

Raelene Byrne

11 Vital Things To
Change Your Life
That Cost NOTHING





Meditation



MEDITATION

Meditating can be as simple or complex as you like. Basically all you need is to find a place that is comfortable, close your eyes and bring awareness to your breath. Keep it simple and you can apply the practise ANYWHERE. You can use a word, or a mantra to inhale and exhale to if you require the mindful focus until you feel comfortable enough to just Be with your own breath.

Using the word CALM as you inhale and exhale for 21 breaths, will settle your nervous system.

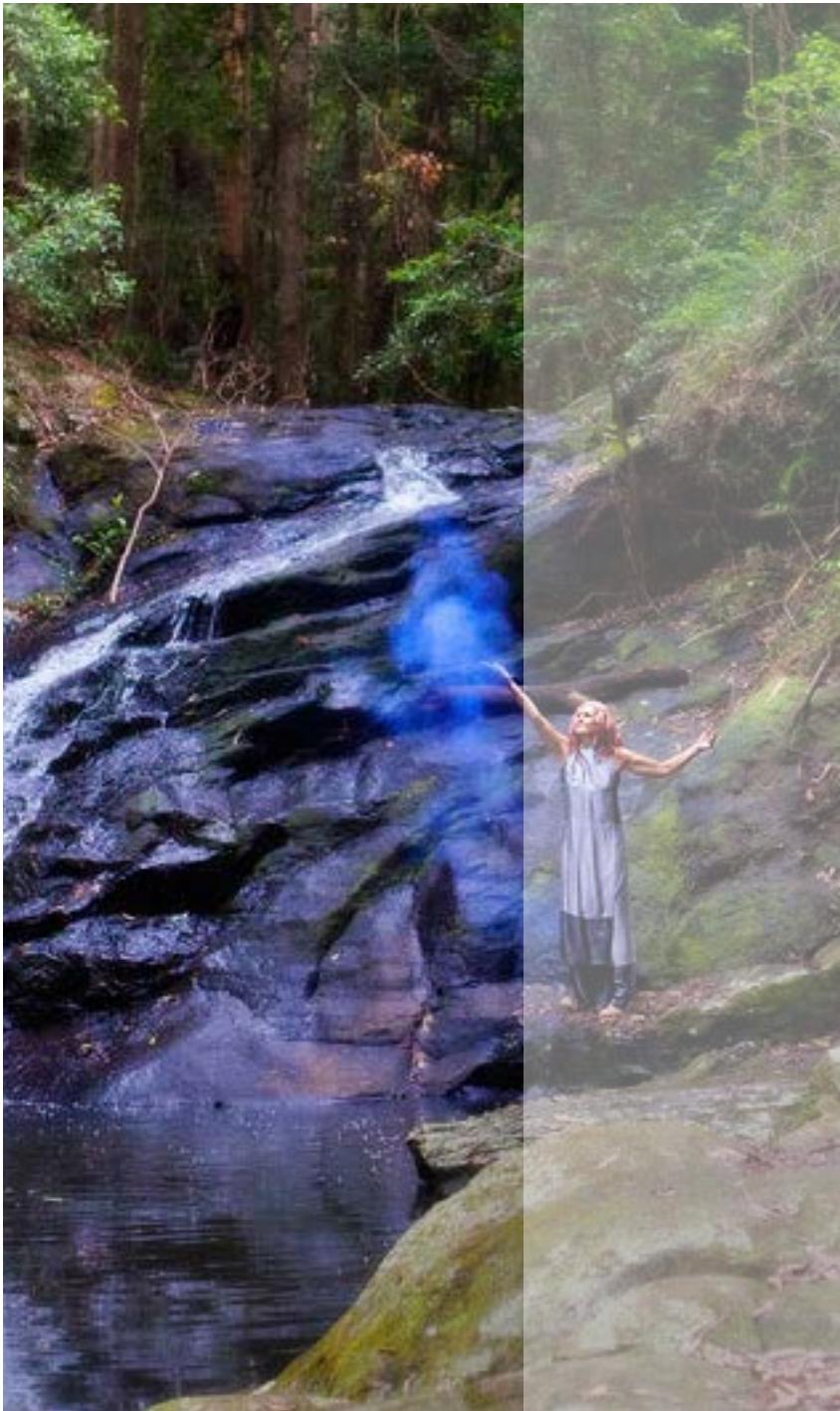
There are many ways to meditate, some are guided, you can use recordings, loads of free ones over the internet, maybe you could borrow some of your friends cd's, or mp3's. Also you could look for centres in many suburbs that run free meditation gatherings.

Once you start gifting this to yourself and your life, you will find that you desire more simple ways of being, you have more peace, are calmer, find that your food choices start to change for the better, you enjoy nature more, health issues reduce, vitality and wellness increase amongst many other positive outcomes.

Be patient and gentle with yourself when you commit to this practise of quietening the mind. Like going to a gym to build your muscles, the results appear after repeated practise . Some days will be easy to drop into the quiet, and some days will be challenging. Stay with it and on the hard days where your mind is busy , watch the thoughts and hold a word as your focus.

You will reap many benefits from meditating.





Breath

BREATH

We have been given THE most precious and healing gift upon our physical birth.....our Breath. The ability to inhale and exhale, when consciously aware, can change many situations and reactions within you. The breath is the bridge between our physicality and our divinity. It allows us to navigate our feelings and understand the language of life.

Great teachers have given us infinite teachings about the power of connecting with awareness to our breathing.

Krishnamacharya described the cycle of breath as an act of surrender: "Inhale, and God approaches you. Hold the inhalation, and God remains with you. Exhale, and you approach God. Hold the exhalation, and surrender to God." (use the word Source, or infinite wisdom, or Oneness if you prefer that to God)

It has been proven that we can eliminate up to 70% of toxins from our body in the exhalation.

So each day, take a few mins for deep breathing where you fill your lungs, hold for a moment then exhale. By repeating this, you are clearing any stagnancy from the lungs; you are opening the ribcage, and exercising your diaphragm while stimulating the organs of the body.

Breathing is a transformational tool when you connect to it. When feeling stressed, watch how your breath flows, and consciously change it to something slower and deeper. You will feel your whole body respond.



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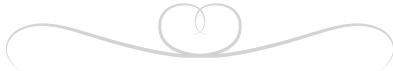
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NATURE

No matter where you live, there is ALWAYS access to a place in nature. The wisdom of the natural world supports, nourishes and guides us with answers to all we ask. We can ground ourselves, reset our energy bodies, cleanse, clear and balance just by spending time in nature.

The ocean...cleanses, balances and clears our whole chakra system. The salt water clears all energy heaviness. In years gone past, people with illness would spend time at seaside resorts while they convalesced. There is alchemy where the earth, the air and the water meet, that supports healing on all levels.

The forests, native bush areas.. allow us to be touched by the wisdom of the trees, their sovereignty of being. When you spend time amongst trees you feel grounded, solid, strong, you have the fresh oxygen they gift the earth in every inhalation, and you can sit and listen to the sounds of life in these places of healing.

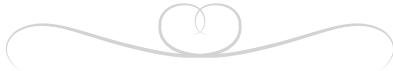
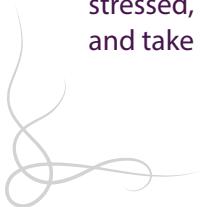
The mountains...offer grounding and solidarity as well as the ability to see clearly from a different angle. Like rising above your problems to see the bigger picture.

Parks, offer the grass under your feet, the space to move, the greenery of healing, the beauty to remind you that you can choose how you see things.

Rivers, waterfalls and waterways ..remind us of the power of allowing our feelings to cycle through life easily, to wash away the troubles of the mind, to be calmed, soothed by the sounds of water moving in nature.

Your own backyard garden gifts and reminds you of the ever changing seasons, the flow of life, the dying away to then rebirth . Watching your own garden, placing your hands in the soil, planting, harvesting, caring and nurturing takes us away from our own troubles in the mind, to a place of being and remembering that all of life is a cycle, and things do pass. Sometimes you can be inspired when you are involved in something constructive.

Place your bare feet on the earth for a few moments each day and feel the flow of energy, this is a simple form of grounding. Even at work, if you are feeling stressed, overwhelmed, challenged, find a place to get your feet onto the earth, and take a few breaths.



BODY MOVEMENT

Moving your body gets all your systems, organs and circulation moving. Walking costs NOTHING. Stretching costs NOTHING. Swimming in the ocean cost NOTHING, running anywhere costs nothing, climbing hills and mountains, COSTS nothing, climbing trees costs NOTHING.

Our bodies are a sacred vessel for our spirit. Connecting to your body is an act of self-love.

Walking can clear the head, bring inspiration and improve circulation
Stretching can bring release, flow of energy and a sense of peace

Swimming can be cleansing, uplifting and meditative

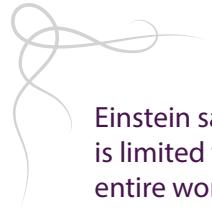
Climbing trees or mountains can elevate your sense of belief in self and your achievements in life.

IMAGINATION

We have ability to create anything in our imaginations. One of the MOST expansive things we can do that is FREE. What do you see for yourself in all parts of life...if you can imagine it, you can create it. This is a universal truth. Perhaps if confused or a bit lost, grab some old magazines and make a 'vision board, or a vision page" in a diary or journal. Allow your imagination to create a life you would like to live, or to move towards.

Vision boards are about imagination, create one for your dream life, your next goal, then ask yourself, what 1 step can I take that will take me closer to achieving that dream.





Einstein said.. "Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."

When you watch children at play, they become engrossed in their imaginations, take some time to do that for yourself, allow the feelings to flow, the stories to unfold, and the sense of freedom to be embraced for a little while. Look for imaginative ways to lift your spirit as you can then experience the feeling of what is available to you in life when you commit to you.

SILENCE AND STILLNESS

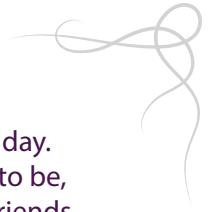
Being quiet, being comfortable in silence is a gift that allows us to reset, rejuvenate and to listen within to the answers that we have. Too much noise in life is abusive on many levels. Taking time out to be silent, to be with you is a powerful time to listen to the voice of your inner and higher self, perhaps listen to the wisdom of the universal pulsing in you.

Sometimes we just have to pull the plug on all forms of distraction and be still. Disconnecting from the busy-ness of life, the techno addictions we all have, for short times offers rejuvenation, revitalisation, and re energising. Being still gifts us with time for our bodies, minds and feelings to catch up with each other and to reveal how we are really doing with ourselves.

GRATITUDE

The greatest transformational power we have access to all the time is the choosing, feeling and living in a space of gratitude. As we exercise gratitude for all things in our world, be it challenges, beauty, gifts, lessons, accolades, we allow more great things to enter our life. Think GREATITUDE

No matter how difficult things may appear in life, the simple choice to see the teaching, the wisdom, and the gift from a place of gratitude, allows us to evolve and expand with more grace.



Perhaps make a point of noting 3 things daily to be grateful for in your day. Things like the roof over your head, the food, water, clothing, freedom to be, the world of nature that is on your doorstep, the health you have, the friends, neighbours, colleagues, and for many, their jobs... These gratitude reminders really tell us of the complete ABUNDANCE that we truly are and have. The more gratitude you have in your life, the more is gifted to you.

SELF RESPONSIBILITY

Whatever we think, speak, act out and feel is entirely up to each of us. Nothing and nobody EVER does anything to us, we ALWAYS do it to ourselves. Stop playing the blame stories, the victim beliefs, and the helpless and hopeless, take up your own life and change what needs to be changed. Whether a thought, a habit, behaviour, a paradigm... you can change it. Everything in life begins and ends with you.

If you are uncomfortable in life, then change something, Every time we change something small in life, we alter the outcome of any situation. Each small change or shift, leads to bigger and better ways of being and creating.

All of life is connected to and within a field of energy or grace called Oneness. Everything we do feeds into that field. Have a look at your thoughts, your beliefs, your limitations, your control, your strategies, and if you want them to matter, to be better, to create a world that is more uplifting, then it is up to you to do that for you. As your energy body shifts, lifts and changes vibration, you automatically feed the field you exist in.

Again this costs NOTHING, is completely free and you can do this anytime.



SIMPLIFY

Keep things simple.

Letting go of clutter, whether of the mind, the emotions, the thinking, the material world, gifts you with a freedom of self.. We have too much in life and we are often distracted by those things. Have what you love around you, and get rid of all the 'stuff' that isn't useful, or required.

LISTEN

We have 2 ears and 1 mouth, so we are to encourage listening twice as much as we speak. Listen to others, really listen to what they are saying. Instead of trying to get your thoughts out, be present enough to hear what the person or situation is showing you through the words, actions, feelings, senses. The majority of people really need to be acknowledged. We all have the answers to our lives within. No matter what we are experiencing, when we can talk, and are listened to, the answers we are searching for have a way of appearing.

Be a fabulous friend, relative, colleague, partner and engage in listening to others in a present, mindful attitude

INTUITION

We are all born with this sense of intuition as part of our whole self. It is as normal a function as sight, hearing, touch, smell and taste. Some just trust their intuition more than others and are not afraid to act on it. Each whisper of intuition in your life is a GPS navigation reference for your spirit . Listen, Trust, Act and allow this birth right to assist in your life as we evolve through these shifting times.

As our physical senses teach us about the world, filtering information through their pathways, so too is intuition a sensory experience that warns, us, gives us high inspiration, allows us to KNOW things without real evidence. When we engage in following our intuition, our lives improve beyond measure.

