

10 STEPS TO ACTIVATE SPIRITUAL BLISS

1. DO A HEALTH CHECK

Have you been feeling very drained, fatigued or out of sorts mentally? When was the last time you've seen a wellness professional? Find a physician that you resonate most with (Western, Eastern, Holistic etc.) and ask for a blood test. You'd be surprised how many women are Vitamin B, C, and D deficient leading to low levels of energy. These tests would be able to lead you down a path of better health and energy. If your low energy is not of a spiritual nature, it could be due to a vitamin or mineral deficiency.



2. GET CREATIVE

Set aside time to get creative and awaken the power of the sacral chakra. The sacral chakra is one of 7 main energy centers located along the spine of the body. This is the chakra most related to emotions and creativity. If this chakra is out of balance, we feel stifled creatively and have difficulty expressing our emotions. Overall, if one or all of our chakras are blocked (energy is not flowing through them), underactive or overactive (not enough energy or too much energy in a chakra), this can manifest itself in physical ways in the body. The easiest way to tap into the sacral chakra is through dance or any kind of movement such as exercise. Breathe into this chakra through meditation and feel the energy flow through it. Feel the energetic changes uplift your mood.



3. DEVELOP RELATIONSHIP WITH YOURSELF

If you started your spiritual journey and got bogged down by the many "experts out there", it's a chance this could have left you feeling overwhelmed, lost or completely turned off. You forgot that you have an expert that lives life every single day with you and she is called your "Higher self". She has been with you through many lifetimes and knows you better than any reader or intuitive. Getting a reading is great for perspective, but recognize your own power that you naturally possess. Develop a better relationship with your Higher self and let her guide you through making tough decisions. To learn more about how to cultivate a relationship with your Higher Self, check out my e-book titled, "Secrets to Achieve Spiritual Bliss for the Divine Feminine".



4. SPRINKLE IN STRUCTURE

If your life feels chaotic or overwhelming, chances are there isn't enough structure in your life. Yes, you know your work schedule by heart, but what about the beginnings and endings to your day? How does your day start off? Have you tried starting with a gratitude meditation or writing in a gratitude journal? Or do you just jump out of bed and run out the door? Take notice of how you feel when you start and end your day and try sprinkling in a little structure. You don't have to go from 0 to 100 (from pure chaos to drill sergeant organized), but there are ways to add some small non-negotiables that will change your life. Ending your day with a Yin Yoga routine and a cup of lavender tea each night does wonders for your mood.



5. STOP AND SMELL THE ROSES

Literally, how often do you stop and smell the roses or at least the fresh air? Are you always rushing from one thing to another? That's a surefire way to increase anxiety in the body if you're always in fight or flight mode. Take a few minutes to practice mindfulness and being in the present moment. Just for a few minutes, ideally 5 or less, pretend you have nothing urgent to do. This 5 minutes will not ruin your schedule. It gives your body much needed peace and allows you to take in the sights and sounds around you.



6. ACTIVATE YOUR THROAT CHAKRA

Practice speaking your mind. Historically, as women, we were severely punished for saying what we truly thought and felt, just because of our gender. Many times, that energy has been carried through to us genetically and passed down from our ancestors. Even though we know that times have changed and there's a lot more freedom to say how you feel, there seems to be times when we don't feel comfortable speaking up, leading to throat chakra blockages. The best way to remove this blockage is to practice speaking up when you can. You deserve to be heard and your voice is much needed, more than you realize. This can improve the quality of your relationship with yourself and others as well.



7. RECOGNIZE YOUR BLINDSPOTS

Are you aware of the blindspots and blockages to your own success? Are there patterns that continue to repeat themselves but you have no idea how to get rid of them? The first thing to acknowledge is that these blockages and blindspots exist and you are at the center of them. Once you acknowledge them, you take the power away. Next, practice doing things differently that will dismantle these blockages one by one. If you usually date someone who treats you badly early on, try something new by dating a different type to get a different result. If you need more guidance on this, book a call with me on my website www.divinesoulstar.com to discuss how I can dismantle these blockages for you.



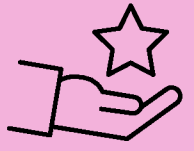
8. BE MINDFUL WITH WORDS

Do you wake up each morning groaning, "oh, here we go again, another day"? Or have you ever said "I'll be damned" frequently when things didn't go your way? Take notice of how your day went when you said those things. Changing the words and phrases you use can be life changing despite what you think. Some people believe they've been cursed or were sent the "evil eye", when shockingly they are the ones cursing themselves just by the words they affirm. Even if you're feeling low vibe, learn to affirm the opposite and shift to your desired state. I teach a secret, quick and easy way to do this in my signature Akashic Records coaching program and in my book.



9. DEVELOP SPIRITUAL PRACTICES

Is there any regular practice you use to stay grounded in your relationship with Spirit? Some choose to read the Bible, others just use prayer or morning meditation. I personally love to start off with a daily morning meditation and express gratitude for all that I have. I also love specific energy clearing and boosting practices such as Dowsing and Reiki. Learn more about these practices in my eBook, "Secrets to Achieve Spiritual Bliss for the Divine Feminine".



10. BOUNDARIES

Does the term "people pleaser" ring a bell? It's time to take accountability for your role in this title. Practicing boundaries is actually a huge part of self love, where being a people pleaser is on the other end of the spectrum. As an adult, has people pleasing ever given you true bliss and everything you've ever wanted in life? Doubtful, so practice putting your foot down and saying "No" whenever you need to. What does your heart say? Usually, it'll say to put yourself first and take care of yourself, so that you can be there for others in a meaningful way. I talk more about how to set boundaries in effective ways in my signature Akashic Records coaching program.

