



FREE WAYS TO CONSCIOUS LIVING!

Contrary to popular belief, you don't need to spend a fortune to cultivate mindfulness. In a time where everything seems to be moving in fast pace and being told you need to consume, in order to see results. We get caught up in it all, practising conscious living can bring us back to the present moment, enhance our well-being, and deepen our appreciation for life's simple pleasures.

Our journey started with our founder, Ilan. Suffering from anxiety, his mother introduced him to flower essences which in turn deepened his connection within himself and the world. Allowing him to cultivate a mindful approach to everyday life. Here are 7 free ways to embrace conscious living.

1

HYDRATE!
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You've heard it a million times before and you'll hear it again now but the most important thing you can do for your mind, body and spirit is to drink lots of water!

No matter what you do in life, this step should not be neglected, why? Simple, we are made of 60% water. It's the main medium that gets us moving, it cleans the body, clears the mind and cleanses the soul.

As an added bonus, everytime you drink, just take a split second, to send it an intention whilst you sip and watch the positive shifts and energy that come into your daily life, ike thank you for this nourishment, life is beautiful, i'm so grateful for the positivity in my day. Wherever your guidance leads you for what you need in that moment.



2

PAUSE & OPEN YOUR EYES

Take a moment to slow down, or stop entirely (safely of course!) and take in your surroundings, your feelings, check in with yourself are you aligning with your needs or are they being pushed aside.

One of the most accessible and effective ways to cultivate mindfulness is through breath work. Take a moment each time you are aware to focus on your breath, observing the inhalation and exhalation without judgement. Feel the air entering your nostrils, expanding deep in your belly, and then leaving your body.

This simple practice can help ground you in the present moment, calm your mind, and reduce stress and anxiety. So, in the midst of your bustling day, remember to take a pause, to embrace the art of mindfulness through your breath.

It's a gift you can offer yourself at any moment, a practice that holds the power to transform the way you experience life's journey.



3

RECORD YOUR JOURNEY

We often get lost in the day to day living, but in doing so, we neglect to look back on how far we've come, our achievements and moments to be proud of. Find the best way for yourself to record your journey in this experience, it could be journaling, taking photos or videos. Express yourself creatively, paint, doodle or even clay work or paper mache, any medium you like, this isn't just for when we were at school. Most importantly allow this expression without judgement or perfectionism, this is just for you and your private moments, in whichever way suits you best.

If you're still stuck on where to start? Practising gratitude is a powerful way to shift our focus from what's lacking to what's abundant in our lives. Start a gratitude journal and jot down three things you are grateful for each day. They can be simple pleasures like a warm cup of tea, a smile from a stranger, or a beautiful sunset. This practice trains our minds to seek out the positive aspects of life and cultivates a mindset of abundance and contentment.

4



SHOW UP FOR YOURSELF

It all begins with you, the way you choose to show up for yourself sets the tone for how you want to be treated. Embrace the power of self-care and make a commitment to show up for yourself, wholeheartedly and with genuine love and care. Your soul craves this nourishment, and it's an essential aspect of conscious living.

Self-care is not a luxury! It is a fundamental practice that allows you to nurture your mind, body, and soul. Take the time to engage in activities that replenish your energy and bring you joy. Treat yourself to a soothing bath, a nice cup of tea, get lost in a book or movie. Create space in your life for these activities, for they hold the power to rejuvenate your spirit and bring a sense of fulfilment.

Be attuned to your needs and make self-care a priority. Honour your boundaries and establish healthy limits that protect your well-being. Listen to the whispers of your body and mind, knowing that by tending to yourself, you create a solid foundation for a healthy and balanced lifestyle.

Remember, self-care is not a selfish act; it is an act of self-love and compassion. By taking care of yourself, you have more to give to others and the world around you. Embrace the warmth of self-care and watch as it infuses your life with greater peace, joy, and a deeper connection to yourself. Show up for you, with love and care as your soul deserves.

5

A
DATE

WITH MOTHER NATURE



Spending time in nature offers a remarkable opportunity to immerse yourself in the present moment and foster a profound sense of mindfulness. Seek out a nearby park, garden, or forest, and let your senses come alive. Tune in to the senses, the melodies of birdsong, the gentle rustling of leaves, and the earthy fragrance of nature being alive. Take a moment to observe the intricate details and patterns of the natural world, the colours of the sunset.

Nature generously provides a serene and harmonious setting that serves as the perfect backdrop for cultivating mindfulness and nurturing a deep sense of gratitude. As you traverse into the natural world, let go of distractions and simply be present, attuned to the wonders of the world.

In this space of connection with nature, you open yourself to its transformative power. Through mindful observation and appreciation, you'll discover a renewed sense of awe and reverence for the world around you. Nature serves as a gentle guide, reminding you to slow down, be present, and embrace the abundance of beauty that surrounds you.

So, venture forth and reconnect with the earth's embrace. Let nature's soothing presence guide you towards the path of mindfulness and gratitude, as you tap into the boundless wellspring of wisdom that lies within its embrace.

6



MIND OVER MATTER

The most valuable tool resides right above your shoulders - your mind! Surprisingly, many of us remain oblivious to the extent of negative self-talk and the impact it has on our perception of ourselves and the world. However, the power to transform this perspective lies squarely within you.

You possess the innate ability to reshape your reality by consciously altering your internal dialogue. Take a proactive step towards change by incorporating a simple yet impactful practice into your daily routine. Commit to identifying and reciting at least three positive affirmations each day, consistently and unwaveringly.

These positive statements, intentionally crafted and tailored to uplift your spirit, have the potential to work wonders in infusing your being with a much-needed dose of positivity. As you repeat these affirmations, allow their empowering words to resonate deep within you, gradually rewiring your mindset and instilling a renewed sense of optimism.

By consciously focusing on the positive aspects of your life and the world around you, you shift your perspective and, in turn, shape your reality. The transformative power of your mind becomes evident as the seeds of positivity you sow blossom into a vibrant garden of happiness and contentment.

Remember, this practice requires dedication and consistency. Embrace it as an ongoing journey, and over time, witness the transformative effects it has on your well-being. Harness the power of your mind, embrace the beauty of positive self-talk, and watch as it transforms your outlook on life, enhancing your overall sense of joy and fulfillment.

7



CONSCIOUS[®]
WATER

OPEN YOUR HEART

Embracing a non-judgmental attitude towards yourself and others is truly at the heart of conscious living. It all begins with self-compassion, where you acknowledge your imperfections and allow room for growth through mistakes.

Extend this beautiful kindness to those around you, understanding that everyone is on their unique journey. When you let go of judgment you open up space for empathy and deep connection. Embrace the wonderful tapestry of diversity and individuality, recognizing that each person's path is shaped by their own experiences.

Cultivating this mindset may take some practice, but it's well worth it. When you catch yourself comparing or criticizing, gently guide your thoughts towards compassion and acceptance. Replace judgment with curiosity, seeking to truly understand others' perspectives and motivations. Foster an open mindset, one that's always eager to learn.

As you wholeheartedly embrace this non-judgmental approach, you're contributing to a more loving world. You become an inspiration for others to follow suit. Together, we can build a beautiful community that values and celebrates the uniqueness in each individual, creating an environment where everyone feels seen, heard, and deeply valued.

Incorporating this non-judgmental attitude into your conscious living journey brings a profound sense of freedom and interconnectedness. It's like releasing the heavy weight of judgment, opening a door to deep empathy, understanding, and authentic relationships. Embrace the transformative power of non-judgmental living, and watch as it creates a ripple effect of positivity in your life and the world around you.