

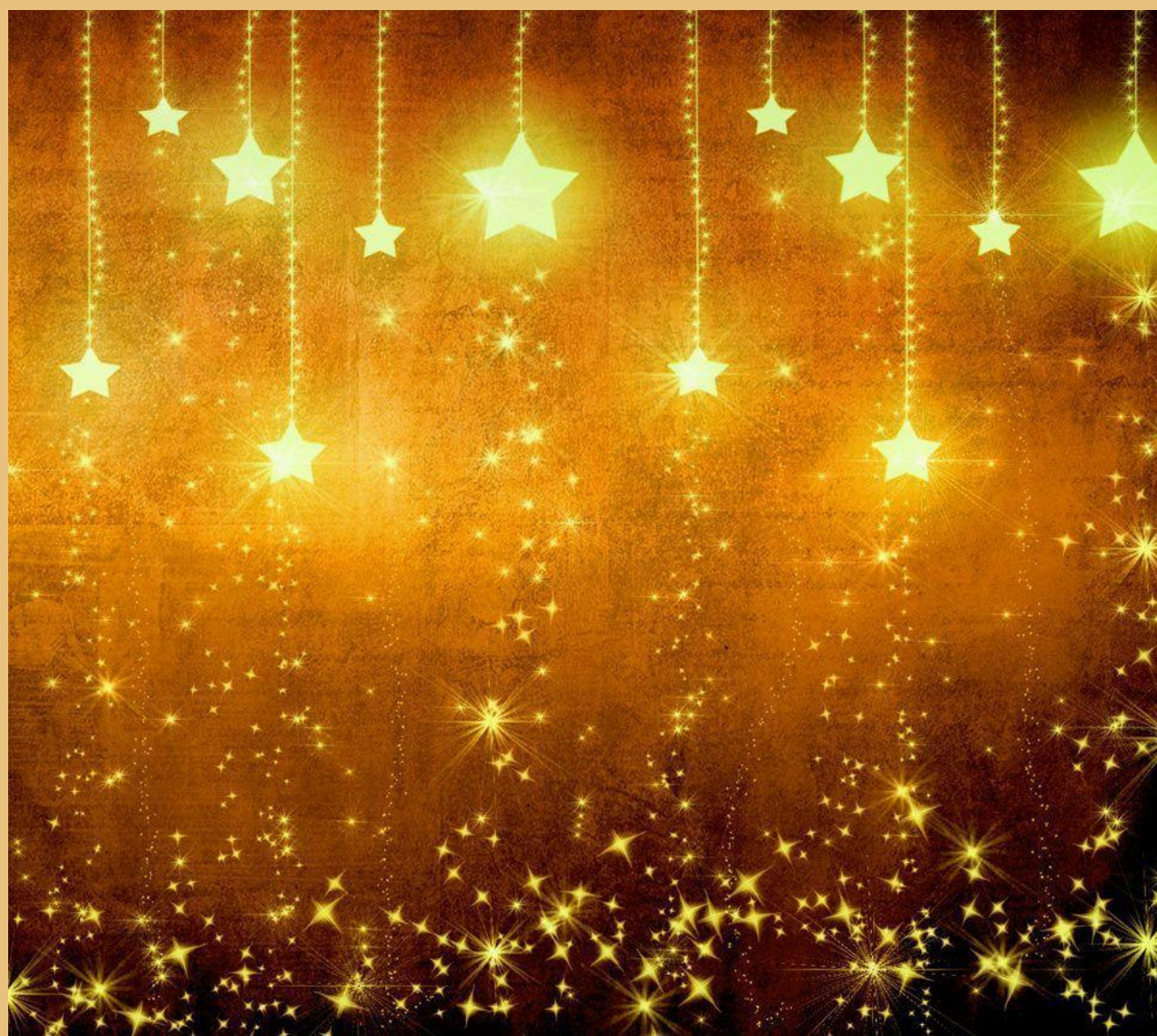
Born to be a Shining Star



How to shine brightly
and discover who you authentically are.

Vicki Maree Berry

Born to be a Shining Star



How to Shine Brightly and
discover who you authentically are.



This book is dedicated to
Bradley, Chloe, Isabella, Katherine,
Alesha and James
– my Shining Stars.

I write this book so that I can contribute to
making the world a better place for you to
inherit.
Keep shining!

Quotes

“Nothing can dim the light which shines from within”.

“Never let anyone dull your shine just because sparkle is in their eyes”.

“Star light, star bright, first star I see tonight,
I wish I may, I wish I might, have this
wish, I wish tonight”.

“There is no stars without darkness”.

“During our darkest moments we must focus
to see the light”.

“Shoot for the moon! Even if you miss you will
land among the stars”.

“Star light, Star bright, May you know
tonight, that every thing will be alright”.

Authors Notes

Twinkle, twinkle, little star,
How I wonder who you are!
Up above the world so high,
Like a diamond in the sky.

When the blazing sun is gone,
And there is no more day to shine upon,
Then you show your little light,
Twinkle, twinkle, all the night.

Then the traveller in the dark,
Thanks you for your tiny spark,
He could not see which way to go,
If you did not twinkle so.

In the dark blue sky, you keep,
To guide the Traveller to what he seeks,
For you never shut your eyes,
Till the sun is in the sky.

'Tis your bright and tiny spark,
Lights the traveller in the dark,
Tho' I know who you are,
Twinkle, twinkle, little star.

Twinkle, Twinkle, little Star – I have sung this rhyme hundreds of times to my little ones over the years. But what does it mean, and why have I now used Shining Stars as the theme for my book?

For me, this charming and profound lullaby has a far more philosophical meaning. In life, we go through dark times to learn and grow, and in those times, we need to ground ourselves and remember we are all
Born to be Shining Stars.

*“Nothing can dim the light that shines from within,” and
“There are no stars without darkness.”*

As a child, I was always told that our loved ones who had gone to heaven were now in the stars—watching over me—and that if I made a wish on the stars, they would grant it.

Star light, star bright, first star I see tonight, I wish I may, I wish, I might, have this wish, I wish tonight.

The radiant light from the stars has been used for thousands of years to help people navigate their way. The stars have comforted and reassured those people in their dark hours.

“During our darkest moments, we must focus to see the light” and “Star light, star bright, may you know tonight that everything will be all right”.

As sentient beings, we need to remember that our intricate web of connections intertwines us, emphasising our mutual journeys as travellers and reliance on each other for survival. Human beings crave social bonds, love, and unwavering support. These connections offer us the strength to believe in ourselves and in our aspirations.

“Shoot for the Moon! Even if you miss, you will land among the stars” and “Never let anyone dull your shine just because your sparkle is shining in their eyes.”

We all have a light—it’s the personality traits, skills, and gifts we develop in our lifetime to achieve our life purpose.

As children, we are told who we are. By the time we reach adulthood, we realise that we need to “create” who we are. During that process, we realise that we are spiritual beings having a human experience and part of something so much bigger.

So, the journey then becomes to discover who we authentically are -
our true self, magnificently flawed but proudly tried, true, and tested self, not what others want us to be, not who others have said we are, but our divine selves, whom we were always meant to be.

By achieving this, we have come to know ourselves, our life purpose, and our values and beliefs. We have developed our resilience, character, and maturity, and we live our lives with ethics. We walk and talk our words and deeds.

Others take strength from our light, and we now radiate love and goodness. Our shine lights the way for others to see through their darkness, always giving hope.

We have grown from a little twinkle into an illuminating light.

The lyrics "Twinkle, twinkle, little star, I wonder who you are" hold significant meaning for me. I interpret them as a statement to look within and discover your authentic self. Just like a diamond in the sky, you are also like a diamond—initially carbon, but after a process, a beautiful, pure, stunning, polished diamond.

This book serves as a How-to Guide for Personal Development. It includes articles from all five areas of a person's life: physical, social, emotional, mental, and spiritual.

My role is to provide you with the information; your role is to decide how you want to use that information to grow and discover who you authentically are—we were all Born to be Shining Stars!

Introduction

Personal Development involves looking inward and improving yourself. This requires introspection and self-improvement. It's about enhancing self-awareness, self-esteem, skills, and aspirations. It helps people find their truth and develop their self-awareness by assisting them in seeking purpose, meaning, and authenticity and to strive to achieve clarity and purpose.

In 2015, I started a Personal Development Life Coaching business. I conducted Skype consultations and ran workshops. I chose Life Coaching, Workshop Facilitation, and Training because I wanted to offer ongoing support to people trying to clarify and attain their goals or find balance in their lives and themselves.

My ultimate goal, however, is to help people reach higher consciousness and contribute to improving our world.

We can change the world by changing one person at a time.

To raise your level of consciousness is not just a journey but a profoundly impactful experience that has the potential to transform your life. By "Awakening," you shift your level of consciousness, opening yourself up to a greater understanding of your truth and purpose.

This path will give you unparalleled insight into your search for meaning and your ability to cultivate healthy relationships with others, the earth, and all its inhabitants. Embracing this incredible opportunity to discover yourself and unlock your full potential empowers you to grow in ways you never thought possible.

To "Awaken" is to make a decisive shift in your thinking, moving from a self-centred mindset to one that is more self-aware and focused on serving others. By embracing love as your guiding principle, you can tap into your full potential and create a more meaningful, purpose-driven life. Each individual has a role to play. United by the collective power of many individuals attaining higher consciousness, we can forge a better world.

We can effect change by supporting one another's development and nurturing a sense of community and unity. As more individuals elevate their energy within the collective consciousness, we can transform global thought and behaviour, paving the path towards a tranquil and just world. It is essential to discover our inner light and let it radiate.

Let us strive to make World Peace and Equality a reality. By embodying love, peace, ethics, and non-judgment, we can create a world that reflects these values. Together, we can make a positive change and build a better world for us all.

My vision is for "all of us", no matter what our age, gender, sexual orientation, race or ethnicity, or faith we believe, to be able to live on earth in peace, interconnected harmoniously together, as equals. This vision is not just a dream but a possibility that can inspire hope and ignite the fire of change within us. When you reach this heightened state of awareness, you discover inner tranquillity and a genuine connection with yourself, the planet, and all its inhabitants.

I chose the symbolism of "The Rose" to express Evolving Consciousness, Promise, New beginnings, and Hope. So my slogan then became, "Find the Love, Beauty, Courage, and Hope within You." My website and blog provide valuable free teachings to help achieve this, supported by academic research and free of affiliations.

As you take on the task of Personal Development, the ongoing and deliberate process of nurturing one's potential for growth, learning, and enhancement across multiple facets of life, you continuously pursue improvement in areas such as career, relationships, health and well-being, spirituality, and creativity.

The Articles in this book are from blog posts on The Rose Personal Development website
<https://therose.name>.

Contents

Physical

8 Pearls of Wisdom to live by.

8 ways to raise your level of Consciousness -

Part 1 & 2

Social

8 ways to find your Authentic Self.

Emotional

8 ways to "create" your Happiness.

8 ways to practise Positive Thinking.

8 ways to practise Gratitude.

8 ways to practise Compassion.

8 ways to practise Forgiveness.

Mental

8 ways to practise a Growth Mindset.

Spiritual

8 ways to "seek and find" your Spirituality.

8 ways to tap into your Sacred Feminine Energy.

8 stages of Consciousness according to Spiral
Dynamic Theory.

Physical



8 Pearls of Wisdom to live by.

We live in a society where the relentless pursuit of progress and productivity is harming our health and well-being. We must step back and reevaluate our lifestyles and our relationship with the natural world. By acknowledging the interconnectedness of all living beings and embracing a mindset of love and compassion, we can strive for a more harmonious existence. Returning to a more straightforward way of life, grounded in the principles of nature, is essential for our collective health and happiness.

Lifestyle factors that are placed on us in our current society, such as high stress, being overworked with a focus on gaining money and material possessions, a lack of sleep, and poor nutrition, are causing anxiety, depression, addiction and trauma. Encouraging active resistance to the unyielding societal pressure always to strive towards goals and meeting "productive" expectations. This pressure is particularly prevalent in our world, so much so that our value is often tied to our level of productivity. It suggests that every hour and minute of our time should be dedicated to either work or self-improvement. Those who are unable to work are completely devalued, hence giving all the power to the wealthy - contributing to wealth inequality and a less fair society.

We need to get back to basics, to a life that is natural, organic, simple, peaceful, and loved.

1/ Modern life negatively impacts our health and well-being, so to remedy this, we should embrace a more straightforward, more peaceful, and natural way of life.

Modern life's fast-paced and demanding nature is taking a toll on our health and overall well-being. As a solution, we should embrace a more serene, uncomplicated lifestyle and be in harmony with the natural world. It's important to recognise that our current definition of prosperity and civilisation contributes to our declining health, while activities that may seem weird and unproductive can lead to greater peace, stability, and longevity.

2/Nature's bounty is the key to our health and well-being. From the air we breathe to the food we eat, nature provides us with everything we need to thrive.

Nature's abundance is the cornerstone of our physical and mental well-being. The pure, oxygen-rich air we breathe invigorates our bodies, while the diverse array of nutritious foods grown from the earth nourishes and sustains us. From the vibrant colours of fruits and vegetables to the tranquil greenery of forests, nature offers us a wealth of resources that support our overall health and vitality. The six best doctors are Fresh Air, Exercise, Water, Rest, Good Diet and Sunshine.

3/All things come from LOVE. Healthy relationships are the glue of our health and well-being.

Love is the driving force behind all aspects of our lives. From the love of family and friends to the love of our passions and interests, it all stems from this powerful emotion. The quality of our relationships profoundly influences our physical and emotional well-being. When surrounded by love and support, we are better equipped to handle life's challenges and experience a greater sense of fulfilment.

4/When we release our "Ego" and realise that we are part of the "Eco", we will be able to make the world a better place.

When we release our self-centeredness and acknowledge our interconnectedness with the environment and all living beings, we will be empowered to take actions that contribute to the well-being of the planet and all its inhabitants. Our world seems to think it is all about "We the people", that humans are dominant and have the right to kill, use and destroy whatever we want. In truth, it is " We are one" interconnected with our environment and all living things. We all need each other to survive; until we realise this, we will be unable to make the world better.

5/ We are all one with the Divine source and interconnected with everyone and everything.

Honour that. Namaste.

We are all interconnected with the universal energy that flows through every living being and the world around us. This connection signifies our oneness with the source of creation and each other. When we all honour and acknowledge this profound interconnectedness, the world can be at peace.

6/ To achieve world peace, you must first find inner peace.

In order to establish peace on a global scale, it is essential to first attain a state of inner peace within oneself. When each individual attains inner peace, the collective consciousness of humanity can indeed contribute to a more harmonious world. Inner peace is a state of tranquillity, balance, and acceptance that arises from self-awareness, mindfulness, and emotional well-being. In the pursuit of global peace, it is imperative to recognise that fostering inner peace within oneself serves as the foundation for promoting harmony and understanding among individuals, communities, and nations.

7/ We are all spiritual beings having a human experience.

We are all spiritual beings who are currently inhabiting physical bodies, navigating the complexities of human existence, and seeking to understand our place in the world. As spiritual entities, we are all currently undergoing a unique and profound human experience. Understanding this and appreciating the awe of this concept helps put your life into context.

8/ Only when we realise that the current cultural values and belief systems that form our society are harming our health and well-being can we find peace, one person at a time.

The iconic musician Jimi Hendrix once said, "When the power of love overcomes the love of power, the world will know peace," we are reminded of the profound impact of prioritising love over power. This philosophy carries significant weight in the context of our current societal values and belief systems, which often contribute to adverse effects on our health and overall well-being. We can work towards finding inner and global peace, one individual at a time, through a collective realisation of these harmful influences.



8 ways to raise your level of Consciousness – Part 1.

Unlock your true potential, contribute to raising your Consciousness, and live a fulfilling life by practising these simple yet powerful habits:

1/ Practise Mindfulness and Meditation.

Mindfulness is a state of being where you are fully present in the moment and aware of your surroundings without any judgment or reaction. It involves observing your thoughts, emotions, and physical sensations without getting entangled in them. By practising mindfulness, you can develop a sense of calm and clarity that helps you deal with stress and anxiety more effectively.

Meditation is a time-tested practice that involves training the mind to focus and settle into deep relaxation. It can be done through breath awareness, visualisation, or mantra repetition. Meditation has many benefits for the mind, body, and soul, including reducing stress and anxiety, improving sleep, boosting immunity, and enhancing overall well-being. Regular meditation practice can help you cultivate a sense of inner peace and calm that can help you navigate life's challenges more easily.

2/ Be Creative.

Participating in creative activities, such as painting, music, writing, or crafting, can help you discover and explore your innermost self. Creating something unique and personal allows you to express your emotions, thoughts, and ideas in a way that is often difficult to achieve through other means. This process of self-expression can be therapeutic and liberating, leading to a greater sense of self-awareness, self-esteem, and personal growth. You can challenge yourself, develop new skills, and gain a deeper understanding of yourself and your unique perspective on the world through creative endeavours.

3/ Practise Compassion.

Developing a solid sense of empathy and compassion towards others is crucial for personal growth. Empathy allows us to understand and share the feelings of others, while compassion motivates us to act on those feelings and help alleviate their suffering. By practising these virtues daily, we can become more understanding, patient, and kind. This can lead to better relationships, improved communication, and a greater sense of fulfilment and purpose in life. It's important to remember that empathy and compassion are skills that can be cultivated and improved upon over time with practice and patience.

4/ Practise Forgiveness.

Forgiveness is a robust process that can assist in healing emotional wounds and enable you to move on from past pain. It involves letting go of negative emotions such as anger, resentment, and bitterness towards someone who has caused you harm. By forgiving, you release yourself from the burden of carrying around negative feelings and allow yourself to experience inner peace and emotional freedom. Forgiveness is not an easy process, but it can be a life-changing one that helps you to live a happier and more fulfilling life.

5/ Live your life by your personal Code of Ethics.

Developing a personal code of ethics defines your values, beliefs, principles, and standards that guide your decision-making and actions. It involves reflecting on the moral and ethical issues important to you and determining how you want to behave in various situations. Creating a personal code of ethics can clarify what matters most and align your behaviour and choices with your principles. It can help you make better decisions, navigate challenging situations, and live more intentionally and more fulfilling lives.

6/ Think Positively.

When you face challenging situations, it's important to remember that there's always a positive aspect to be found. By taking the time to analyse the problem, you can identify potential opportunities for growth and learning. This can help you gain the power and strength you need to overcome the difficulties and emerge stronger than before. Don't let setbacks discourage you - instead, use them as opportunities to find new ways to succeed. Remember, a positive perspective can go a long way in helping you navigate life's challenges.

7/ Know yourself - look within and experience your emotions.

Self-awareness is the ability to recognise and understand one's thoughts, feelings, and emotions. It helps individuals to gain a deeper understanding of their personality, strengths, weaknesses, and values. Being self-aware involves being mindful of your behaviour, noticing patterns in your thoughts and emotions, and how they affect your actions. By developing self-awareness, you can improve your decision-making, communication skills, and relationships with others. Self-awareness allows you to recognise your biases, limitations, and blind spots and work towards personal growth and development. Ultimately, self-awareness is essential to emotional intelligence and can lead to a more fulfilling and happy life.

8/ Spend time in Nature.

Spending time in nature can be a truly enriching experience for the mind, body, and soul. Not only does it provide a chance to escape the hustle and bustle of daily life, but it also allows us to connect with the natural world around us. By taking the time to explore the great outdoors, we can develop a deeper appreciation for the beauty and complexity of our world. Whether it's a hike through the woods, a stroll along the beach, or simply sitting in a park, nature has a way of calming our minds and reminding us of the importance of living in harmony with the environment. So, next time you're feeling stressed or overwhelmed, consider taking a break and immersing yourself in the wonders of nature.



8 more ways to raise you level of Consciousness – Part 2.

1/ Practise Gratitude.

One of the most important aspects of leading a fulfilling life is cultivating deep gratitude for everything you have. This includes the people, experiences, and opportunities that have come your way. By focusing on what you have rather than what you lack, you can develop a more positive outlook on life and increase your overall happiness and well-being. So, take some time every day to reflect on all the things you have to be grateful for, and let that gratitude fill you with joy and contentment.

2/ Find Meaning and Purpose in your life.

Discovering a sense of meaning and purpose in your life can give you a newfound sense of direction and motivation. It can help you understand why you do the things you do and what you hope to achieve from them.

Having a clear sense of purpose can give your actions and endeavours a greater understanding of significance and value, as they are aligned with your personal values and goals. This can help you feel more fulfilled and satisfied with your life and provide a strong foundation for personal growth and fulfilment.

3/ Give Service to Others.

One of the best ways to grow as a person is by giving service to others and spreading kindness. Not only does it help individuals cultivate a sense of empathy and compassion, but it also helps build strong relationships with others and improve the community's overall well-being. By engaging in acts of service and kindness, individuals can experience a greater sense of purpose and fulfilment and a deeper understanding of the needs and struggles of those around them. Additionally, when we collectively work towards spreading kindness and helping others, we create a ripple effect that can positively impact the world around us, making it a better place for everyone.

4/ Be your Authentic Self.

Always be your authentic self and embrace who you genuinely are. This means being honest about your values, beliefs, and passions and not being afraid to express them. Embracing your true identity also means accepting your flaws and imperfections and understanding that they are a part of what makes you unique and special. Being true to yourself will attract people and opportunities that align with your true self, leading to a more fulfilling and meaningful life.

5/ Balance your Masculine and Feminine energy.

To achieve harmony, balancing your masculine and feminine energies is essential. Masculine energy is associated with assertiveness, logic, and action, while feminine energy is related to intuition, nurturing, and creativity. Finding a balance between these two energies allows you to tap into your full potential and lead a fulfilling life. When too focused on masculine energy, you may become aggressive, overbearing, and detached from your emotions. On the other hand, when you are too concentrated on feminine energy, you may become passive, indecisive, and overly emotional. Therefore, it is essential to cultivate both energies within yourself and learn to use them harmoniously. This can be done through meditation, self-reflection, and mindfulness. You can achieve a more balanced and fulfilling life by balancing your masculine and feminine energies.

6/ Seek and speak your Truth.

By exploring your beliefs, values, and experiences, you can uncover your true self and better understand who you are and what you stand for. This process of self-discovery often involves asking yourself difficult questions and being honest with yourself about your thoughts and feelings. It can be a transformative journey that leads to greater self-awareness, self-acceptance, and personal growth. So, take the time to reflect on what's important to you and what you genuinely believe, as it can help you find your own truth and ultimately discover your true self.

7/ Strive for Inner Peace by trying to understand other points of view.

A powerful way to gain a deeper understanding of others is to try and put yourself in their shoes. This means taking the time to consider their point of view and how they might feel in a given situation. By doing this, you can develop empathy and compassion for others, which can help you build stronger relationships and improve your communication skills. Putting yourself in someone else's shoes can also help you find peace within yourself.

By seeing things differently, you can gain a new appreciation for the world and the people around you. This can help you feel more connected to others and to the world as a whole.

8/Examine your Values and Beliefs.

When you take the time to examine your values and beliefs closely, you can unlock a wealth of personal insights and growth opportunities. For starters, this kind of introspection can help you develop a deeper understanding of who you are as an individual and what motivates you. This, in turn, can help you make more informed choices about your life and career and enable you to align your actions with your values and beliefs. In addition, reflecting on your values and beliefs can help you become more open-minded and self-aware. By challenging your assumptions and biases, you can start seeing the world from different perspectives, increasing your capacity for empathy and tolerance.

This, in turn, can help you build stronger relationships and navigate complex social situations with greater ease and grace.

Examining your values and beliefs is a powerful tool for personal growth and development. Whether you want to deepen your understanding of yourself, become more empathetic and open-minded, or simply navigate life's challenges more efficiently, this kind of self-reflection is an essential first step.

Social



8 ways to discover your Authentic self.

Authenticity entails embracing and embodying your most authentic self at the deepest level. It involves aligning your actions with your values, beliefs, motives, and unique personality. Instead of presenting a curated facade, this genuine expression of your entire being is integral to fostering deep and meaningful connections and leading a truly fulfilling life. Being your authentic self is essential for living a happy, fulfilling life.

Authenticity is about being genuine, transparent, and authentic to who you are at your core. It requires vulnerability, self-awareness, and deep introspection.

Developing your authenticity allows you to forge deeper connections with others, make better decisions, unlock your true potential and embrace the person you were always meant to be.

Authenticity is the quality of being true to your personality, beliefs, and values. It means being genuine and expressing your thoughts and emotions without conforming to external expectations. Authentic people are self-aware and embrace their unique attributes without fearing judgment or rejection.

An honest and authentic individual is someone who fearlessly articulates their thoughts and openly shares their genuine emotions, even if doing so may not align with others' expectations.

Authentic people embrace their unique qualities and quirks, choosing not to conform to societal standards. They are unafraid to admit their mistakes and take full responsibility for their actions. They exhibit unwavering courage in upholding their beliefs and values, even when faced with opposition.

This honest and authentic individual does not pretend to be someone they are not, personally or professionally.

Instead, they communicate with sincerity and transparency, which sets them apart. They shun the need to seek approval or impress others. Instead, they display vulnerability and honesty by openly expressing their emotions and challenges.

Integrity and personal values are non-negotiable for this person, as they consistently prioritise their principles over personal gain. Their self-assuredness and lack of need for constant comparison to others allow them to be comfortable in their skin. This individual sets clear boundaries and does not yield to others' influence over their actions or decisions.

They are committed to their word and diligently follow through on their responsibilities. Furthermore, they remain receptive to learning from others and do not disguise their true selves to please anyone. True to their chosen path in life, they never allow societal expectations or external pressure to dictate their career, relationships, or lifestyle decisions. Instead, they steadfastly pursue their own passions and desires.

1/Take personal inventory – who are you? What do you like? Dislike?

Taking a personal inventory of oneself is an important self-reflection process involving delving deep into your inner self to better understand your character, values, and aspirations. This introspective practice entails questioning your true identity, examining the activities and interests that bring you joy, identifying the aspects of life you do not enjoy, and defining your fundamental beliefs and principles. This deep dive into self-awareness can help you gain insights into your motivations, desires, and overall perception of the world around you.

2/Set boundaries and walking away from toxic situations.

Establishing well-defined boundaries is essential for clarifying your priorities. By clearly articulating and upholding your boundaries, you can maintain your personal standards and well-being. Additionally, recognising and stepping away from toxic environments and relationships is crucial for protecting yourself from harm and reducing stress and conflict in your life.

3/ Build your social support system.

Establishing and nurturing meaningful connections with friends, family, and community members is vital for maintaining a healthy lifestyle. A robust social support system provides emotional reassurance, practical assistance, and a sense of belonging, all contributing to overall well-being. In times of need, such a network can offer comfort, advice, and encouragement, helping individuals navigate life's challenges more effectively.

4/Listening to your inner voice and intuition.

Trusting the guidance of your inner voice and intuition allows you to tap into your deepest beliefs and desires, making it possible to stay authentic and true to yourself in every decision and action.

5/ Speaking your opinions honestly and truthfully, in a healthy way, allowing yourself to be vulnerable and open-hearted.

Expressing your opinions with honesty and transparency, prioritising your mental and emotional well-being, and allowing yourself to be vulnerable and compassionate is an exceptional way to genuinely embody your true, authentic self. This approach can lead to forming deeper connections with others and nurturing a sense of fulfilment and contentment within oneself.

6/ Take a step back to gain perspective -See the big picture.

Adopting a broad perspective and considering various factors and implications enables you to better understand the situation at hand. This comprehensive approach allows for a more composed, rational, and authentic response, fostering a balanced and healthy state of mind.

7/Recognise internal versus external influences- what do you want?

Being able to discern your genuine desires from the influence of external opinions and societal expectations and then having the courage to make choices based on your true passions and aspirations is fundamental for preserving your authenticity and remaining true to yourself.

8/Explore your values and beliefs, then make decisions that align with those beliefs.

Examining your values and beliefs enables you to gain a deeper insight into your core principles and moral compass. This helps in understanding the motivations behind your actions and decisions and allows you to make decisions that align with those beliefs. Self-reflection can lead to a greater understanding of yourself and how you engage with the world.

Emotional



8 ways to “create” Happiness.

Create your happiness from within, for it is not found but made. Here are 8 ways to create your happiness:

1/ Placing too much importance on material possessions, status, and money can affect your happiness.

It's essential to recognise that placing too much importance on material possessions, status, and money can lead to adverse outcomes such as feelings of inadequacy, anxiety, and even depression. It's easy to fall into the trap of comparing yourself to others and what they have, but this thinking is not productive or healthy.

To avoid this, it is crucial to focus on your accomplishments, strengths, and personal identity. Take pride in your unique qualities, experiences, and what makes you who you are. Remember, your worth is not determined by external factors but by your internal sense of self-worth.

By shifting your focus away from material possessions and comparing yourself to others, you can cultivate a more positive and fulfilling outlook on life. You'll be better equipped to handle challenges and setbacks and feel more confident and empowered in your own skin. So, don't let external factors define your worth - embrace your individuality and be proud of yourself.

2/ Find things that give you meaning and purpose in your life.

One of the most essential things you can do for yourself is to find things that provide you with meaning and purpose. This could be anything from pursuing a career that aligns with your values and passion to volunteering because you care deeply about it to simply spending time with loved ones and building meaningful relationships. Finding meaning and purpose is crucial for mental, emotional, and physical well-being. It can give you a sense of direction and fulfilment that can help you overcome obstacles and navigate life's challenges more easily. So, take some time to reflect on what matters most to you, what brings you joy and fulfilment, and what you want to achieve in your life. Then, plan to pursue those things, even if it means stepping outside your comfort zone.

3/ Make time regularly to have fun - Laugh, play music, dance.

It's important to prioritise some time in our routine for fun activities. Laughing, playing music, or dancing can help create a sense of happiness and relaxation. These activities can also help reduce stress and anxiety levels, promoting mental and emotional well-being. Therefore, carve out some time for activities that bring you joy and allow you to unwind.

4/"Make" and "Savor" memories with Family and Friends.

One of the most important aspects of life is spending time with those who matter most to us - our family and friends. By trying to create and cherish memories together, we can deepen our relationships and develop a sense of closeness that will last a lifetime.

When we make memories with our loved ones, we're not just having fun and enjoying each other's company - we're also building a shared history that we can look back on with pride and fondness.

Studies have shown that spending time with family and friends can reduce stress, boost mood, and improve physical health.

In a hectic and overwhelming world, it's more important than ever to slow down and appreciate the people who make our lives worth living.

5/Practice Gratitude.

Cultivating the habit of regularly practising gratitude by taking time to appreciate the people, things, and experiences that bring joy and positivity into our lives has been shown to have significant benefits for our well-being. Research has found that gratitude helps us develop positive emotions, reduces stress levels, improves our relationships, and boosts our happiness. By focusing on the good things in our lives, we can shift our mindset towards positivity and abundance and build resilience to handle life's challenges.

6/Social Interaction - Hobbies, Interests, and Service to Others.

Numerous studies have shown that social interaction is crucial for our emotional well-being. Social interaction is vital to a happy and fulfilling life, whether with friends and family, pursuing hobbies or interests, or volunteering to help others.

Participating in hobbies or interests you're passionate about can help you feel more relaxed and energised. Volunteering your time and skills to help others can boost your self-esteem and give you a sense of purpose. Moreover, social interaction can help reduce feelings of loneliness and isolation, which can harm our mental and physical health. Connecting with others and building meaningful relationships can improve our overall well-being and help us feel more connected to the world around us.

7/Always have something to look forward to.

It's essential to always have something to look forward to in life. When you have something to anticipate, it can give you a sense of excitement and purpose. It can motivate you to work harder, be more productive, and stay focused on your goals. When you have something to look forward to, it can also help you cope with difficult times. It can serve as a reminder that it is still good in the world and that brighter days are ahead.

8/Spend time in nature and/or with a pet.

If you're feeling stressed or overwhelmed, consider immersing yourself in the natural world's beauty or bonding with a furry companion. Spending time in nature has been shown to reduce stress, lower blood pressure, and improve overall mood and cognitive function. Similarly, interacting with a pet has been found to have numerous benefits, including reducing anxiety and depression, boosting the immune system, and providing a source of unconditional love and companionship. So, whether you go for a hike in the woods, take your dog for a walk in the park, or simply sit outside and observe the world around you, know that these simple activities can profoundly impact your physical and mental well-being.



8 ways to practise Positive Thinking.

Negative thought patterns are common in our lives and can significantly impact our overall well-being. These patterns often lead to feelings of anxiety, stress, or depression, which, if left unchecked, can cause a range of physical and mental health problems.

Positive thinking can help us approach challenging situations with a more optimistic mindset. It allows us to reframe our thoughts and focus on constructive solutions rather than dwelling on the negative aspects of a problem.

It's important to note that even in difficult situations, silver linings often exist. Although we may not have gotten the desired outcome, we can still look for positive possibilities to help us understand the problem and move forward.

Shifting our mindset towards positivity can be difficult and takes time and practice. However, doing so can reduce stress, improve our mood, and energise and motivate us to achieve our goals.

Negative thought patterns can negatively affect our well-being, but embracing positive thoughts is a powerful tool for navigating difficult situations more easily. Focusing on positivity and leading a more fulfilling life can improve our mental and physical health.

1/Start every day on a positive note and visualise your success.

Starting your day with a positive mindset can be a powerful tool for success. Take a deep breath and focus your thoughts on positive outcomes. Visualise yourself achieving your goals, experiencing the emotions that come with success, and taking the necessary steps to make it happen. By doing this, you are priming your brain to focus on positive outcomes, which can improve your overall mood and motivation. Additionally, taking a moment to reflect on your goals can help you prioritise your daily tasks, ensuring that you are working towards what matters. Adopting a positive attitude and envisioning success is not a one-time event. It's a habit that can be developed over time, and consistent practice can help you achieve great things.

2/Practice gratitude and keep a gratitude journal to appreciate what you have.

Practising gratitude is a powerful tool that can help you shift your focus from what you lack to what you have. A gratitude journal is an effective way to make this a daily habit. Think about the people, experiences, and things that you appreciate and that bring you joy. Over time, you will find that writing down what you're grateful for will help you cultivate a mindset of abundance and positivity, leading to a happier and more fulfilling life.

3/Be patient and persistent in pursuing your goals and overcoming obstacles.

When you set out to achieve something meaningful, it's essential to be patient and persistent. Patience is critical because progress rarely happens overnight. It requires effort, dedication, and a willingness to stick with it even when things get complicated. This means recognising that setbacks and failures are a natural part of the process and that success often comes in small increments over time. Persistence is equally essential. It means staying committed to your goals, even when going is tough. This means pushing through the inevitable challenges and obstacles and working towards your objectives with determination and focus. It also means pivoting and adapting your approach as needed while staying true to your end goal.

So, whenever you face challenges, remember to remain patient, stay persistent, and keep moving forward.

4/Identify your areas of negativity and work on improving them.

To lead a fulfilling life, it's essential to identify the areas where you tend to experience negativity and work on improving them. This could involve reflecting on your thoughts and emotions and understanding the root causes of your negativity. By identifying your areas of negativity and working on improving them, you can lead a more positive and fulfilling life.

5/Focus on the good things and the silver linings in challenging situations.

In challenging situations, looking for the good things and the silver linings is essential. This may not be easy, but it can make a big difference in how you approach and handle the situation. You can start by reflecting on the situation and trying to identify any positive aspects that may be present. Focusing on the positive aspects of the situation can help you shift your mindset and approach the situation with a more optimistic and proactive attitude. This can, in turn, help you find solutions to the challenges you're facing and move forward in a more positive way.

6/Have a sense of humour and see the fun in things.

Having a sense of humour is an essential part of life that can add joy and happiness to your daily routine. It helps you see the funny side of things, and when you can laugh at yourself and the situations around you, it can help reduce stress and anxiety. Humour can also help you connect with others, build strong relationships, and make you more approachable and likable. It is a great tool when dealing with difficult situations, as it allows you to maintain a positive attitude and find solutions to problems. To develop a sense of humour, try to find joy in everyday things and look for humour in situations. It may take some practice, but over time, you'll discover that life is much more enjoyable when you can see the funny side of things.

7/Spend time with positive people who can lift your mood.

It's crucial to understand the profound effect that the people around us have on our mental and emotional well-being. Positive individuals who radiate good energy can incredibly impact our mood, self-esteem, and overall outlook on life. When we surround ourselves with individuals who uplift us, we feel happier, more optimistic and motivated. Conversely, spending time with negative people who complain, criticise, and bring you down can have the opposite effect. Their negative energy can be draining, leaving you feeling demotivated, anxious, and upset. So, if you want to maintain a healthy state of mind, it's essential to surround yourself with positive, encouraging, and supportive individuals.

8/Practice positive self-talk and avoid negative thoughts that undermine your confidence.

Practising positive self-talk is essential to maintaining good mental health and well-being. It is a tool that can help you manage your emotions, reduce stress, and boost your confidence. When you use positive self-talk, you can counteract negative thoughts and replace them with positive affirmations. This can help you build a positive self-image, increase your self-esteem and self-worth, and promote self-love.



8 ways to practise Gratitude.

Embracing gratitude can be a life-altering experience, profoundly impacting our mental and emotional well-being and our connections with others. When you live with a genuine sense of gratitude, you become more attuned to the seemingly minor triumphs, encountering a kind act from a stranger, or basking in the warmth of the morning sun streaming through your window when you wake up. Each of these small moments weaves together to create a rich tapestry of well-being that, over time, strengthens your capacity to recognise and appreciate the goodness that surrounds you.

Gratitude provides a powerful way to fully embrace and appreciate all the elements that shape our lives. It extends beyond simply feeling happy about the current positive aspects of our lives. It encompasses our willingness to expand our awareness to recognise and acknowledge the goodness we constantly receive.

Over the past two decades, an increasing body of social science research has revealed that gratitude offers measurable benefits across various domains of our lives. Gratitude significantly contributes to individual well-being and positively impacts physical health.

Strengthening your ability to appreciate and express gratitude is a straightforward endeavour requiring regular dedication. By deliberately focusing on the aspects of your life that evoke gratitude, you will gradually become more attuned to many reasons for embracing gratitude in your day-to-day experiences.

1/ Don't Compare.

Frequently, we compare our lives to others and long for what they possess. However, succumbing to this habit, we fail to fully appreciate our personal journey. Each of us is travelling along a distinct life path, and it's crucial to fully embrace our own path, recognising and celebrating our unique beauty and individuality. It's essential to cultivate a deep sense of gratitude for our own identity and for the things we have in our lives.

2/Practice Random Acts of Kindness.

Your kindness has the potential to profoundly improve another individual's life and bring happiness into your own. You could assemble a care package for a friend in the hospital or brighten a neighbour's day by gifting them flowers from your garden.

3/Refrain from Gossiping.

Frequently, we find ourselves entangled in conversations filled with gossip or allowing pessimistic thoughts to shape our opinions of others. It's a common tendency to hastily form judgments without considering the personal struggles that others may be enduring. Rather than giving in to these inclinations, let's make a deliberate choice to extend support and elevate those in our midst. We should remember that we may not truly comprehend the battles others are waging, and a compassionate and empathetic approach can have a profound impact.

4/Look for the Silver Lining.

On numerous occasions throughout our lives, we find ourselves confronted with adversity and discomfort.

However, over time, these challenging experiences often pave the way for unforeseen positive developments, such as the emergence of a more rewarding and fulfilling professional role or a deeper, more meaningful connection with others.

5/Take Nothing for Granted.

Due to our human nature, it's common for us to occasionally overlook the abundance in our lives. It's vital to intentionally redirect our attention towards the positive aspects. Reflecting on the specific things and individuals we may have unintentionally undervalued is a valuable practice. This exercise can aid us in acknowledging and cherishing the numerous blessings that enrich our lives.

6/Go Complaint Free for 21 Days.

Complaining can provide a sense of release, allowing us to articulate our negative emotions. However, if this behaviour becomes ingrained, it has the potential to bring us down. Shifting our mindset from dwelling on complaints to appreciating the abundance of positive aspects in life has the power to greatly enrich our daily experiences.

7/Live in the Now.

It's important to avoid dwelling on past negatives or fretting about the future. Living in the present and fully immersing yourself in each moment can uncover small, often overlooked pleasures. These include the pure delight of watching your child engrossed in play, the rich and comforting aroma of freshly ground coffee, engaging in a deep and meaningful conversation with a friend, or the refreshing, earthy scent that follows the first raindrops. These moments are meant to be cherished and embraced.

8/Appreciate the Simple Things in Life.

Expressing gratitude for the small things in life can feel daunting if you concentrate only on significant events. We need to appreciate the simple things in life, too, like savouring the aroma and taste of a freshly made cup of tea, feeling the comfort and warmth of the soft and plush bed you woke up in and admiring the intricate patterns and vibrant colours of the beautiful butterfly you encountered during your walk each day.



8 ways to practise Compassion.

Compassion is a profound social emotion that can transform individuals and societies. It inspires us to step out of our comfort zones, leading to personal growth. Compassion is about understanding the pain of others and ourselves. It's about feeling and understanding the emotional aspects of others' suffering, driven by values such as justice, fairness, and interdependence. By practising compassion, we can create a more empathetic and understanding society. Compassion is not a passive feeling but an active force.

It's about 'feeling for another' and comes before empathy, which is the ability to 'feel as another' (in contrast to sympathy, which is the 'feeling towards another'). Active compassion is the strong desire to ease another's suffering. It's about doing something, whether it's volunteering, offering a listening ear, or simply being there for someone in need.

Compassion is an act and a virtue often accompanied by other positive traits such as patience, wisdom, kindness, perseverance, warmth, and resolve. It's about being present, understanding, and offering help when needed.

Compassion, unlike sympathy, is not just a feeling of sorrow and concern in response to others' suffering. It is a warm and caring response that involves noticing the suffering of others, feeling their pain as our own, and responding with kindness, understanding, and help.

1/Speak with Kindness.

Showing kindness and empathy towards others is vital in our daily interactions. We must recognise that each person has unique challenges and struggles. Therefore, we must consciously approach each individual with compassion and respect, regardless of their background or circumstances. A kind and empathetic attitude can make a big difference in someone's day. It can offer them a sense of comfort, support, and validation. It can also help them feel heard and understood, which can be particularly important when they are going through a difficult time. Let us make it a habit to show empathy and compassion towards everyone we encounter. Doing so can create a better world, one interaction at a time.

2/ Apologise when you make a mistake.

When you make a mistake, you must acknowledge its impact on others and take responsibility for it.

Apologising for your mistake shows maturity and compassion, showing you are willing to confront the situation and make amends for any harm you cause.

This can help to build stronger relationships and promote a sense of understanding and forgiveness among those involved. It also allows for a deeper level of empathy and compassion towards others as you acknowledge the impact your actions may have had on their well-being.

3/ Listen carefully without Judgement.

When we take the time to listen to someone without preconceived notions or biases, we open ourselves up to truly understanding their perspective and experiences.

Empathetic listening is a powerful tool that involves actively engaging with the speaker and trying to see the world from their point of view. This communication requires us to be fully present and attentive, ask thoughtful questions, and validate the speaker's feelings and experiences. Listening in this way builds more profound connections with others and fosters greater understanding and empathy towards them. In a world with so much division and conflict, empathetic listening can be a powerful force for building bridges and promoting harmony.

4/ Encourage Others.

One of the most beautiful ways to practice compassion is by encouraging others. Encouragement is a powerful tool that can help others to believe in themselves and achieve their goals. When we encourage someone, we show them that we believe in their abilities and are there to support them. This act of kindness can profoundly impact their self-esteem, confidence, and overall well-being. It can also strengthen our relationships with them and create a positive, supportive environment. So, if you want to practice compassion, encourage others as often as possible. You'll be amazed at how much of a difference it can make in their lives.

5/ Offer to help someone when they need support.

Compassion is a powerful and essential way to demonstrate empathy and understanding toward others. One of the most effective ways to do this is by offering assistance to those individuals who require it. In doing so, we can demonstrate our understanding of the struggles and challenges that others may be facing and show our willingness to provide a helping hand in times of need. Compassion is an often-overlooked quality but critical in building strong and healthy relationships. By helping, we show others we care and are invested in their well-being. By offering to help people, we not only alleviate the difficulties they may be facing but also show them that they are not alone in their struggles.

6/ Accept people for who they are.

When you genuinely appreciate people for who they are without judgment or prejudice, you create a safe and welcoming environment for them. This means that you look beyond visible differences such as race, ethnicity, gender, sexual orientation, and religion and see people for who they indeed are. You recognise their unique experiences, perspectives, and qualities and celebrate them rather than expecting them to conform to societal or personal expectations. This kind of appreciation can have a profound impact on people's lives. It lets them know they are seen, heard, and valued for who they are, not what they look like or where they come from.

7/ Be happy for someone's success.

When we allow others to shine, we will enable them to showcase their skills and talents and create a positive and supportive environment. By valuing each individual's unique contributions, we foster an atmosphere of inclusivity and collaboration. This can help break down barriers and promote understanding among people with different backgrounds and perspectives. When people are encouraged to shine, they are more likely to feel motivated and inspired to reach their full potential. This can lead to greater confidence and a stronger sense of self-worth, which can help improve their overall well-being. It can also promote growth and development, allowing individuals to learn new skills and face new challenges.

8/ Forgive people when they make mistakes.

Forgiving someone for their mistakes is an act of empathy and compassion that can bring about healing and transformation. It involves acknowledging the pain and hurt caused by the person's actions while recognising their inherent goodness and potential for growth and change. Forgiveness allows us to release any negative emotions or resentments we may have held on to and move forward with renewed hope and optimism. It often requires us to confront our pain and vulnerability and extend empathy and understanding toward the person who caused us harm.



8 ways to practise Forgiveness.

When someone has caused you deep emotional pain, it can be exceedingly challenging to release the resentment that builds up. However, holding on to this bitterness doesn't just affect you emotionally but can also have a tangible impact on your physical health. It can significantly increase your blood pressure and trigger the release of stress chemicals that can harm your overall well-being. Ultimately, nurturing grudges serves no beneficial purpose. As the saying goes, "Not forgiving is like drinking poison and expecting the other person to die." Paradoxically, when you have been wronged, forgiveness becomes the only remedy that offers relief from the anguish.

1/Feel your pain.

The depth of our emotional pain often goes unnoticed, but it's essential to acknowledge and validate these feelings. Take the time to identify where you feel this pain in your body and then ask yourself, "What specific support or kindness do I need now?" Whether it's seeking support from others, allowing yourself more time to heal, or engaging in self-care activities, creating space for your pain in this way can provide clarity on whether you're ready to let it go.

2/Understand Forgiveness.

Forgiveness is not about excusing the wrongdoing or absolving the person who caused the harm. It is a deliberate and empowering choice to unshackle yourself from the heavy emotional burden, distress, and anguish of harbouring resentment and anger. It's a step towards taking control of your emotions and life.

3/Try to understand the other person's point of view.

Attempt to shift your focus from identifying as a victim to empathising with the other person's circumstances. Try to mentally place yourself in their shoes and consider the events and challenges that have shaped their behaviour. Though it may be difficult, it's important to clarify that understanding someone's background does not mean you are justifying their actions. By adopting this approach, you may discover that compassion naturally arises from a place of deeper understanding.

4/Find meaning and strength through your pain.

As you continue to work through the pain you experience, you will find that it helps you develop essential qualities such as self-compassion, courage, and empathy, ultimately leading to greater strength in all areas of your life. Even in the most challenging and distressing circumstances, we are capable of finding meaning in our lives, and this ability can serve as a powerful catalyst for healing.

5/Keep it in context.

When you have been emotionally wounded, you are expected to believe that your experience of hurt is unique. However, it is highly likely that this specific transgression, or something closely resembling it, has been perpetrated numerous times throughout human history. Making errors and causing pain is an intrinsic part of our shared human existence. Recognising that countless others have also faced similar adversity can help you release the grip of resentment from your heart.

6/ Act.

Whether you are seeking forgiveness for yourself or extending it to another person, taking tangible steps can play a significant role in the process of healing and can contribute to a greater sense of empowerment. It is recommended to begin by addressing more minor misdeeds, as this can give you an opportunity to familiarise yourself with the process and explore potential outcomes. While the act of composing a heartfelt letter or engaging in an uncomfortable conversation may initially evoke feelings of unease or fear, it is essential to recognise that these actions, rooted in self-compassion, often lead to a profound sense of empowerment as you actively listen to your own needs and take meaningful steps to support yourself.

7/Stop blaming.

We are all aware of the occasional inclination to vent to a friend, seeking temporary relief from pain and discomfort by assigning blame. However, this behaviour provides a fleeting illusion of control, and it alternately perpetuates negativity within our minds. This internal negativity can lead to heightened stress levels and gradually deteriorate the quality of our interpersonal connections.

8/Have patience; Forgiveness is a practice.

Forgiveness is not a quick-fix solution but a gradual process that demands patience and self-compassion. While forgiving minor transgressions may happen relatively swiftly, larger ones may necessitate years to come to terms with fully. It's crucial to approach forgiveness with kindness towards yourself, taking deep breaths and persisting through each step, starting with the more minor misdeeds and gradually addressing the more challenging ones.

Mental



8 ways to practise a Growth Mindset.

A growth mindset is the belief that individuals can cultivate and enhance their abilities and intelligence over time through deliberate effort, continuous learning, and unwavering persistence. People who adopt this mindset approach challenges and setbacks as essential opportunities for personal development and growth rather than as impassable hurdles.

Embracing challenges involves recognising complex tasks as chances to enhance skills and knowledge and as gateways to personal improvement. Persistence in this commitment to working diligently and resiliently even in the face of adversity and setbacks. Learning from criticism is a crucial part of personal growth. It involves actively seeking and utilising feedback as a constructive tool for self-improvement rather than taking it as a personal attack.

This mindset recognises the potential for ongoing personal development and improvement, encouraging a proactive approach to learning and self-improvement.

Embracing a growth mindset involves not only welcoming challenges and setbacks as opportunities for growth but also harnessing resilience to overcome obstacles and to continuously evolve. This perspective fosters a culture of lifelong learning, adaptability, and the willingness to tackle new experiences with an open mind.

1/Identify your Mindset.

When you take the time to reflect on your methods of approaching and overcoming various challenges, whether they arise in your workplace or during your educational pursuits, you can gain a better understanding of your current mindset and how it influences your problem-solving strategies.

2/Make Mistakes.

It's natural to encounter obstacles and experience setbacks when trying something new. Embracing these challenges as opportunities to learn is essential for personal and professional growth. Instead of viewing mistakes as failures, consider them crucial components of the learning curve. By recognising and analysing your mistakes, you gain insight into areas where you may need to enhance your skills or understanding. This self-awareness empowers you to actively work towards improvement and mastery.

3/Persistence.

Continuing to display determination and dedication by maintaining a strong work ethic, remaining focused on goals, and seeking alternative solutions in the presence of adversities or setbacks.

4/Seek Feedback.

Whether or not you've accomplished success in a project, seeking feedback is essential to personal and professional development. It plays a vital role in helping you understand what worked well and what didn't, enabling you to make informed decisions on how to refine your strategies for future endeavours. Constructive feedback also allows you to assess your strengths and weaknesses, fostering a continuous learning mindset geared towards self-improvement and achieving long-term success.

5/Learn something New.

Consider immersing yourself in a novel activity to challenge your abilities and learn something new. For instance, you could delve into a new language's intricate grammar and vocabulary, hone your skills on an instrument such as the guitar or piano, or gain insights into economic supply and demand complexities. By intentionally seeking out experiences beyond your comfort zone, you can foster a growth mindset, embracing the opportunity to broaden your skill set and knowledge base.

6/Find inspiration from other people.

Developing a growth mindset involves seeking individuals who epitomise this mindset and study their behaviours. Whether it's friends, colleagues, or renowned figures, take the opportunity to closely observe their actions, problem-solving techniques, and overall approach to challenges by analysing their methods and reflecting on how you can employ similar strategies.

7/Harness the power of 'yet':

The concept of "yet" is a crucial component within the framework of a growth mindset. It represents the recognition that there are skills or subjects in which one may need to improve. However, through consistent effort and resilience, it is entirely possible to make substantial progress and improvements in these areas over time. Developing a growth mindset involves understanding that your weaknesses are strengths you have not “yet” developed.

8/Be proud of your progress.

Think about a specific skill or aspect of your life where you have noticed significant improvement compared to your past abilities. Consider the steps and strategies you employed to bring about this change, such as practice, learning from mistakes, seeking guidance, or developing new techniques.

Spiritual



8 ways to “seek” and “find” your spirituality.

Embarking on a spiritual journey is a transformative and deeply personal experience. As you cultivate inner awareness and mindfulness through practices like meditation, yoga, spending time in nature, or engaging in art and music, you allow yourself to connect with your inner self on a deeper level. These activities help to still the mind and provide a space for introspection and self-discovery. Remember to listen to your soul and embrace the practices that resonate the most with you - they will guide you towards a more fulfilling life.

1/ Reflect on your Values and Beliefs.

Spirituality is a unique and individual experience that can be expressed in diverse ways. Engaging in conversations with someone you trust can help you express your beliefs and values, which can contribute to your spiritual journey's growth. It is essential to reflect on what holds significance to you and explore your beliefs to gain a deeper understanding of your spirituality.

2/ Meditation.

When we meditate, we can experience numerous benefits that have a lasting impact on our lives. Meditation can help us better understand our pain, reduce stress, improve our connections with others, enhance our focus, and quiet our minds.

3/ Mindfulness.

Mindfulness meditation is a technique that emphasises the importance of paying attention to the present moment. During this practice, we focus on our breath and remain attentive as it moves in and out of our body. Attempting to focus on the breath allows us to become aware of when our mind wanders and return our attention to the breath. Achieving this consistently can teach us to direct our attention to the present moment. With time, we strengthen our attention and mindfulness skills. When we pay attention to our breath, we learn to remain anchored in the present moment and avoid distractions. We do this intentionally and without judgment, allowing us to cultivate a sense of calm and peacefulness.

4/ Studying sources of Inspiration.

You can gain knowledge and insights from various spiritual traditions, including Buddhism, Christianity, Hinduism, Islam, Judaism, and other belief systems. Additionally, sources of inspiration can be found in nature, art, music, literature, and individuals who motivate and encourage you. You can expand your understanding by reading books, watching videos, attending conferences and workshops, or participating in online communities that align with your interests.

5/ Spending time in Nature.

Spending time in nature can profoundly impact your physical and mental well-being. The fresh air, beautiful scenery, and peaceful surroundings can help you feel more grounded and connected to the earth. Walking in the woods, breathing in the salty sea air, or listening to a babbling brook, you can let go of stress and anxiety and find inner peace. This connection with nature can help you feel more content and give you a sense of purpose and belonging. So, if you're feeling overwhelmed or disconnected, consider taking a break from the hustle and bustle of daily life and spending some time in nature.

6/ Creativity and Art, Music, Dance.

One way to explore and deepen your spiritual connection is to allow yourself to be creative. Engaging in creative activities like making art or music can be a powerful way to express your emotions and connect with your inner self. You don't have to be a professional artist or musician to benefit from this. Allowing yourself to experiment with different forms of creativity can be a good starting point.

Moreover, listening to music and dancing can also be a great way to experience spirituality. Music can evoke emotions and feelings within us that we may not be able to articulate in words. By dancing to the rhythm and melody of the music, we can release built-up tension and feel a sense of freedom and joy.

7/ Know Yourself.

Embarking on a quest to explore your spiritual path and discover your true self is a journey that requires patience, an open mind, and a willingness to experiment with different practices. This journey often involves immersing yourself in the teachings of various spiritual traditions, exploring the depths of your beliefs, and reflecting on your personal experiences. Finding a path that resonates with your spirit can be challenging, but remaining patient and trusting the process is essential. As you continue on this journey, keep tuning into your intuition and stay open to new experiences, as the right path will eventually reveal itself to you in its own time.

8/ Serves to Others.

When we give to others, we do a kind deed and contribute to our spiritual well-being. This is because giving allows us to connect with others on a deeper level, feel empathy and compassion, and experience the satisfaction of positively impacting someone else's life.

By practising generosity and selflessness, we can cultivate a sense of purpose and meaning in our lives and develop qualities such as gratitude, humility, and kindness. Giving to others can help us become more spiritually attuned, leading to greater fulfilment and happiness.



8 ways to tap into your Sacred Feminine.

The concept of sacred masculine and feminine energy is rooted in the belief that all entities, including humans, possess both masculine and feminine energies. However, in our current societal landscape, the dominance of masculine energy is palpable, often leaving individuals feeling imbalanced and disconnected from their feminine side. This imbalance underscores the importance of understanding and embracing both energies for a more harmonious existence.

The sacred feminine archetype symbolises the divine feminine energy that permeates the universe. It represents a range of qualities, including empathy, nurturing, creativity, and healing. Embodying the sacred feminine archetype involves tapping into these qualities and using them to bring balance and harmony into your life.

To embody the sacred feminine, you can start by connecting with your intuition and inner wisdom. This can involve meditation, journaling, or spending time in nature. You can cultivate creativity by engaging in art, music, or dance activities. Nurturing yourself and others is another way to embody the sacred feminine.

Embodying the sacred feminine is not just about restoring balance in a world dominated by masculine energy.

It is a way we can change the world. The more individuals who can find their balance, the more our world, through collective consciousness, finds its balance.

When your Feminine and Masculine Energy is out of balance.

We all have both feminine and masculine energy within us. When that energy is out of balance, we are in either shadow or toxic masculine or feminine energy. Our world is currently dominant with unbalanced masculine energy. We can change that by increasing our feminine energy traits, being proud to be sensitive and compassionate, and correcting our masculine energy traits, e.g., by communicating our feelings rather than yelling and being aggressive. When we have balance in ourselves, we have higher masculine and feminine energy.

Feminine energy is all about self-love and self-awareness; to balance your feminine energy, you look at "I FEEL" activities. Masculine energy is all about actions and behaviours, so you look at " I THINK" activities when balancing masculine energy.

To achieve a sense of completeness and fulfilment, individuals must cultivate and balance the sacred masculine and feminine energies within themselves.

Masculine energy is often associated with assertiveness, physical strength, analytical thinking, and action.

On the other hand, feminine energy is usually linked to characteristics such as intuition, empathy, compassion, creativity, healing and nurturing. Being imbalanced in these energies can lead to disharmony and disconnection from one's true self. For example, being too dominant in masculine energy may result in aggression, lack of empathy, or an inability to connect with others emotionally. Conversely, being too dominant in feminine energy may lead to emotional instability, indecisiveness, or difficulty taking action.

By balancing these energies within ourselves, you can experience a sense of wholeness, deeper personal insight, and stronger connections with others. Achieving this balance requires self-reflection, mindfulness, and a willingness to embrace and integrate these energies.

Some qualities of the Sacred Feminine:

Intuitive
Heart-centred
Compassionate
Wise
Accepting
Forgiving
Collaborative
Reflective
Creative
Sensual
Kind
Gentle

1/ Practise Compassion.

Compassion is a crucial attribute that enriches our lives and has far-reaching effects. It allows us to understand and share the feelings of others, leading to a profound sense of human connection. When empathising with people, we create bonds beyond superficial interactions, contributing to our general well-being and sense of belonging. Compassion is the foundation of a civilised society. In everyday life, it encourages positive behaviours such as helping a neighbour, supporting a friend, or showing kindness to strangers. It is a crucial aspect of human life that leads to a more fulfilling and enriched existence.

2/ Nourish yourself.

Taking care of ourselves physically and mentally is crucial to living a rewarding and healthy life.

Physical Nourishment: A balanced diet is essential for maintaining a healthy body and mind. It provides nourishment to keep our immune system strong, skin healthy, teeth and bones robust, and vision sharp.

Mental Nourishment: Prioritising mental well-being can make you more resilient to stress. This can help you handle difficult situations and reduce any adverse effects on your overall health. Mental nourishment provides the energy and motivation to achieve life goals, ultimately leading to a happier and more fulfilling life.

Fulfilment is an essential aspect of life involving nourishing your mind and soul.

3/ Slow Down.

Slowing down and embracing a slower pace in life can profoundly benefit our overall well-being and quality of life. Mindfulness and presence, better decision-making, and enhanced creativity can all result from slowing down.

4/ Follow your Intuition.

Intuition is that inexplicable feeling in your gut when you **instinctively know** something without conscious deliberation. It's like a whisper from your inner wisdom guiding you toward the right path. While it defies logical analysis, intuition plays a crucial role in decision-making and our overall well-being.

5/ Receive.

Receiving is a vital aspect of human interactions. Giving is a beautiful act that brings positive emotions and a sense of fulfilment to both the giver and the recipient. It is an act of kindness that benefits everyone involved. Equally important is receiving graciously, which allows others to give and completes the cycle of mutual blessing. By allowing ourselves to receive with gratitude and appreciation, we show love and kindness towards those giving to us.

6/ Be Creative.

Creativity is like a vibrant thread woven into the fabric of our lives, enriching our experiences and enhancing our well-being.

Fuel for the Soul - creativity is the natural order of life. It's pure creative energy flowing through us. Whether you're an artist, a scientist, or a parent, creativity infuses your existence with purpose and vitality.

7/ Journal.

Journaling is a powerful practice that benefits our well-being and personal growth. It allows you to process emotions. Whether it's joy, sadness, or confusion, writing helps you explore and understand your feelings. It's a safe space to express and make sense of your inner world. Journaling helps you learn more about yourself—your desires, fears, and dreams. It's a concrete method for identifying your needs and gaining insights into who you are.

8/ Spend time in Nature.

Spending time in nature offers many benefits for our physical and mental well-being. Nature encourages mindfulness. Whether you feel the grass under your feet or listen to birds chirping, mindfulness helps you live in the present.

So, breathe the fresh air outside and let nature nurture your mind, body, and soul!

Approximately 3,000 years ago, goddess religions were prevalent, and worshipping female deities was equally crucial as worshipping male ones. However, with the emergence of one male god, the balance of power shifted.

This coincided with an increase in clan violence and symbols of power. Over time, monotheism became more dominant, which led to the suppression of goddess religions. As a result, male-dominated monotheistic beliefs became the norm, and the once-equal worship of both male and female deities faded away.

Restoring harmony between the sacred feminine and masculine energies is crucial to moving forward in our evolution. The balance between these two energies is vital for the health and well-being of individuals and the entire planet. By recognising and honouring the importance of both energies, we can create a more equitable and just society that embraces diversity and fosters growth and a healthy community.



8 stages of Consciousness according to Spiral Dynamic Theory.

Consciousness is the fundamental awareness of an individual's unique thoughts, memories, feelings, sensations, and their environment. It is the ability to perceive oneself and the world around them. It is an essential state in humanity and is studied in philosophy, spirituality, and religion. Without consciousness, self-awareness is impossible. Therefore, consciousness is the awareness of oneself and the world.

Individuals can develop their dormant innate potential by awakening the intelligence of the body, mind, emotion, and spirit. This realisation is crucial to fulfilling their true potential.

In Spiral Dynamics, the Holistic Self represents the stage of consciousness where an individual transcends their ego and identifies with the collective whole or One with God. This is the highest level of consciousness and the ultimate goal of human development.

Psychologist Clare W. Graves conducted comprehensive research over 20 years to examine the differences in people's behaviours, values, and worldviews. Through questioning thousands of participants in longitudinal studies, he identified specific stages of development in human values. These stages of development are referred to as the levels of existence, and they are essential in understanding human behaviour and values.

Before progressing to the next stage, an individual must successfully complete each preceding stage.

1/Beige - Instinctive.

Survival sense is an instinctive behaviour without conscious thought, driven by deep-seated brain programs, genetics, and primal instincts. Its primary focus is to fulfil essential needs, making it a crucial characteristic of human nature. Individuals with this sense have limited self-awareness and rely on their environment for subsistence, much like other animals. They make a minimal impact on their surroundings and have little control over them. This sense is a fundamental feature of the human psyche that has enabled our species to survive even in the most challenging environments.

2/Purple - Animistic.

Kin spirits is a clannish community that believes in obeying the desires of mystical spirit beings. Members show allegiance to their elders, customs, and clan. The community believes in preserving sacred places, objects, and rituals. Members bond together to endure and find safety. They live in an enchanted and magical village and seek harmony with the power of nature.

3/Red - Egocentric.

In a world divided between those who have power and those who don't, belonging to the former group is preferable. The key objectives are to avoid shame, protect one's reputation, and earn respect. It's essential to satisfy immediate impulses and desires without hesitation. To succeed, one should relentlessly fight against constraints without feeling guilty.

4/Blue - Absolutistic.

Truth force is about finding meaning and purpose through sacrifice for the greater good, with the promise of deferred rewards. It involves bringing order and stability to everything, controlling impulsiveness and responding to guilt. Obeys a higher authority and rules directly while conforming to norms. Upholding the principles of righteous living is also essential, as is understanding that the divine plan assigns each person their place in the world.

5/Orange - Multiplisitic.

At this stage, your purpose is cultivating constructive attitudes and behaviours in strategic pursuits. You should strive for autonomy and independence by owning your actions and decisions and aim to be self-directed and self-sufficient. Pursuing material abundance and a good life by setting goals and working towards achieving them will lead to a comfortable and prosperous lifestyle.

6/ Green - Relativistic.

The human bond concept involves exploring your and others' inner beings to promote community and unity. To achieve this, society's resources must be shared, and humans must be liberated from greed and dogma. Decisions should be reached through consensus, with everyone having an equal say. The human bond can refresh spirituality and bring harmony into our lives by focusing on individuals' inner selves and fostering community. It is a powerful means of creating a more equitable and just society where everyone is valued and has a voice. By promoting the human bond, we can make a world where people are more connected to one another and the natural world and work together towards a common goal.

Second Tier of Spiral Dynamics Theory

7/Yellow - Systematic.

Nature has its way of functioning, and we must accept that. We must focus on functionality, competence, flexibility, flow, and spontaneity. To better understand the world, we must find a natural mix of conflicting "truths" and "uncertainties." Discovering personal freedom without harming others or indulging in self-interest is crucial. We must experience the fullness of living on an Earth of such diversity in multiple dimensions. It is necessary to demand integrative and open systems that promote harmony and inclusivity.

8/ Turquoise - Holistic.

The holistic global view emphasises the importance of integrating all aspects of life to achieve balance and harmony. It recognises that everything in the world is interconnected and that the actions of one individual or group can significantly impact the well-being of others. One of the critical elements of a holistic global view is the blending and harmonising of a strong collective of individuals. This means bringing people together from diverse backgrounds, cultures, and perspectives to collaborate and work towards common goals. Doing so allows us to tap into broader knowledge, skills, and resources and create more innovative and practical solutions to complex problems. Another critical aspect of a holistic global view is focusing on the good of all living entities as an integrated system. This means recognising that humans are not separate from nature but rather part of a larger ecosystem that includes plants, animals, and the environment. By taking a holistic approach to problem-solving, we can ensure that our actions benefit all living beings and contribute to sustainable development.

Furthermore, a holistic global view emphasises the expanded use of human brain/mind tools and competencies. This includes developing our emotional intelligence, creativity, intuition, and other non-cognitive skills often overlooked in traditional education systems. Doing so can enhance our ability to think critically, solve problems, and innovate to benefit society.

A holistic global view also recognises that the self is part of a larger, conscious, spiritual whole. This means valuing the interconnectedness of all things and recognising that our actions have a ripple effect on the world around us. By embracing this perspective, we can cultivate a sense of empathy, compassion, and interconnectedness that motivates us to act in ways that benefit others.

Moreover, a holistic global view sees global networking as routine and essential. This means creating connections and collaborations across borders, cultures, and sectors to share knowledge, resources, and experiences. Doing so can equip a more interconnected and supportive global community to tackle the world's most pressing challenges.

Finally, a holistic global view encourages acts for minimalist living so that less actually becomes more. This means living a life that is focused on the essentials and minimising our impact on the environment. Doing so can reduce our carbon footprint, conserve natural resources, and promote a more sustainable and equitable world for future generations.

About the Author

The Rose -Vicki Maree Berry

As a qualified Life Coach, Trainer, Motivational speaker, and Small Business Manager, I provide Life Coaching, write a Blog and facilitate Personal Development Workshops and Seminars. I am also an Author and a Video Content Creator.

I have studied Social Work and Psychology, and I have worked in the welfare Industry for the past twenty years in a variety of different jobs, e.g., Disabilities, Aged Care, Child Protection, Mental Health, Domestic Violence, Drug and Alcohol, Justice, Multi-Cultural Worker, and Community Development.

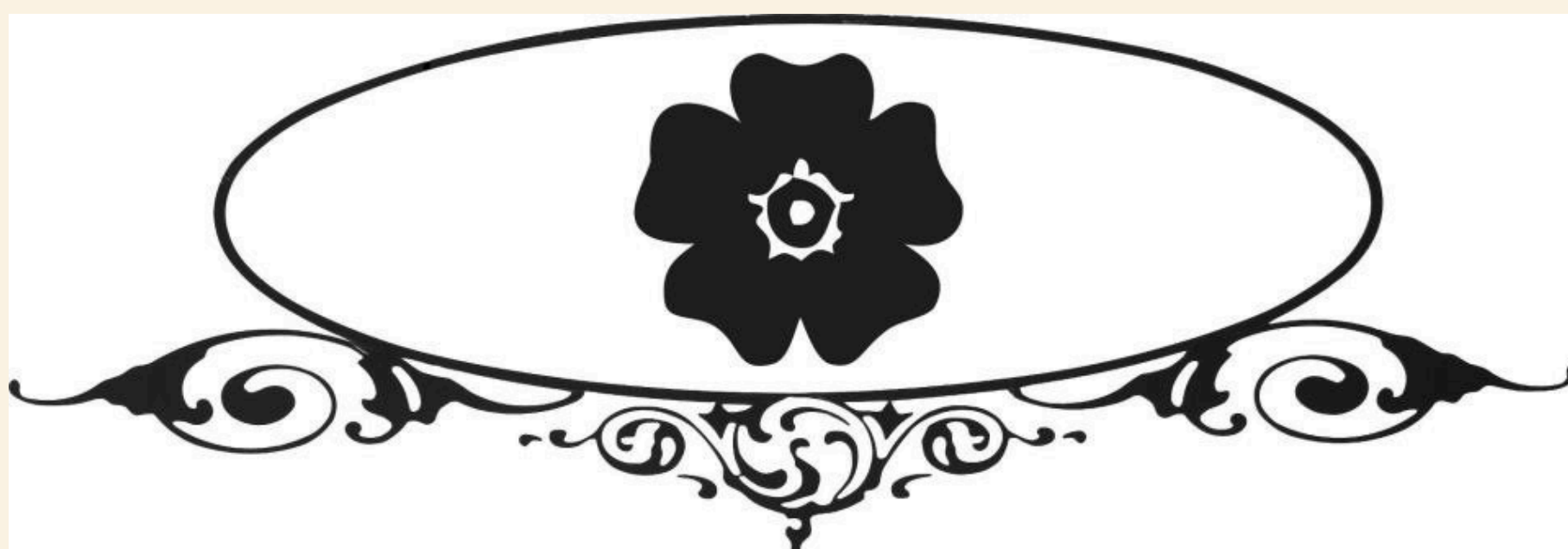
During COVID, I experienced my Calling and have since studied Christian Theology and Ministry.

As a child, I learned I was blessed with a rare blood type (Orh-) and two rare master numbers (33 and 11) in my numerology. I also have a rare INFJ and Sigma personality type. So, I grew up with a sense of being unique and believed that I had a great life purpose to fulfill. I believe my life purpose is to work with people, to be a Teacher and a Leader.

Now, as the World enters a time of Awakening, I want to use my skills to teach people, to empower them to grow and develop personally so they can experience wholeness and healing, comfort for the mind, body, and soul, and a greater sense of happiness and inner peace.

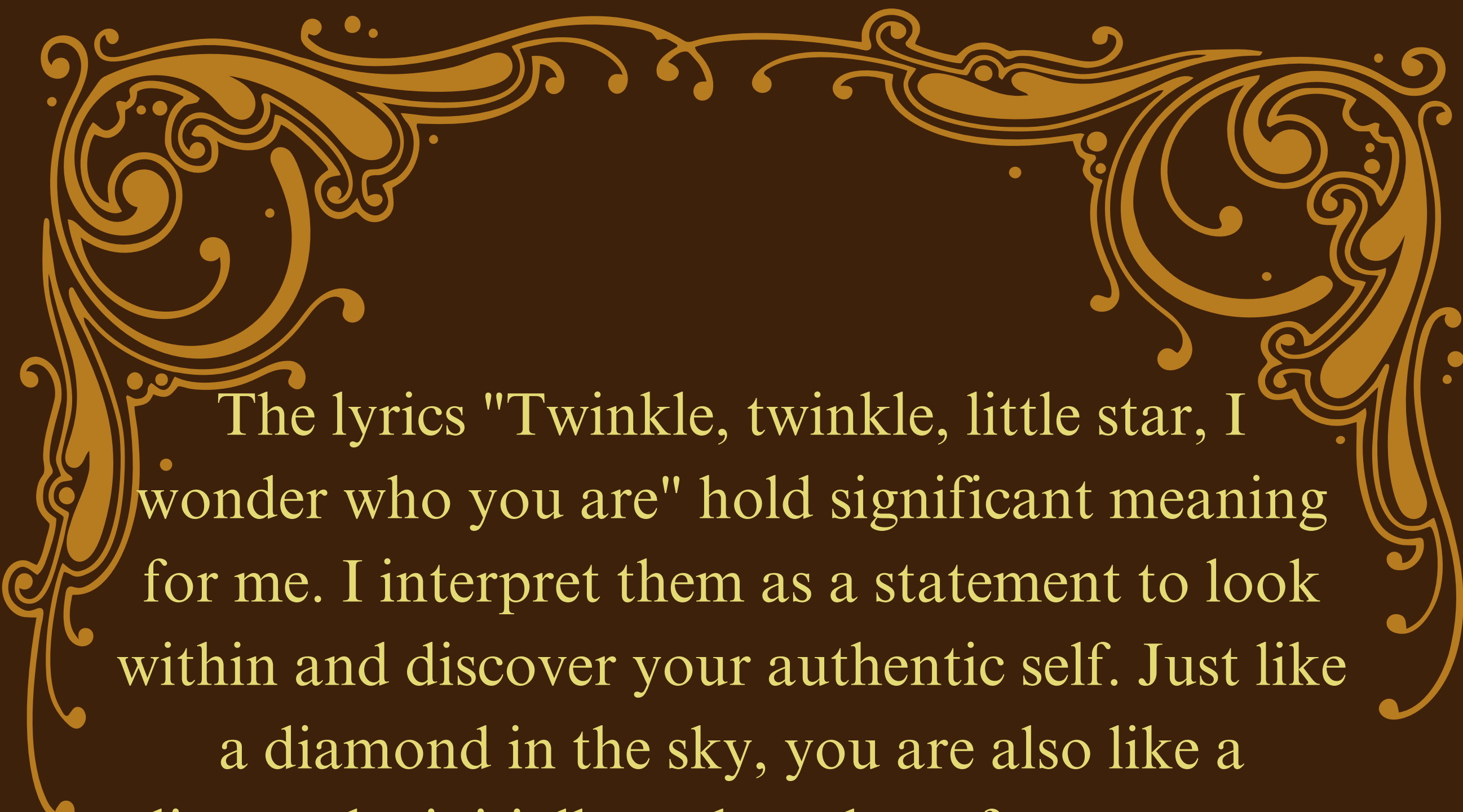
I myself have had many hard life challenges and have experienced first-hand the process of becoming a strong spiritual person.

My hope is that I can now share some of my knowledge to help you on your journey to find your truth, discover yourself, and become a happier, healthier, and more peaceful person.



I love reading, learning languages, playing music, making art, dancing, doing yoga, researching my family tree, and gardening. I also love spending time with friends and family. I have a strong spirituality and a thirst for knowledge, particularly psychology and philosophy. I am passionate about Social Justice, and my pet issues are the rights of women and children and poverty.





The lyrics "Twinkle, twinkle, little star, I wonder who you are" hold significant meaning for me. I interpret them as a statement to look within and discover your authentic self. Just like a diamond in the sky, you are also like a diamond—initially carbon, but after a process, a beautiful, pure, stunning, polished diamond. Thus, this book serves as a How-to Guide for Personal Development. It includes articles from all five areas of a person's life: physical, social, emotional, mental, and spiritual.

My role is to provide you with the information; your role is to decide how to use that information to grow and discover who you authentically are—we were all Born to be Shining Stars!

The Articles in this book are from blog posts on The Rose Personal Development website <https://therose.name>.

