

THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

Issue #5 | November 2021



#EXPRESSYOURSELF

*Cultivating Your
Inside Voice*

WITH SARAH JENSEN

LIFE IN THE FLOW LANE

*When Life Gets
a Little Messy*

WITH TASH PIETERSE

REDEFINING & ALIGNING

*Create for
Yourself First*

WITH RACHEL WHITE

THE *Inspired* GUIDE



'**RADIANCE**' by Amanda Sears
Photo by: Unknown



WELCOME TO #5 OF THE 'MINI' INSPIRED GUIDE eMAGAZINE!

This edition is infused with the essence of *RADIANCE*. It is the vibrant energy that radiates from someone truly living as their whole self in bliss, joy and love.

In that radiant energy there is no space for fear or any 'darkness' - if it appears, the radiant light shines so brightly on it that it dissolves in an instant - this is why it is so enjoyable to be in the vicinity of people who exhibit this kind of *radiance*.

Like a moth to a flame - we can be the moth or we can be the flame.
We can be cleansed in the glorious fire of radiance like the moth or we can spread the flame of radiance to the world and reignite the spark within others just by burning brightly, shining our radiant light and revealing what was hidden.

Sometimes I meet people who seemingly 'glow' and I know it is this *radiance* that I am sensing, and often physically seeing. These people to me are what the 'gods and goddesses of ancient times' were - radiant, divine, humans who knew who they truly were and allowed that knowing to shine radiantly from them.

- Amanda Sears, *The Inspired Guide*

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DO MORE OF WHAT MAKES YOU HAPPY

With **Ash in Wonderland**

Hello! I'm Ash, owner, artist, maker,
designer & creator of *Ash in Wonderland*.

*Wonderland is all about
colour and happiness!*

I love to create bright and colourful designs,
both hand painted on canvas, garden pots
and homewares, as well as digitally in the
form of pattern design for fabrics and
print art.

*Everything I create has one
purpose, and that is to create joy!*

I have always been a creative person with
a love of painting, writing and music, and
after spending ten years working in Human
Resources I decided I wanted to make my
passion into something bigger, and hence,
Wonderland was created!

In the early days, I started off painting
original art pieces, garden pots and pouring
candles and taking them to local markets -
*and much to my own disbelief, things took
off from there!*

HOW DO YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR BUSINESS?

I am always conscious of the balance
between passion and business, particularly
being a creative business, **maintaining the
fun is a must!**



I work in my home studio which is filled with colour, plants and music and you can often find my children and my pets hanging out in there with me too.

I have been so blessed to work and collaborate with some amazing creators, and really enjoy working with like-minded women who empower and encourage one another.

WHAT ARE YOUR FAVOURITE THINGS ABOUT HAVING A BUSINESS THAT MAKES YOU HAPPY? AND... HOW DO YOU DEAL WITH THE NOT-SO-HAPPY TIMES?

My 3 (soon to be 4) children have definitely been my biggest inspiration and are also the driving force behind Wonderland's success.

Having the ability to work flexible hours from home gives me the joy of being a full time mum, as well as having my own income.

My favourite thing about my business is that it doesn't actually feel like work!

Social media has definitely been my biggest challenge! It's very easy to get caught up in numbers and comparisons, so setting aside 'no phone time' is a big part of my weekend now and makes a huge difference.

WHAT ARE SOME OTHER WAYS THAT YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR EVERYDAY LIFE?

I am so lucky to be surrounded by so many things that make me happy in my everyday life and I have purposely created my family and home based around that notion.

My family and I reside on 45 acres in the beautiful Yarra Valley just outside of Melbourne, Australia, and when I'm not painting, I am tending to my animals, which are a huge part of my life!

We have four Border Collies (dogs) and a herd of adorable Pygmy goats which I have been breeding for the last four years.

Goats are my favourite animal and my tiny goat babies often feature in my online content. Always sure to spark a smile!

We really have created our own Wonderland and I encourage anyone and everyone to 'say no to the status quo' and make your own world, exactly what you want it to be!

ASH IN WONDERLAND

Ash Matthews
ashinwonderland.com.au





ENRICH YOUR LIFE WITH CURIOSITY + CREATIVITY

With **Kris Franken**

Lately, I've learned that being curious and creative are far better goals than being right, perfect or neat. On their own, they feel so fluid, so limitless and divinely out of my control. I like this feeling.

CURIOSITY will help you see past the obvious, into the big, wide, endless realm of possibility.

It will open your mind...

***It will free you from
preconceived ideas, old
notions, and assumed truth.***

It will move you to ask questions, *lots of them*, about everything.

It will soften your defensive wall of opinions.

Curiosity will give you empathy and compassion.

It will slowly dissolve fear.

It will clear the way for the most amazing things to happen in your life.

It will bring people to you, people who have been sent to uplift you, challenge you, heal you or help you shine brighter.

It will help you connect with those already in your life who you may have overlooked... those who are there for a good reason, but perhaps not what you think they're there for.

***Curiosity will bring a sense
of wonder into your life that
is beautifully childlike and
possibly a little ridiculous.***

We need more ridiculous joy in the world!

CREATIVITY is a multi-faceted, wholehearted, expansive way of living.

It's not simply creating crafty or artistic things, it's also using your imagination to play, have fun, break the rules, and live life on your terms.

***Creativity is the best possible
way to look at any problem.***

It's about finding joyful and soulful solutions to big and little questions and troubles.

It's knowing what you want but being open and flexible to how you will get it.

It's understanding that the unexpected is welcome and often just what you need.

Creativity is about risks and faith.

It's taking a fun or frivolous idea, believing in it so hard, and turning it into something real.

It's experimenting with everything in order to find what is good and true for you.

***When you let your inner curiosity
flow through an endlessly creative life,
you'll find yourself going down paths
you never thought you'd wander.***

You'll stop competing, even with yourself.

You'll be blissfully happy because your need to create, explore and connect is being fulfilled.

The more you live from your eternally curious and creative intuition, the more courageous you will feel and the more life will simply flow.

You'll find your passions and your purpose... not in a lightning bolt, but by following the golden bread crumbs...

...Only the curious see the crumbs, and only the creative know what to do with them.

***Follow your curiosity.
Live creatively.
Be open to miracles.***

KRIS FRANKEN
Spiritual Author & Guide
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CREATE FOR YOURSELF FIRST

With Rachel White

Your creative expression is *all* expression in your life - through your business, work, relationships, family; your relationship with yourself and all else in between. Your creative expression pours into how you make your breakfast, to the next product you launch, to how you write your emails or wash your dishes. **ALL your life is part of your creative expression.**

Creating for yourself first is how you make art out of everyday life, how the process and journey become the fulfilling part, and what allows for an expansive liberated energy to be transmitted through you.

When you create for the approval of others, or for money, or anything other than yourself as your primary intention, you dilute the potency and magic of your creations as they become heavy with pressure and expectations.

What can make it challenging for us to really lean into creating for our own joy first, is when our Root Chakra is ungrounded.

The Root Chakra is the foundation to our energetic system, it is the energy centre that governs our safety and security needs.

In order to feel lighter and to have the space to create for yourself first, your safety and security needs, need to be met.

Your security needs are generally external, whereas safety is *internal*.

Having our security needs met are essential for us to feel safe, and we may have all of our security needs met but have unmet emotional needs that makes us feel unsafe.

There aren't any 'shoulds' in your relationship with the energy of your root Chakra,

there are many reasons why there may be unbalanced or stagnant energy, your awareness brings an opportunity to heal and alchemise.

To ground the energy of your Root Chakra you may call in support from family or friends, or get a part time job to help you financially breathe while you work on your business, or it may mean exploring and alchemising childhood wounds and fears.

Once these needs are met, there is no longer pressure to create in order to survive.

Your energy becomes more spacious and freely flowing. *This is the energy your ideas and creations deserve and this is when your expression will be most potent.*

Having your survival needs met will look different for everyone and there are many nuances, so tune into your own intuition, what needs are not being met and what support is available to you to give your creations some space without pressure.

You are still creative at all times and can channel this energy in your exploration of your own safety needs - *you will at all times be able to 'be creative.'*

Once your safety needs are met and you can fully lean into creating for yourself first you will feel more liberated in your expression and more nourished in the creation process.

You have so much creative potential when you allow yourself to make art with it in any expression, with no pressure, you will surprise and impress yourself with what flows through you.

RACHEL WHITE

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WHEN YOUR SMILE MEETS YOUR EYES AKA WHAT AMERICA'S NEXT TOP MODEL TAUGHT ME ABOUT RADIANT HAPPINESS

With **Jenna Teague**



Tyra Banks was definitely onto something with the whole 'smize' idea - when your smile meets your eyes. Even if you were never into the reality show *Next Top Model* phenomenon, 'smizing' on its own is worth your attention.

Beyond its broader cultural and linguistic contributions, the notion of smizing has had an unusually deep impact on my life.

Over time, smizing has become something I always want to be doing without ever having to intentionally try to do so.

Thanks to a few unforgettable (to me, at least) facts I learned years ago, smizing – and its less fancy sibling, *smiling* – are concepts I think about more often than most.

When I first started studying psychology in college, the knowledge I gained about facial cues related to smiling made a profound impact on me.

3 simple learnings have stuck with me:

1. *A genuine smile always reaches one's eyes.*
2. *A genuine smile fades slowly and gradually.*
3. *A genuine smile doesn't require thought or intention but happens naturally.*

These 3 facts have become benchmarks by which I assess my own happiness and the happiness of others when smiles appear.

Upon first learning more about smiling, I was always on guard, constantly focused on using my hyper-awareness to suss out the 'fake' smiles of others and cover up my own *less-than-genuine* expressions.

Eventually, though, I began to use *smizing* as a gauge for true happiness.

Smizing became my barometer for resonance - evaluating what resonated with me and with those around me.

I soon realized that I wanted to live a life in which smizing was the default, the norm – a life in which I never have to spend inordinate amounts of time thinking about smiling or doubting whether my smile reaches my eyes and fades away slowly and gradually.

That is a life of true radiance - the kind of radiance that has become even more important over the past year and a half.

A year and a half in which smiles have been denied by tragedy and hidden by masks.

A year and a half in which less-than-genuine smiles passed our lips completely unnoticed.

A year and a half in which the only way to know whether our mouths were smiling was to look into each other's eyes, to look for the smize.

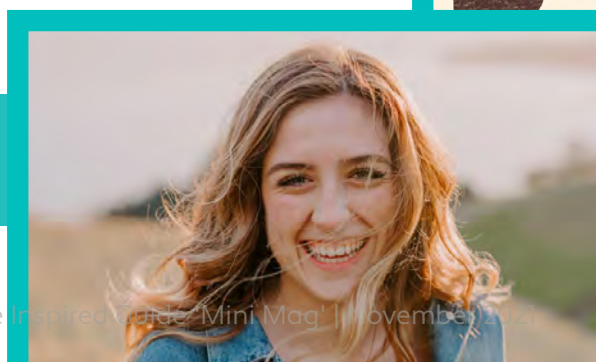


Now more than ever, I want to live a life in which my smile always meets my eyes, and in a world where yours does, too.

**So, I ask you to reflect
on the following questions:**

- ★ What makes you smize – from your mouth all the way to your eyes?
- ★ When are you faking it with a tepid, pasted-on smile?
- ★ What would it take to create for yourself a life full of smizing?
- ★ What is the first step you can take today toward building that smize-filled life?

*With a smile on my face and in my eyes,
I invite you to join me as a founding
member of the 'Smize Club' – where life
is always real, resonant, and radiant.*



JENNA TEAGUE, M.A.
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5 JOURNALING PROMPTS TO HELP DISCOVER YOUR RADIANCE

With **Ashley Looker**

When I first learned that the topic for the November edition of The Inspired Guide was going to be 'RADIANCE' I was both delighted and a little nervous... Honestly, radiance isn't a word that crosses my mind very often - but now I can't stop thinking about it!

The first thing I did was look up the definition of radiance in the dictionary, and it says: "*Light or heat as emitted or reflected by something; great happiness, apparent in someone's expression.*"

This definition had me at *happiness*.

As a coach who teaches her clients how to create more happiness in their lives, it made complete sense that radiance was, in my interpretation, *the external recognition or embodiment of happiness.*

Radiance is the palpable energy that, quite literally, radiates out from a person and that powerful radiance has a positive impact on others. *You can literally feel it.*

In other words...
happiness happens on the *inside*,
radiance happens on the *outside*.

However, I define radiance a little differently from Webster - I define it as what I like to call 'Soul Nourishment'.

Soul nourishment is that feeling when you spend intentional time doing what lights your Soul on fire.

Soul nourishment fulfills you and your life on a level that food never could because our Souls travel way deeper than the physical body. Yet, many of us don't even consider nourishing our Souls like we would our mind and bodies.



Have you ever had that experience of doing something you love so much you just get lost in it, time flies by and you're so enamored with what you're doing that you completely forget to eat?

That's Soul nourishment!

What is *your* Soul nourishment?

For me, it's journaling, reading, learning/ studying and hiking out in nature. My Soul is also nourished by laughter, listening to music and traveling.

Soul nourishment has one purpose - happiness.

And it reminds us that we are alive and here for a bigger reason - reasons much bigger than the menial day-to-day to-do's, errands and tasks.

***You can literally see when
a person's Soul is happy,
just like you can see the
radiance in someone's smile.***

Yet, we've been conditioned to believe that slowing down, listening to our hearts and nurturing our Souls is frivolous.

So, instead, we continue powering through our days, getting things done, hustling, never resting and never stopping to check in on our hearts and Souls because - wait for it - that's not productive.

Productivity took importance over Soul nourishment long ago, but now is the time to take it back! Because let's face it, our Souls are starving for that deep nourishment and radiance, and just like our bodies and minds need nourishment, so do our Souls.

So, sweet Soul, how do you define radiance?

Well, if you're a little unsure like I was, here are 5 journaling questions to help you discover how you can tap more into your own radiance:

1. *What is my Soul craving? If I really stopped and paid attention, what does my Soul really want and need at the moment?*
2. *I am the happiest when...*
(repeat this sentence ten times).
3. *What makes my heart and Soul radiate with joy?*
4. *What excuses or stories get in the way of me experiencing radiance and making time for Soul nourishment? What would it look like for me to prioritize Soul nourishment?*
5. *How does my radiance positively impact myself and others?*

Remember, your Soul needs nourishment too.

***You'll never regret having
made time for the things
that light your Soul on fire,
so get out there and make
the time and space for
whatever that is for you!***

ASHLEY LOOKER

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WHEN LIFE FEELS A LITTLE MESSY

With **Tash Pieterse**

Does life feel a little messy right now? You're not sure what's going on, everything feels in limbo? It doesn't have to... Gosh, I feel you!

There are periods when you feel on top of the world, everything is flowing your way and then you hit a hole and you feel like all the sh*t has hit the fan and you have no clue what's going on. Yup, I know that feeling!

It can feel overwhelming and chaotic, especially when you focus on it. *The more you focus on the mess, the chaos, the frustration the more of the same will flow into your reality.* The Law of Attraction can be annoying like that sometimes!

I am not necessarily talking purely about physical mess, but emotional, mental and spiritual mess.

Mess can tend to crop up when you allow too much 'stuff' to come into your life and you don't know where to put it - or you may not be aware of everything that is piling up in the corner over there.

This can be amplified when we feel disconnected from ourselves, when we are so busy with what's going on around us that we don't make time and create stillness to pay attention to what's going on on the inside.

Disconnection from ourselves can lead to disconnection from every day life, which then creates the feeling and overwhelm of life feeling incredibly messy!

When I work with clients who feel overwhelmed, stressed and anxious about how their life feels right now, the first thing I do is ask them a series of questions to get them thinking about where things are currently at, *in a curious and explorative way.*

Taking a curious approach can help you see things in a slightly different light!

Start with...

- ★ What things make me feel good?
- ★ What things help me move forward?
- ★ What things do I WANT to keep?

Then...

- ★ What things don't I like?
- ★ What things make me feel uneasy, tense, frustrated?
- ★ What things do I need to clear out?

Once you have answered these questions, what is ONE thing you can do that will move you forward through the mess?

It might be removing something (or someone from your life) or letting something go.

Or you can start with asking yourself "what can I do more of that already makes me feel calm, relaxed and happy?"

My suggestion would be to start with what can you clear out and let go of, because life is already so cluttered, messy, and busy - so clearing out means you will have more space to do the good things!

Mess doesn't have to be crippling or a road block. All it is, is a sign that it's time to pay attention and ask some prompting questions to get clear on *what is actually mess and what is magic.*

Hidden between all of the mess are pots of magic that are serving you so much; clearing out means you can uncover them and consciously start using that magic to propel you even more!

What are you going to do to help life feel a little less messy?

TASH PIETERSE
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CULTIVATING YOUR INSIDE VOICE

With **Sarah Jensen**

What does it mean to you to cultivate your 'inside' voice? (And no, I don't mean the soft voice your mum told you to use when talking inside the house).

I'm talking about your inner voice. The voice of your heart, your energy, your intuition, your soul. The inner voice that holds wisdom, guidance, and goodness to support, nurture, and move you forwards.

Perhaps connecting with, and listening to, your inner guidance is something you're already familiar with. But if not, you might be wondering where on earth to start. And while there's lots of lovely information out there on the interweb about 'intuition' and 'self-care' – what if cultivating a connection to your inner guidance isn't the 'one size fits all' process it might appear to be?

What if all the information 'out there' is telling you that 'going inwards' means doing something that's just not your jam?

For example, some might say you have to meditate to turn up the volume on your 'inside voice' – but if that's not a practice that feels good for you, all it's gonna do is kick up resistance, close you off to the process, or leave you feeling like you 'can't' do it.

Taking it one step further, what if part of the practice of connecting with your inside voice,

is to *connect* with your inside voice.

But wait, Sarah – what kind of crazy are you talking?! If I don't know how to connect with my inside voice, how's that going to work?

Here's what I mean – what if you could explore a practice of going inwards to discover for yourself what helps YOU turn up the volume on your inside voice? And what if the process of doing this allowed you to wholly and deliciously personalise your practice of connecting in?

HERE'S HOW IT WORKS:

Take a moment, take a breath, and let your inner voice know you're listening. You might like to say hi, or just let it know you're here and available to receive its magic. *(It's sort of like saying hi to that cousin you haven't seen in 10 years – you know each other, there's a connection and familiarity there, but you need to find a little common ground to kick things off).*

From there, you might like to ask your inner self a question and simply see if, or how, it responds. Perhaps it's with words or sounds. Maybe it's a feeling or knowing. It might be a shift in your energy or a physical sensation in the body. Just be open to noticing its cues and clues. Start to pay attention and take a little time on the regular to just play in this space; *to let your inner voice know you're listening, and give it your*



full and undivided attention for a few moments to see what comes through.

If you're finding it slow going or a little frustrating, try starting with simple 'yes' or 'no' questions and then pause to feel or notice the response your body, voice, or energy have to offer you.

- ★ Do you feel a sensation in the gut?
- ★ Do you notice your body move in a particular motion or direction to indicate a yes or no?
- ★ Do you feel a lightening or tightening of your energy as a 'yes' or 'no'?
- ★ Do you hear the words 'yes' and 'no' or do they show up as sounds?
- ★ Do you notice yourself expand or contract? Or perhaps a yes feels like a 'leaning in' and a no feels like heaviness or a 'have to'.

However it shows up for you is just right and the more you pay attention to it, the clearer the signals will become.

You might like to try this while sitting somewhere quiet, whilst lying in bed, or even in the pages of your journal. And know that however your inner voice communicates is just perfect.

It varies for everyone, and this isn't about a prescriptive approach – it's really about giving yourself permission to start asking your energy, your heart, and your body questions, and creating space to receive the responses.

***The more you ask and listen,
the clearer your inner voice will
communicate with you and the
easier it will become to go inwards,
rather than outwards, first.***

I invite you to let the experience of connecting with your inside voice be a gentle, curious and personal process. One that allows space and grace for play, experimentation and a hearty helping of trial and error.

See how it feels, see what comes through, and know that the more you make space for this practice, the louder and more clearly your inner voice will communicate (*until you reach a point where your inside voice is so loud your mum might send it outside to play!*).

Happy exploring!

SARAH JENSEN

Kinesiologist & Life Coach
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CREATE MEANING IN YOUR LIFE

With **Kris Franken**

Navigating through this unpredictable life with a mindful outlook and an open heart can feel difficult at first...

For years I clung onto my fears and insecurities, daring the universe to rip them from me, convinced that once everything was perfect I'd be okay, but until then I was going to live on the edge of anxiety... *A place I knew too well.*

I could see how my perfectionist tendencies were unraveling me, but I was unwilling to look under them to see what had shaped the underlying fears. *I was afraid.*

But when I got clear on the fears, and their faithful crutches that weren't serving me any more, I was able to lovingly transmute them into powerful, loving energies.

Facing fears, embracing uncertainty, sitting with anxiety, was all I needed to do in order for it to slowly, organically dissolve.

But life can be so ferociously messy. An untidy house, overflowing emails, unanswered messages, a disheveled spiritual practice, unsaid conversations, rumpled kids, broken hearts, unwanted illness, fractured friendships, aging bodies, and a world that seems to have gone mad.

Honestly, the worst thing we can do is resist any of it. It's a futile, tiring way to live.

'Spiritual bypassing' won't get us anywhere (in the long run). So we face it. With grace and love, we sit in the midst of the mess and we breathe.

I've been contemplating my toolkit for finding laughter in madness, gifts in chaos and magic in the mundane.



And it goes a little something like this:

A WICKED SENSE OF HUMOUR

Knowing when to laugh, and laughing loudly, is a gift that will see you through the worst kind of days.

As a parent I find the times I laugh at my kids' outbursts (with a loving intent, I promise!), the issue tends to simply disappear. Likewise overwhelm with work, or other first-world problems.

Find the humour in your situation, watch the movie *Bridesmaids*, or have a giggle with a friend. If laughter is out of reach, try a gentle smile and go from there.

A BROADER PERSPECTIVE

Look at your circumstances from way outside of yourself. Step back from the clutter and confusion, and widen your view until you can see more, feel more, love more. A dirty shower is just a dirty shower. A dusty floor is just a dusty floor. A couch covered in laundry is just that. A cold is only a cold. A distant friend is probably not your fault. A bursting inbox is neither good nor bad.

***Rise above as much as possible
and you'll see the gift the
situation is presenting to you.***

AMP UP YOUR MINDFULNESS

Whatever is going on, there's so much power in staying mindful and aware without labeling, judging, or giving into anxiety. Messy can be beautiful. It can be abundantly fun. It can be a catalyst for new beginnings. Or whatever you want it to be. Just let go of preconceived ideas and look at it with conscious, fresh eyes.

***Only when mindful will you find
the meaning in the moment.***

LOVE YOUR HUMANNESS

Being a human is messy. Forgive yourself, forgive others, and embrace the chaos.

Nothing will ever be perfect, predictable or easy.

***A miracle isn't so much about us
being saved from difficulty, but about
loving the difficulty, letting it in,
and slowly breathing it out.***

That's what being human is all about. When you understand that on a new and empowered level, there's so much magic to be found.

TRUST IN YOUR BRILLIANT SELF

Lift your chin up, trust your inner wisdom, have faith that you're being listened to and looked after, and surrender any doubts.

***If you let the anarchy dismantle
your rock-solid inner support system,
you're doubting that this moment
is perfect, no matter how crazy it seems.***

FIND A SIMPLER WAY

The less we own, the less there is to wash, dust or look after. The simpler our boundaries are, the easier it is for us to feel safe. The more devoted we are to a simple spiritual practice, the less we worry about what others are doing. The clearer we are in relationships, the easier they are to navigate. The less emails we subscribe to, the fewer need to be deleted.

You get the drift, ***keep it simple.***

KRIS FRANKEN

Spiritual Author & Guide
www.krisfranken.com





TAKING A PAUSE IN THE DAY

With **Masha G Ellman**

I don't know about you but, it seems to me that the older I get the faster the months zoom by and here we are in November and if I had to choose one word for this season to sustain me and lean on, it would have to be PAUSE. Especially now with the holiday season just around the corner - *taking a daily pause to calm, realign, refresh, feel joy and realize myself, is the most wonderful and valuable gift I can give to myself.*

A couple of months ago we had an unexpected death in our family. In addition to it being a shock, it reminded me how fragile life is. Each day is special and meaningful and what I bring into the day - my emotions, my thoughts, my actions, is totally up to me. *It reminded me that life can just slip through my fingers if I let it.*

I had a practice of setting an intention at the beginning of the day to PAUSE. A reminder to myself to look for joy, to give thanks, to find something that astonishes, something that interrupts the daily chores and warms my heart. But, somehow in the busyness of daily life it kind of fell to the side and I let the weeds grow over it.

I've decided to go back to my practice because:

- ★ Every day holds gifts and I don't want to miss any of them.
- ★ I want to pause and savor the deliciousness.
- ★ I want to extract the nectar that is inside every day.
- ★ I want to know that I paid attention, that I lived every day aware and with gratitude in my heart.

I love Mary Oliver's words from her poem titled 'Sometimes': *"Instructions for living a life: Pay attention. Be astonished. Tell about it."* What I've noticed is that, when I didn't pause, the days just seem to fall into each other.

I'm rushing, always thinking of the next thing on my to do list; I don't pay attention to my body, or to the thoughts that are running around rampant in my mind and my joy and peace are gone.

A daily PAUSE is your opportunity to fill your days with meaning.

So, let this be an invitation for you to embrace the practice of a daily pause... Maybe it's time to reevaluate your circumstances and start a daily practice that will support and honour you.

Taking a pause in the day is a powerful practice that will energise you, bring you joy, and you'll even find that you are more productive.

The simple act of taking a moment to pause can shift your perspective, benefit your mental health as well as your physical and overall wellbeing.

A pause doesn't have to be anything grand (although that's great too) it can be as simple as:

- ★ *Consciously taking three deep breaths.*
- ★ *Saying thank you for the food you're about to eat.*
- ★ *Taking a moment to say a couple of positive affirmations to yourself that make you feel good.*
- ★ *At the end of the day giving thanks for the moments, savor them, write them in a gratitude journal.*

Gift yourself this special daily pause because you are allowed:

- ★ You're allowed to take a moment for yourself.
- ★ You're allowed to care for yourself.
- ★ You're allowed to give yourself happiness.

A daily pause is a process. Some days it works and some I forget and some it's just not happening. But, mostly it does and mostly the days are made richer. And I can tell you that the more that you stick to a daily practice, the more you'll notice of life and the more gratitude will spring forth from you.

It will boost your morale, you'll gain new clarity and you will go back to your work refreshed.

Annie Dillard said, *"How we spend our days is, of course, how we spend our lives."* And I don't want my life to just pass me by without me.

I want to take a pause in the day, get out of my head and into my heart; I want to be present to myself even if it's just for a couple of moments.

I want to be 'astonished and tell about it'...

MASHA G ELLMAN

Writer. Healer. Intuit

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THE INSPIRED GUIDE

WORK WITH ME

lifestyle & business guide

20 Hours FREE* Per/Month

**3hrs Maximum Per Person*

*(You can donate any amount afterwards if you feel guided.
Normal hourly rate \$44-\$88p/hr)*

FIND YOUR HAPPY PLACE

Life is meant to be EASY & JOYFUL. Your heart leads the way which is guided by how you feel in every moment.

I know what it is like to feel overwhelmed and unsupported in life and business; especially when the way everyone else is doing it just doesn't feel right... so I am here to be the guide for you that I always wanted. *Are you ready to boldly and courageously step into your happiness?*

EXPRESS YOURSELF

Life is for living YOUR way! Stand out by being YOU!

Often we fall out of alignment with our higher vision and hide inside the comfort of what we have always known - but if you are seeing this, then maybe it's time to shine your light bright and in the way that feels so light and right to YOU! *Express your light, YOUR way!*



CORE SERVICES

Ways in which I can be of service and support:

01. BUSINESS

Life is meant to be joyful - this includes your J.O.B (Joy of Being). Are you ready to turn your passion into a meaningful business or energetically re-align your existing one?

02. LIFESTYLE

Are you ready to live life more consciously with more passion, joy, ease, empowerment and inspiration? Move beyond fear, lack and overwhelm into love, abundance and worthiness?

03. UNDEFINED

Do you feel stuck or lost in life with no direction, passion or motivation... does it feel like you are floating in limbo? Then it's probably time we had an inspired chat.

#EXPRESSYOURSELF #EMBRACEYOURTRUTH #BEMOREHAPPY #FOLLOWYOURBLISS

SERVICES *Business*

We work together to ground your vision and bring it to life and into alignment in a fun, fluid and expansive way - in doing so we develop clear ideas and dislodge any limiting beliefs or fears holding you back, creating space to expand into your passion. Once your vision is grounded, we bring it to life using dynamic visuals, consistent style and engaging content that aligns with your vision and energy.



SERVICES *Lifestyle*

If you are ready to do the inner work and put it into practice in your life; to express your authentic self and embrace your truth, then I am here to guide you with inspiration, resources, practical advice, intuitive guidance and wisdom gained from experience. I meet you where you're at with no judgement. I can shed a little light on any limiting beliefs, ideas and behaviours to shift your perspective so you can move further into a life with more love, happiness and joy.



SERVICES *Undefined*

We all go through times in our lives of transition; where we are no longer who we once were, but not yet who we will become - we are just floating in a type of limbo.

If you feel it is time to get grounded again or soar higher, then we can have an inspired chat with no pre-defined ideas or direction and let the answers just come through in flow... perfect for igniting new ideas, passions and experiences!



EXAMPLES

BUSINESS

- Grounding Your Vision
- Finding Joy in Your Business
- Visual Elements & Styling
- Brand Alignment & Voice
- Website Design & Copy
- Social Media & Marketing
- Guidance & Training

LIFESTYLE

- Shifting Your Perspective
- Finding Your Inside Voice
- Planning & Processes for More Ease

GET IN TOUCH

Free Space Are Limited, Enquire Now

Amanda Sears
Lifestyle & Business Guide
Nelson, New Zealand

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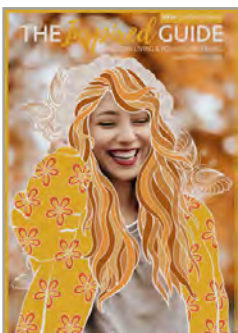
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