring awareness to the depth of your being and the beauty and wonder of life.

Awareness

Awakening to “See” What Is

Practicing awareness on a daily basis helps you live more consciously, enabling you to have more control over your emotions and your life. By enhancing your ability to respond more mindfully to situations, you are able to make deeper connections with yourself and others. Without the filter of judgment, awareness allows you to experience the truth of the present moment. It is the first step toward making a significant change in the quality of your life.

Inner Guide

Your Inner Voice Lights the Way

As you practice living more consciously, you will connect more deeply with your inner voice or guide. Your inner voice (also known as your intuition) is your most valuable resource; it always knows what is best for you and offers guidance in all areas of your life. Giving yourself quiet time every day will help you tune in to your inner wisdom and inspire you to grow into your authentic self.

Accountability

You Alone Are Responsible for Your Life

We're all born with gifts and talents as well as challenges and limitations. It is what we do with that combination of blessings and trials that manifests as our life. Our accountability begins here. Understanding that we are responsible for making the most of our circumstances and opportunities can help us take a more active role in creating the life we want. Having freedom to make choices is a great gift, so it is important that we choose our thoughts and actions consciously, for what we think and do in the present shapes our future.

Acceptance

Acceptance Brings Inner Peace

Life is unpredictable and filled with surprises and unexpected turns in the road. How you meet these changes results in either a life of suffering and struggle or a life of peace. Surrendering to *what is* brings peace. Resistance, on the other hand, brings suffering. Making the conscious decision to move from resistance to acceptance frees you to see opportunities for growth where before you saw only calamity. Acceptance helps you see the light in the darkness.

Gratitude

More Gratitude, More to Be Grateful For

Practicing gratefulness on a daily basis helps you stay focused on the positive and increases happiness for yourself and those around you. When you work on being more aware of what you are grateful for, you are able to recognize all the gifts you already have. It is also important to have gratitude for difficult situations that challenge you in ways that bring opportunities for growth—where you once saw hardship and lack, you now see abundance.

Intention

Intend How You Want to “Be” in Your Life

Unlike setting a goal that focuses on gaining something in a future that you visualize in your mind, setting an intention shifts the focus to how you want to “be” in the present. Setting an intention for how you want to “be” in your life helps you align your thoughts and actions with your deepest values in the ever-changing present.

Forgiveness

Forgive and Be Free

When you choose to forgive another or yourself, you take full responsibility for your life and reclaim your power. Forgiveness allows you to release old energy that keeps you stuck in the past. Through forgiveness, your thoughts, feelings and actions no longer come from a place of hurt, pain, guilt and insecurity but from a softer, more open and more empowered place.

Letting Go

Make Room for the New

We often don't realize how old thought patterns, relationships and things that no longer serve us prevent us from moving forward. It may be challenging to let go of what you once cherished or feel pressured by others to hold on to, but the more you let go, the more space you create for new opportunities and people to come into your life.

Manifestation

Creation Emanates from Within

As you become more aware, you begin to understand that your outer world is a reflection of your inner world. That is why it is so important to carefully choose where to focus your attention.

Your inner thoughts and emotions shape your outer life. Awareness, intuition, accountability, acceptance, gratitude, living with intention, forgiveness and letting go will all help you cultivate a more soulful and fulfilling life.

