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7 simple techniques to increase the joy, fulfillment and balance in your life:

BREATHE- So often we forget the importance of tuning in to our bodies. We can allow the stresses and tensions of our lives to be honored simply by raising conscious awareness of their existence. In taking a few, slow deep breaths, we will notice the state of our bodies as we bring pure, fresh air in through our nose, feel it in our center, and exhaling through our mouths. We may give ourselves permission to Let Go of the tension we feel, simply letting it release through the exhale, so that it may be transformed for the greatest good of self as connected to all.

DRINK WATER- This is one of the easiest things we can do for ourselves. Water is abundant and easily accessible, unless one finds one's self in the desert, in which case I would hope one had planned ahead! Dehydration is a major cause of agitation, fatigue and anxiety. Headaches, body aches and general emotional discomfort are often linked to a lack of proper water consumption. Carry a water bottle around with you throughout your day, and try to make a conscious effort to open that bottle and take a drink as often as you are able. You will be cleansing the mind and spirit as you cleanse your body.

GIVE YOURSELF A COMPLIMENT- The dreaded "mind-chatter" topic does have a place in this list, but fear not! This is EASY! Rather than trying to do a system overhaul, start simple. Pay yourself a compliment once per day. Say it internally, out loud, on paper, however you like. The point is not to do some forced exercise that feels false to you. In fact, I would advise against such things if they do not feel harmonious to your spirit. I simply offer to bring your awareness to something you LIKE ABOUT YOURSELF AT LEAST ONCE PER DAY. Getting into the habit of this will do wonders for your subjective well-being.

GIVE SOMEONE ELSE A COMPLIMENT- Making other people feel loved is one of the greatest self-healing treatments anyone could suggest. Helping the co-inhabitants of our world is an act that furthers the joy, love and light that we are ALL SHARING in this interconnected planet of ours. Taking time each day, or as often as you are moved to, to help raise the spirits of others will do wonders for your own state of being.

MOVE THAT BODY- That's right, get shaking! Exercise of any type, be it a run in the park, a yoga class with a favorite guru, or a dance party in the middle of a street, is an amazing way to integrate the needs of the body, mind and spirit all in one easy

shot. At the body level, getting our bodies moving helps with almost every important system, from boosting the immune system to increasing neurological ability. At the mind level, exercise is a great way to get to know yourself and others through non-verbal communication. Let's face it, language is hard to use sometimes. Playing a game or jogging with a friend allows relatability beyond the limitations of language. At the Spirit level, the effects will be made known to each individual as they open to their own truth. I will share that for me, exercise has been a tremendous part of my spiritual evolution, and most runs I go on these days are moving meditations.

TAKE A TIME OUT- Whew! So far this all sounds like some effort, Helene! I know, my dears, and it is well worth it! So in balancing the energetic flow of how we work towards our bliss, take some time out for yourself. Be it time alone in quiet meditation, time with a friend talking about a common interest, or simply time day-dreaming of the amazing vacation you are planning later this year (even if it is a simple day in a free park), taking time out to REST IN YOUR JOURNEY OF LIFE is a necessary component of a fulfilling and satiated lifestyle.

VISION A BETTER TOMORROW- What do you WANT in your life? Who do you want to continue to become? Who do you want to share you life experience with? We all have desires, and they are information for the soul. One desire may give way to others as we investigate them more deeply, and this is a FUN process! Allowing yourself time to contemplate a better tomorrow, even if today was amazing, aligns your consciousness with the positive energy in our world, our human family and our selves. Listen to your heart, feel your passions, and give yourself permission to SEE the picture you would LOVE TO SEE as the days of your life-path unfold before you.

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