

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Awareness practice...

Mindful Connection to Your Essence

Time: Thirty minutes or more... you choose!

The noisy, busy, and conformation-seeking world we live in can totally eclipse our connection to our Essence, the deep wisdom we each have at our core... and also what we share in common with the Nautilus Shell ([see article](#)). This awareness exercise is designed to support your re-connection. To help you slow down, go inside, ground down, and open to the wisdom of your Essence. We recommend you practice this in nature somewhere where you will not be interrupted.

STEP ONE: Outside, remove your shoes and place your bare feet on the earth. Dirt, grass, rock, any type of earth. You can sit or stand.

STEP TWO: Close your eyes and imagine yourself growing roots down from your body into the earth. Feel these roots strengthen your being from the base of your feet to the top of your head. Get quiet and breathe deeply for as long as you'd like.

STEP THREE: Imagine you have a cord extending from the top of your head, connecting you to the heavens, to spirit, to the Universal energy from which you come and are always connected. Get quiet and breath here feeling the connection to both your earthly being and your energetic one.

STEP FOUR: As you breathe, either in your mind or out loud ask the question "what would my Essence like me to know?" Repeat the question over and over again with no attachment to receiving an answer. Practice being open through both connections, down to the earth and up to the heavens. Feel free to move your body if you feel inclined to do so, you do not need to stand still.

STEP FIVE: Notice any thoughts that come to you during this practice or for the next few days. Messages from your Essence may come as a voice giving you an idea, as an image, or as an impulse to take an action. Do not ignore these messages if they seem aligned with purpose, love or growth.

STEP SIX: Ask for help if you need it. Find someone to help keep you accountable to the next steps. Also, processing thoughts, ideas and messages from your Essence out loud with someone else or through journaling can help you move forward toward living more frequently from your Essence, the core of who you are... your open-hearted loving presence, your source of wisdom.

Share your experience and feedback with us at connect@lifeworksacademyllc.com