



SOUL CONNECTION



Gratitude

Each evening or anytime in the day take a moment to centre and breathe. Write down three things you are grateful for today? Having a daily gratitude practice opens up your connection to your soul and higher frequencies.

- state your 1st gratitude
- close your eyes and feel the energy of your heart as you speak it aloud
- let the energy of that gratitude flow through your entire body
- repeat for each thing you are grateful for



Nature

The frequencies in nature are naturally high and make it smoother for you to connect to higher frequencies.

- take daily walks barefoot in nature
- in the colder months, wrap up and go for a long walk in nature (about 1 hour)
- find a tree that you like, ask it to help you connect to your soul, sit down and get comfortable for a minimum of 20 minutes, chanting in your mind - I love my soul



Sound

Sound is such a wonderful tool that can be used to create huge transformations. All it takes is courage to vocalise without judgement. This can be done through many avenues:

- book a few singing lessons with an experienced coach who is able to guide you on your tone, breathe and range
- take a vocal chakra toning course
- make sounds in the shower that help you release in that moment
- take a sound bath journey