

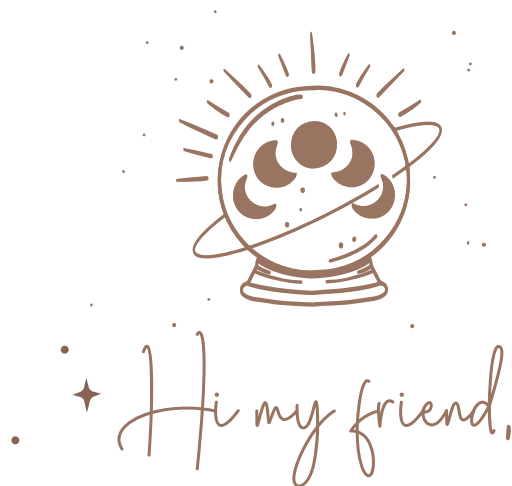
8

WAYS TO FIND  
YOUR CALM AND  
*be Centered*



The ultimate FREE guide  
to help you on your journey

by Tiffany Dalton



Tiffany Dalton here and I'm so excited for you to pick up this freebie for your wellness journey. You're absolutely going to love it! In order to find balance in one's life, one of the things we all have to remember is to first create the balance you wish to see in your life. The road towards a healthier wellness lifestyle is all about growth and taking control over your life and your thoughts. You have the power to be whoever you want to be. Remember, you are your greatest advocate and biggest fan. When you recognize just how wonderful and powerful you are, you can make the shift. You are who and what you think you are.

Showing up for yourself is a daily ritual. How dedicated are you to begin your new wellness journey?

Get ready to elevate your subconscious mind to align with the reality you wish to project.

Trust me... your higher self will thank you later.

So let's begin!

# SELF-CARE:

## ✦ 8 Ways to Find your Calm and Be Centered

Science has shown that our thoughts are directly linked to our emotional and physical health. The truth of the matter is that whatever we put our thoughts and actions to will impact our emotions, our attitudes, and our moods. Our thoughts alter how we perceive and treat both ourselves and others. And our actions work hand in hand with our thoughts. These magical little musings of the mind have so much sway over the way we live our lives. It's nothing short of amazing! This is why it's so important to practice the following eight steps to help you find your calm and be centered.

### 1. Express Gratitude ✦

Every new day is a blessing and you owe it to yourself to attend to your needs first before you show up for others. It is important that you calm your mind first thing in the morning by expressing gratitude for the gift of life. Instead of grabbing your phone or rushing to start your day, take a moment to just relax and appreciate the life that you're given.

### 2. Keep Moving ✦

Make it a point that you move your body every day in order to release any mental or emotional strains. Exercising daily is not only good for your muscles and bones because it is also an effective antidepressant that can help in maintaining your calm. If you want to create a movement that's gentle to your body, you may try and practice yoga or simply take a walk in nature.

### 3. Write Journals ✦

The mental and emotional stresses that you have accumulated from work or life, in general, are burdens that are too heavy to carry. Release your burden by writing down your thoughts and reflections in a journal. This will not only help you discard all the negative thoughts and emotions but also lead you to be centered. Whenever life pushes you off the balance, you have a journal to return to and it will then be easier for you to pull yourself together.

### 4. Meditate ✦

There is no better way to find your calm and be centered than by practicing meditation. It is a practice that will help you connect with the source energy or the energy of the universe. Placing a chakra crystal when meditating will help improve this connection allowing you to better align your

body and emotions so that you can get in touch with your higher self.

### 5. Breathe ✦

Breathing is the easiest way to find your calm and it can be done anywhere. Simply relax, close your eyes, and breathe in through your nose with your mouth closed. Gently inhale and feel the air as it travels through your lungs. Allow the air to rest in your lungs for up to 5 seconds. Then let the air out of your body by gently exhaling it then repeat the same steps 5 times.

### 6. Listen to Healing Music ✦

Meditation and yoga music have a powerful effect on the brain that triggers several changes in the body. It can cause your heart rate to slow down which allows you to relax. For over a thousand years, the frequencies of singing bowls or sound bowls have been used to promote relaxation. Listening to any of these healing frequencies daily will help raise vibrations.

### 7. Bathe for 15-30 Minutes ✦

Cleansing your body is a great way to find your calm since it rids you of all the impurities that caused or increased your discomfort. Take the most out of your shower or bath by lighting as many candles as you can. While cleansing, chant your mantra or any affirmation and feel the water as it purifies your body. Imagine that, as the water drains, all the negativity is also draining with it.

### 8. Alone Time ✦

Whenever you feel stressed, take some time to go out and be one with nature. Spend at least 20 minutes of your time alone in a park, forest, beach, or lake, and feel how your connection with nature is healing you both mentally and emotionally.

• ✨  
So there you have it!

My TOP eight ways to find your calm and be centered will help you get into alignment with your goals and manifest greatness into your life. The most important thing is for you to make sure that you have fun. Allow life to flow easily for you.

I want to hear from you!



✦ HOW MANY TIMES  
A WEEK  
ARE YOU GOING  
TO CULTIVATE  
YOUR WELLNESS  
NEEDS?

Make sure to hop on over to my private Facebook Group called "LaNirvana Organics Mindfulness & Meditation"

(hyperlink - <https://www.facebook.com/groups/lan...editation>)

and drop me a comment and let me know how you show up for yourself.

I would love to see ✨  
how you cultivate your wellness. •

# SOME MORE ✦ . AWESOME RESOURCES FOR YOUR WELLNESS JOURNEY



## **The Golden Ticket to Manifestation Workbook**

This is my signature workbook that walks you step-by-step through manifesting the life you desire to create. This is the exact blueprint that supports my daily wellness needs and 7-figure business.

**Learn more: [www.LaNirvanaOrganics.com](http://www.LaNirvanaOrganics.com)**

## **The Master of Self Book by Don Miguel Ruiz**

This is one of my favorite books to assist in self-mastery. Life is a journey and so is self-mastery.

## **The Life You Were Born To Live by Dan Millman**

The perfect guide to help you find your life purpose through your birth chart.

## **Evolution of Goddess by Emma Mildon**

The perfect guide for any woman to learn how to take her power back.





### About Tiffany Dalton

TIFFANY DALTON is a wife, a mother, an entrepreneur, and a philanthropist. After dedicating over a decade of her life as a real estate advisor in MI & FL, she became an advocate of mental health after battling with trying to find balance in the midst of daily life duties. As a now profound subconscious alignment coach & manifesto, Tiffany later founded LaNirvana in 2018 to provide products to help others heal mentally, physically, & reach their higher selves spiritually through holistic wellness.

Co-Founder of LaNirvana Organics  
Cert. Reiki Healer - Real Estate Investor  
Subconscious Alignment Coach  
Mental Health + Self-care Advocate

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