



Living Magnificence

for Women Entrepreneurs and Leaders

Feminine Embodiment of Radical Brilliance in Life and Business

Day 01

Awake and Alive



Hello *beautiful* woman!

I invite you to *be still* for a moment and *listen*.

What is here right now?

How does your breath feel?

Which physical sensations can you notice?

What's your state of mind?

How do you feel?

Before you keep reading, just take a moment to *BE* still and listen.



In my experience, paying attention and becoming aware of what is real for us in the moment is the first step to evolve our self care. If I'm aware of what is happening for me in the moment I'll be able to take care of my own needs and thus live aligned with my truth of that moment. Most of us know this and yet we so easily forget in the busyness of everyday life.

If you become more present you'll not only feel more rested, centered and loving on the long run as you're being real with yourself and others. You'll also develop a skill to drop into stillness that will allow you to become more aware of subtle sparks of your own unique creative brilliance. That are then given the space to evolve and manifest in your life and business as you're paying attention to them. Does that sound exciting?

Then how about that...



Practice: Be Still and Listen

I invite you to take one minute a couple of times a day when you just **pause** and **listen to your body**. Be aware of physical sensations, thoughts, feelings, emotions.

This is not about judging any of those. Just become **aware** of whatever is happening.

You may want to use a timer to gently remind yourself in your daily activity. Do this as many times a day as you like.

And after this moment of stillness ask yourself:

Is my action *aligned* with what *I need* right **NOW**?

If not, you may find it is time to

follow what your body and soul are asking for:

That might be taking time to pause in the midst of cooking for family and friends to have a sweet moment of rest with a cup of your favorite tea.

That might be taking a hot bath with essential oils that balance your mind and relax your body.

That might be going for a little walk and let the wind refresh you.

That might be to express what you've been holding on to.

How often are you in the mode "I have to ..."? We all know this one! ... and ...

I know it often doesn't need much for me to relax, calm my mind, come back to centre, relax some tense muscles.

So, for the next three days, I invite you to

CARE FOR YOURSELF

