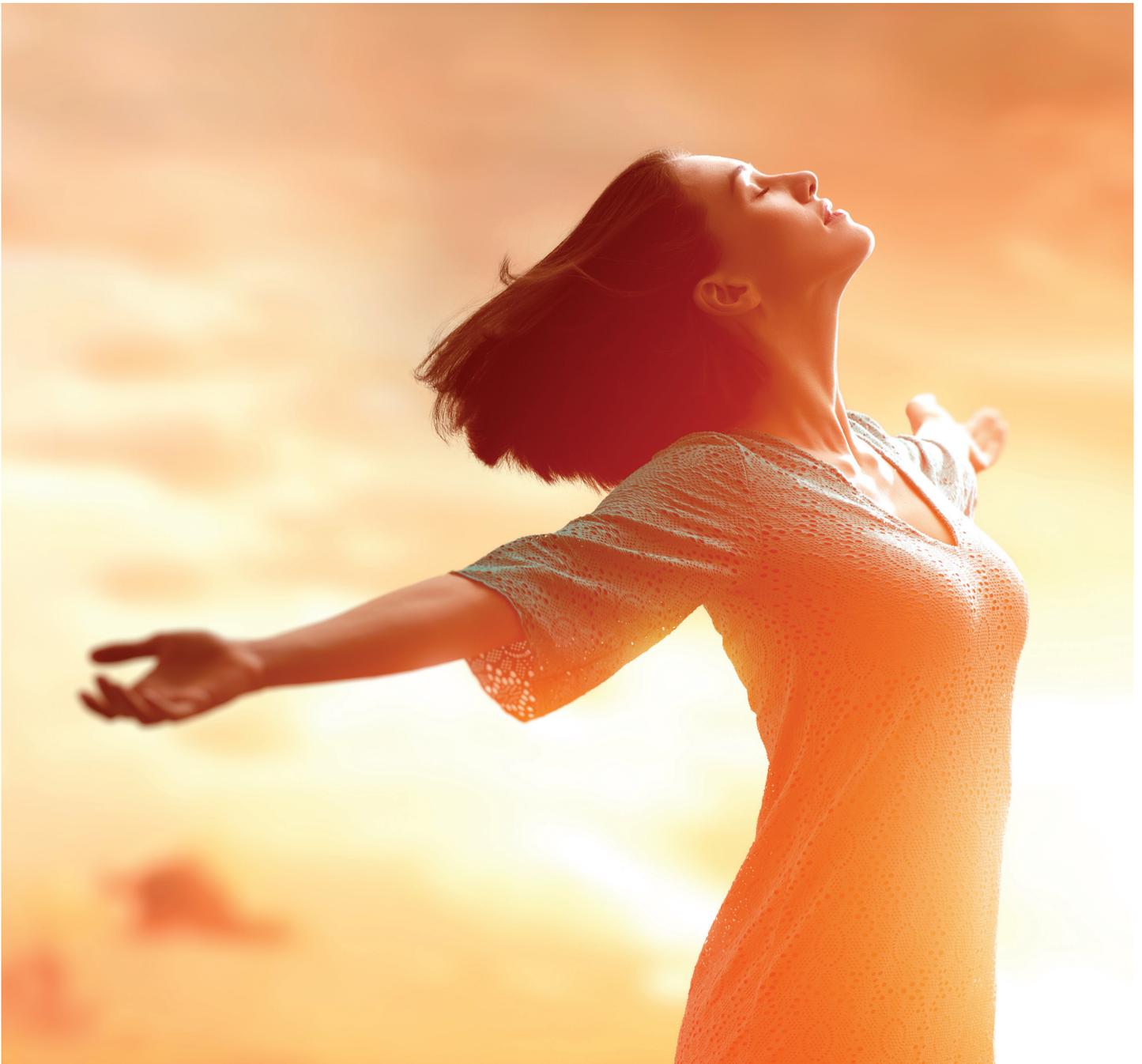


DAILY RITUAL

For women who want to transform their life through reclaiming their most brilliant, gorgeous, sensual self.



SHAUNA CHANDLER

Inspired Living

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DAILY RITUAL

To live an Inspired Life, we begin with a daily practice to center, ground and light up our energies to become aligned with our gratitude, greatness and beyond. This daily practice is a mere 15 minutes and you can add to it to make it as long as you prefer. We all have 15 minutes in our day and I find the best time for me is when I first wake up. I've been doing this practice for years and I find it sets the energy for my day and keeps me focused on what's important.

Step 1 Heart Breathing



Place your hands on your heart and close your eyes. Gently touch the tip of your tongue to your palate on the roof of your mouth and hold it there while doing this ritual. Deep, heart centred breathing will bring you to an altered state of mind where your mind is quiet and you are more aligned with your inner world.

Breathe deeply in through your nose and exhale through your mouth. For the next 10 breaths, imagine breathing in through your heart and exhaling from your heart.

You may feel light headed or dizzy, just know that your brain is getting all of the delicious oxygen it loves. Begin to focus on the emotions and feelings that represent the best version of you.

Loving Kind Thoughtful Happy Caring Generous Whimsical Peaceful

Step 2 Mudras



Mudras stimulate the meridians and chakra centers in the body. Begin by lightly touching your thumb and index finger while doing your heart breathing - inhaling and exhaling. With your next inhale, move your thumb to your middle finger followed by your exhale. Repeat the same pattern for your ring finger followed by your pinky finger. You can continue to move through the mudras for as long as you wish.

Index Finger Mudra - stimulates the brain and imparts knowledge, expands our field of possibilities, and releases us from limitations.

Middle Finger Mudra - stimulates the brain and imparts patience, wisdom and purity.

Ring Finger Mudra - stimulates the brain and imparts vitality and vigor.

Pinky Finger Mudra - stimulates the brain and aids clear communication.

Step 3 Gratitude



Gratitude creates changes at the emotional and mental levels, and, it also changes your body at a cellular level.

Select 3 things you are grateful for and step into the feeling, the moment, the experience. It's like taking the front seat on a rollercoaster. You may choose people, pets, beautiful things, the sun shining or a kind gesture.

Here are some questions to get you started...

- Who do you care for or love?
- Who loves you?
- What's right in your life?
- What's beautiful?
- What's magical?

Step 4 Blessings



Envision white light coming into the top of your head, filling your entire body. You are receiving all of the blessings the Universe has for you. This white light will travel throughout your being, coating every cell, molecule, muscle, nerve, organ and all the spaces in between, strengthening every part of your physical body.

Next, imagine or just know that the blessings from this white light are expanding to your kindness and generosity, your passion and love, your creativity and problem solving skills and anything else that is the best of you so you may share even more with the world around you.

See any perceived problem, struggle or difficulty you may be facing as being blessed and resolved. Let this energetic blessing flow to your family, friends and even your children. See it spreading throughout the world and to Mother Earth.

Step 5

Heart's Desire



Choose 3 specific desires that matter most to you at this time. With each one see, feel and experience them as being complete and real in your life.

Pretend you desire a new car - see yourself driving your new car.

What colour is it? How does it smell? How do you feel while driving?

Then see the impact that your desires will have on people's lives. Maybe your car is a convertible and you imagine the fun you and friends will have driving to the beach with the top down. See the joy, feel it as done and feel grateful.

1. _____

2. _____

3. _____

WIRED FOR HAPPINESS



When we start our day with clear and centred energy, we see things through a different set of lenses. Instead of looking for problems, we see possibilities. Instead of feeling frustrated or stuck, we feel our lives are moving in the right direction. And, we can enjoy co-creating with the Universe to help make our dreams a reality.

We are wired for happiness which is our natural state of being.

Your Daily Ritual may change from time to time or you may wish to add to it. I call my first hour in the morning my Power Hour. I initially began with my 15 minute Daily Ritual and then I expanded to include my yoga practice, more time for contemplation and planning and found I was filling up that first hour. By simply adding in some gentle movement, your energy, mind and body are primed for a vibrant and magical day.

You're Invited!!

If you're ready to transform your life through reclaiming your most brilliant, gorgeous, sensual self, then I invite you to book a Beautiful You Strategy Session with me today to see if we are a good fit and to learn how you can get started right away.

The Beautiful You 30 Minute Strategy Session

- ❑ Discover your next best steps to creating a life you love
- ❑ Uncover the impact of staying in your comfort zone and not taking risks
- ❑ Create a powerful mindset and reveal the magic

I can't wait to help you reclaim your most brilliant, gorgeous, sensual self and create a life of your dreams!

Simply call our office today 403.923.9894.

You have a choice. You can say that you're too busy to do this... or, you can say "I am making myself a priority and I deserve to spend 30 minutes to explore what I want out of life."



Hi, I'm Shauna Chandler.

I'm a transformational coach, married mom of one and a woman who gets it. I've been there!

In the last 12 years, I had my daughter; went through post-partum depression; lived through and conquered life-changing injuries from an accident; felt guilty when not working; went back to school; and, found myself while NOT trying to live a Pinterest perfect life.

I realized that I deserve to live fully and joyfully. I matter. My hopes and dreams matter. I didn't have to conform to anyone's expectations. It took me a long time to work through my blocks, guilt and fear and I am so grateful for the support I had along the way.

My passion is to help women transform their lives by letting go of self sabotage, overwhelm and outdated beliefs that hold them back, creating room for magical possibilities to take root and grow.

Other ways I fill my emotional bucket: sipping lattes, spending time in the mountains, chatting with friends, learning about psychology and neurology, new lip gloss, practicing yoga and gratitude, spending time with my family, and having random dance parties! What do you like to do to have fun?

Let's chat about what YOU want out of life and how I can help you get there.

I look forward to 'meeting' you!

Shauna

<http://www.sh aunachandler.com/coaching.html>