



CONSCIOUS LIVING GUIDE

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CONSCIOUS LIVING GUIDE

What is it & what do I mean by *conscious living*?

What do I mean by conscious living? I mean being aware of self, observing yourself from an external lens. This takes a lot of initial awareness, focus and planning. It takes conscious thought and action.

They are practices to consider implementing into your day, under the pillars of physical, mental & spiritual wellness, in order to bring more clarity to who you truly are and tune into your authentic self.

Why I recommend it? Why is it the first thing I implement with my clients?

In order to change anything in your current life and circumstances, you first need to look at the looping, repeated behavioural and thought patterns keeping you stuck.

To do that we need to become conscious of how we move through the day, how we nurture and what ways we are avoidant / avoiding with ourselves?

Together we will create a container and conscious living tool kit in which you will be able to hold and nourish yourself through this work, with my guidance every step of the way.

By focusing on cultivating awareness and a sense of safety within ourselves, you'll begin to see yourself in a new light.

What will you gain?

You will gain a sense of inner calm and peace. An understanding of yourself, a real knowing of who you are. A tool kit that sets you up to face any eventuality in your day. A clarity around what you want from your life or atleast the next chapter.

Its not going to be easy...

Beginning deep, transformational work with yourself is probably one of, if not the hardest thing you will ever go through. Spiritual work is not light and fluffy, its gruelling.

However its also the most rewarding and beautiful gift you could ever give to yourself.

You may look at the next page and think 'wow, that's a lot, I don't have time for that' but remember, everything we do in life is a choice. You can choose to put in time and energy and take the first steps towards the life you want to live or you can choose to watch re-runs of friends. again. (No shade to friends I love it and that was my go to show for numbing) Whats on the next page is definitely the harder choice. Are you ready to choose yourself?

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The Conscious Living Pillars	Physical	Mental	Spiritual
Essential	<ul style="list-style-type: none">• Morning full body stretch• Walking (ideally in nature or somewhere green)• Sleep• Nourishing fuel• Hydration	<ul style="list-style-type: none">• Journaling- daily pages• Self talk• Notes-creating your daily notes page• Internal Experience	<ul style="list-style-type: none">• Meditation• Creating pockets of space• Figure out your energetic battery• Become externally aware
If you can, do	<ul style="list-style-type: none">• Additional movement• Breathing- being breath aware• Dance• Alcohol intake• Moisturise or oil your skin/ selfcare routine	<ul style="list-style-type: none">• Gratitude Practice• Daily Intension/ affirmation• Evening reflections• Connection• Learn your physical energetic patterns	<ul style="list-style-type: none">• Connect to source; God, The Universe, Goddess, The Divine etc• Follow the moon cycle & collective astrological energetics
The add on's I reccomend	<ul style="list-style-type: none">• Dry Brushing• Get to KNOW your body• Somatic healing• Herbal infusions• Supplement you vitamin & mineral deficiencies	<ul style="list-style-type: none">• Get Creative• Write your 6 month goals• Get to know your future self -• What are your stories?	<ul style="list-style-type: none">• Connect with your spirit team• Energise your food• Use the additional energies of crystals• Energetically cleanse

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PHYSICAL WELLNESS

Morning Stretch

This one is a non-negotiable for me for a few reasons. I pretty much sleep in the foetal position, so when I wake up, my muscles feel like they have been scrunched up in a ball all night. I have suffered with bad muscle tension for years so stretching (although my mind does not look forward to it) my body is very much thankful. Our bodies channel energy, and stretching releases stored energies and opens up the nervous system, electrically charging your body giving you a deeper connection to yourself and to the energies around us. Never push past your own physical limits and always take into account your current health conditions. I advise to seek guidance from a professional body worker/ movement expert on the best ways to stretch for you. There are also a lot of amazing professionals you can follow in Instagram/ YouTube etc.

Walking

Walking without listening to content (music/ podcast etc) ideally in some form of nature. This can be tricky to do at first, especially if you consume content regularly to actively avoid your own thoughts/ anxieties (i've been there). At first your brain will be chattering A LOT. You may find it difficult to switch off. That's ok and it's normal at first. Try concentrating on your breathing, what's around you? What can you see? Is there a breeze? Focusing on the here and now can help you centre and ground. Once you have a clear head you create space for other things to drop in.

Sleep

Recent studies have shown that women actually need 9-10 hours depending on which place they're at in their cycle, compared to men at 7-8 hours. This is not surprising in anyway to me and also means we've got a lifetime's worth to catch up on!

The time when we are sleeping is when our cells are regenerating and doing all of their repair work. On top of that during sleep is the time when our old neural pathways are pruned away, meaning the work we are doing to rewrite our subconscious and build new neural pathways is strengthened, which in turn means changes in our behaviour and ways of thinking. Up-levelling baby!

Nourishing Fuel

Listening to your body and giving her what she needs, try not to over stimulate with caffeine etc as this can effect how we pick up on and relate to our energies. I personally recommend as many whole foods as possible, as little processed food as possible and for me cutting sugar makes a huge difference.

However I also personally don't believe in faddy diets and restricting yourself in anyway. I believe in taking responsibility for your own health and wellbeing, listening to your body and learning what works for you. Treat it as an experiment at first, eat whatever you feel called to and really tune in to how you are feeling afterwards, how does your digestion feel? how are your energy levels? how do you feel emotionally about what you just ate?

I want to stress at this point that I am not a nutritionist or dietician and am speaking purely from my own experience and research. I have tried every diet under the sun, I have starved myself and denied my body of so many nutrients over the years. There are so many experts out there with conflicting information and I personally believe it's most likely all correct however, every human is so magnificently individual we have to be the experts of our own bodies and figure out what's best for us in order to thrive.

If you feel like you need additional support I would advise seeing a holistic professional such as a naturopath.

Hydration

This one is pretty self explanatory right? Hydration is key for flushing toxins and keeping your cells functioning. Spiritually water also represents our emotions.

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MENTAL WELLNESS

Journalling

I recommend a morning journalling practice, I also like to incorporate an evening reflection when I can. Getting your thoughts out of your head and on to the page can bring a lot of clarity over decisions, help you process your thoughts and feelings and bring your awareness to aspects of self you didn't even realise you were ruminating on. Journaling can also be a spiritual practice, as we can get into a meditative state and connect with our subconscious. Sometimes I will ask my spirit guides to write through me if I'm asking for guidance.

Self Talk

How are you communicating with yourself? Is it negative or positive? Time to tune in to your inner voice and see how you are potentially putting yourself down. This is a challenging process because our inner critic pops up out of nowhere and we've said something nasty to ourselves before we have even consciously registered it. To begin, after each negative comment you make to yourself, consciously stop and correct yourself, give yourself the positive reinforcement you need and step by step you will become more aware of your internal dialogue.

Daily Notes Page

Each day start a new notes page in your phone, jot down anything and everything that comes to you in a day. Random thoughts that pop into your head, something you hear on a podcast. Anything you notice on your nature walk. Where you triggered? Write it down, something "lucky happened? Write it down. The reason I say this is because firstly we tend to forget a lot of things and let them pass us by. Secondly, one of these things by itself may not mean anything but when put together may lead to a chain of synchronicities. Or they might not. It may be that you look back on your week/ month reflections and see a thorough line in your patterning of behaviour or a symbolic sign that keeps showing up for you.

Internal Experience

Internal experience- This is a concept I love taken from Flynn Skidmore. We have an internal and an external experience that we are present for at any given time. We usually seek external experiences to create an internal one. For example we may want to sky dive to experience the thrill and adrenaline rush it gives us internally. If we want to feel satisfaction, love and joy going in to our day, how can we seek to to feel those feelings in every given moment and activity we engage with.

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SPIRITUAL WELLNESS

Meditation

Meditation comes in all different forms, being still, guided meditations, walking meditation, in the shower, doing something creative- in flow. if its new for you, I suggest beginning with setting your timer for 5 minutes and see how long you can be still and concentrate on your breathing pattern. Try breathing in for four counts through your nose and out for 6 counts through your mouth. Just observe your breath and try to keep present without drifting off in to thought. This is not easy at first and will take practice.

Creating pockets of Space

Creating pockets of space- What do I mean by this? I mean allocate pockets of time throughout your day to check in with yourself. set alarms in your phone for morning, midday and evening and when they go off take 5 minutes to do some intentional breathing, check in with your body, mind and emotions. How is your body feeling, are you hunching your shoulders or is your stomach tense? are your thought patterns negative or positive? how are your emotions today? are you actively living your desired internal experience? if not, why?

Figure out your energy battery

recharge your energy- re- resource for yourself , especially if you're a parent, run a team, a care giver, holding space for a lot of people etc. How do you recharge? And how do you know when your battery is on empty? What sources you will gain that energy back from?

Becoming Externally Aware

Become externally aware- what's going on around you? We can spend so much rushing from one place to another, not even aware of all of the signs, connections and kismet moments we are just wondering on by. Don't worry if you miss something that is meant for you the universe will re-route it and send it to you in another way however the more we can become in touch with the world around us the more synchronicities we start to notice.

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THANK YOU!

If you have gotten this far, thank you so much for reading and I hope this guide brings you your first steps of clarity and points you in the direction towards inner peace.

Please feel free to DM me on instagram or send me an email if you have any questions!

If you are intrigued to learn more about the next steps towards tuning in to your intuition, the path to getting to know your authentic self and doing the deeper, healing work to uncover that version of you, I would love to discuss the opportunity of working together 1:1.

Love
Always,

Alex
x