

My Seven Easy-to-Practice and Amazing Self-Care Truths

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Your Easy step by step guide to love you ❤️❤️❤️

Hi my name is Fawzia Shrivastava. Over the past 18 years I have immersed myself into finding how to truly be connected to myself. I have read hundreds of books, attended courses around the world, met with spiritual teachers of all faiths. And the answer is quite simple. If you do not take care of yourself, it is impossible to live a fulfilled and happy life. I understood this conceptually, but it was difficult to put into practice. I am married, have three children and I also have a business. My every moment was spoken for.

So, my question was how does one do this on the regular, not isolated instances of meditation or yoga or going to the spa. How do I work it into my daily life.

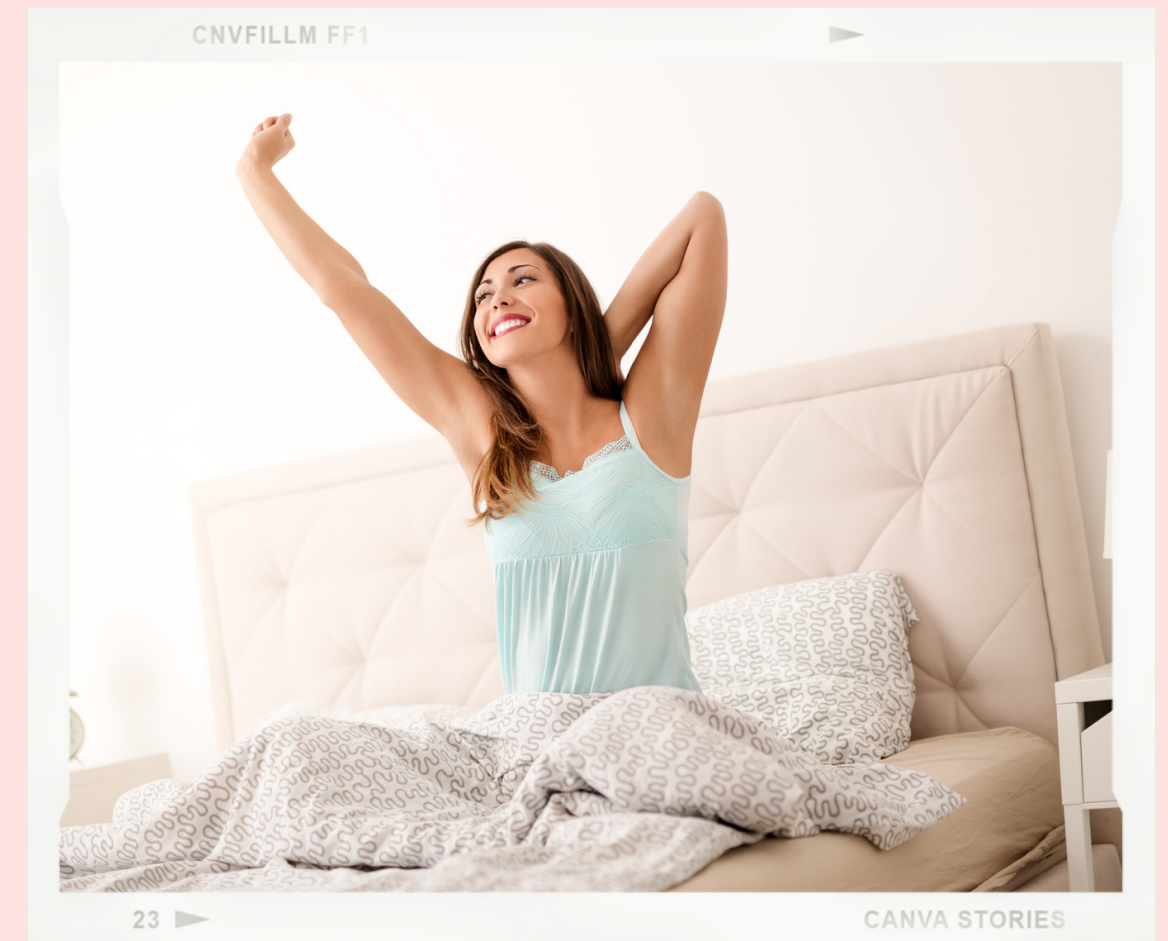
**These are my seven simple easy and amazing steps that will help you find your own inner magic.
Enjoy!**

Step One

Smile as soon as you awake. Say to yourself *"I am beautiful and this is a beautiful day."*

What happens when you do this:

You immediately set the tone for your day. Each day is a clean slate, a blank canvas. So, by clearly stating your intention for the day, you have already decided how your experience will be. This is what every master of life has taught for hundreds of years. We are in the constant process of creation. We do this through our thoughts, words and deeds. So let your thoughts be fulfilling, light and prosperous.

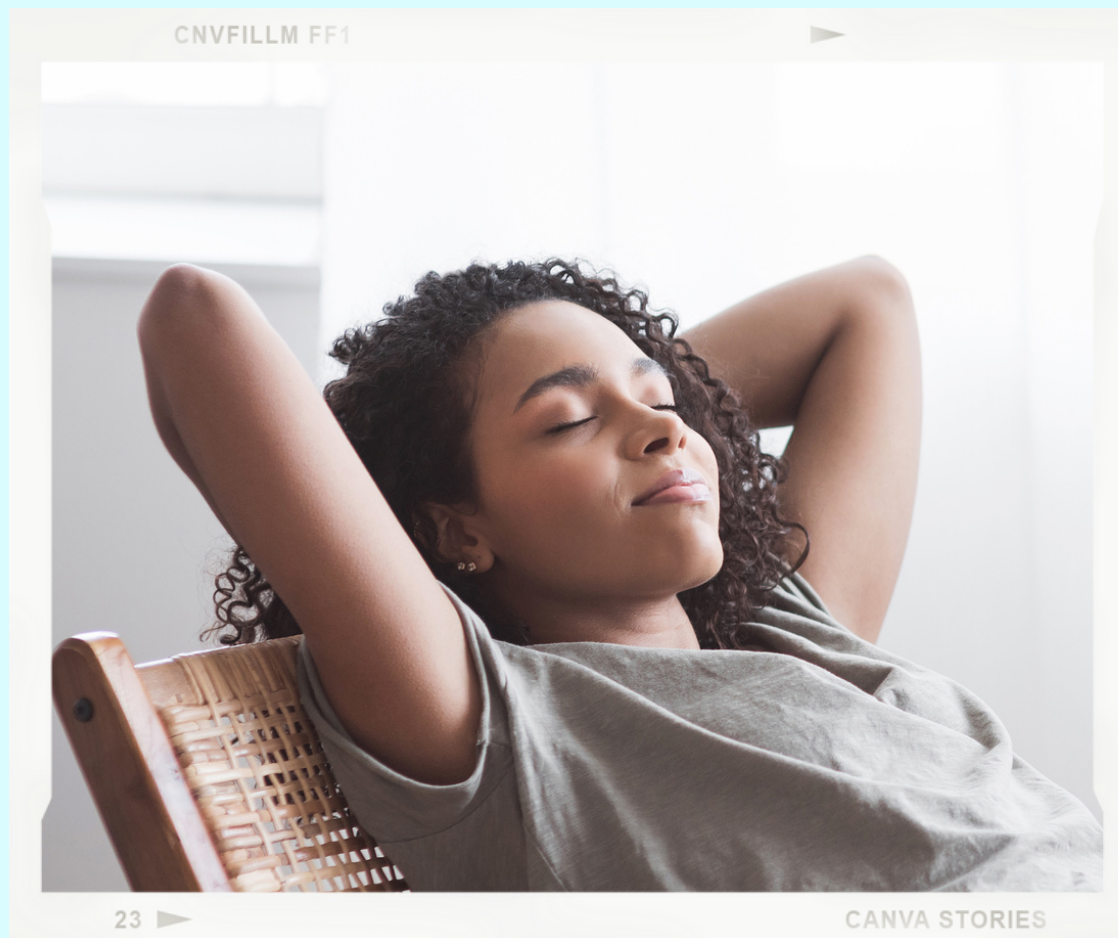


Step Two

Do a five-minute (or longer) meditation. There are thousands on YouTube. Choose one that works for you. I normally do a grounding meditation or stillness meditation while still lying in bed.

What happens when you do this:

When you meditate and completely allow yourself to experience the meditation, you are in touch with the divine energy that resides within you. This is the intelligence that breaths your breath. It is beyond the mind. The more you connect with your inner, the more your outer becomes a joyful experience.



Step Three

Before I leave home, I send love ahead of me, to wherever I am going. I learned this from Louise Hay.

What happens when you do this:

This affirmation creates the experience that you truly desire as you move through the day. It works like magic. I have done this when going to the mall. I have done this before going to a meeting that I was concerned about. It creates wonderful experiences and resolves issues in ways we cannot imagine or think of.



Step Four

If you are driving to work or doing the school drop-off, listen to something that is uplifting to you. It could be your favourite radio station, your favourite songs on your playlist or something that feels good to you.

What happens when you do this:

This is a deliberate act of love and kindness to yourself. It is how you practice loving yourself. Doing something that is fun, playful, and meaningful to you. It helps you connect with your inner child. Keeps you smiling. When you are smiling, the world is smiling.





Step Five

During the course of the day. Take at least two, 3-minute breaks. Either stretch your legs by walking outside or sit quietly. Try to take in your surroundings without any judgement. Just see it as it is. You may observe a tree and watch its leaves rustle. You may look at the sky and watch the clouds.

What happens when you do this:

By doing this, you are re-centering and connecting to your own inner energy. It is a small gap in the day when you allow for some space, and you are gently brought into your own awareness. You will feel refreshed after this short break.



Step Six

Make teatime your me time. In the words of Thich Nath Hanh. "Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves - slowly, evenly, without rushing toward the future. Live the actual moment. Only this moment is life." Choose a tea that is delicious to you. That each sip feels like a warm hug.

What happens when you do this:

You are effectively blessing you with love. Your conscious intention to just enjoy your cup of tea, brings you to a quiet place of self-love.



Step Seven

If at any point in the day you find yourself spinning into thoughts that feel like they are taking control of you, simply stop. Breathe 3 deep breaths. Find an affirmation or mantra that works for you and repeat it a few times. It could be a single word, a sentence. I use Louise Hay's "I am safe in the Universe and all of life loves and supports me."

What happens when you do this:

It brings an instant feeling of calm. It will recentre you and change the energy. Louise Hay is the queen of affirmations. Look at her work. She has thousands of affirmations. Choose one.



These are my Seven simple, easy and amazing steps to keep loving yourself throughout your day.

Enjoy it all.



Meditation Links

These are some of my daily self care meditations. They are simple and easy to follow. Enjoy.



5 Minutes to Stillness
Meditation with Esther Ekhart



10 Minute Guided Meditation to
Balance energy/Grounding
meditation/Mindful movement



Guided Meditation: Centering
yourself - a grounding mind
meditation for stress, sleep, anxiety



5 Minutes to Relaxation
Meditation with Esther Ekhart



101 Power thoughts
Louise Hay

MIRROR TALK

I Love you
(Insert Name)

I Really, really love you.
You are my best friend, and I enjoy
living my life with you.

Experiences come and go, however, my
love for you is constant. We have a good
life together,
and it will only get better and better.

We have many wonderful adventures
ahead and a life filled with love.
All the love in our lives begins with us.
I love you. I really love you.

Louise Hay

Take a deep breath in and feel your aliveness, your life is so special.

Purchase Now

Exclusively available at
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Expressions is a delicious range of uniquely blended spiced teas, bursting with incredible natural flavour... and ready in an instant.

This beautifully Wrapped Gift Box contains 3 boxes of our best-selling spiced teas, a personal postcard with your Self-Love Guide, and a special limited edition welcome gift from us. You can also try our **Fabulous FREE Trial Pack** so you can taste the divineness of each tea. Savour every sip. A wonderful way to try out the teas before you buy. Pay only for courier and handling.

