

Transform Your Life With Nasahrhette Gbawa

HARMONIOUS LIVING

for your

BODY, MIND & SOUL

Workbook

A life in harmony is a life filled with joy and peace.

This workbook will help you to bring your mind, body, and soul into harmony with yourself and the world around you. Enjoy!

A QUESTION OF ATTITUDE

Sometimes, life has a way of sending rough experiences our way that we might perceive as putting us “out of balance,” when, in fact, they can enrich something in our body, mind, or soul.

Do you have recent experiences like this that you want to resolve? What are they? How could these experiences actually help you?

FINDING MENTAL AND PHYSICAL BALANCE THROUGH YOGA

Find a Yoga class in your community. Write the details below and make plans to attend.

THE IMPORTANCE OF A SPIRITUAL PATH

What ideas would you like to pursue to help you discover your spiritual path? Meditation? Daily prayer? Visiting some local churches? Other?

THE POWER OF GRATITUDE

List the things for which you are most grateful in your life. Think of these each morning when you wake up and whenever you're feeling down for a pick-me-up. Each night, reflect on what happened during the day that you can add to your list.

GIVE YOURSELF AND OTHERS SPACE

Take a moment to look at your schedule. When can you add in some alone time for yourself? Set up a time where you can have peace and quiet. Let your family know not to disturb you unless it's an emergency. Help others in your family by letting them each schedule their own time, too.

Scheduled Times:

CREATE HARMONY WITH FENG SHUI

Which Feng Shui techniques would you like to try in your office and home to promote your well-being? Consider what you can do in each room of your house. Do further research for a variety of life-enhancing techniques.

TRANSFORM YOURSELF WITH THE EMOTIONAL FREEDOM TECHNIQUE

Watch these YouTube videos which will introduce you to EFT and show you how to tap.

Brilliance Unveiled Tapping for Evolution
<https://youtu.be/jn1lgUP6edQ?si=vlfYvdVh9iRNIK1o>

EFT Documentary Film - Try it on Everything
http://www.youtube.com/watch?v=uMs0gdF_V60

A FEW TIPS ON EFT

Tapping for More of Something You Want

If you constantly feel you don't have enough – whether it's space, time or money – you send out a matching vibration into the universe and attract more of the same lack.

The way to deal with this is to tap yourself into feeling as though you have enough.

The Set Up Statement

The “set up statement” is always made at the start of any EFT session. Its purpose is to let the mind know the issue and your intention to transform it.

◆ While you repeat the statement three times, you either tap on the side of your hand on the fleshy part between little finger and wrist or on the “sore spot” on your chest.

◆ Once you watch the videos, you’ll know exactly how to find this spot and where to tap.

◆ The sentence “I completely love and accept myself” is an important part of the set up statement. Some people just cannot say that they completely love and accept themselves. They may have self acceptance issues. If you feel this way, you can simply say: “Even though I have this (state the problem), I am open to the possibility of accepting and loving myself.”

ENHANCING YOUR RESULTS

What do you want? Avoid saying that you don't want a headache or don't want to be poor. Doing so will only create the problem. Instead, *say what you do want*. You want to be free from headaches or you want to be rich.

Be specific. The more specific you are, the better the results. Think of your choice as an advertisement. So instead of saying, "I choose to have a new car," say, "I choose to have a brand new sparkling Volvo that feels luxurious when I sit in it."

Use positive memories. Another way to enhance the effects of EFT is to *use your positive memories or refer to someone you admire*.

◆ For example, perhaps you feel nervous about attending an interview. Think of the time when you did something well such as hit a home run. She says: "If you've had success in one area, you can take that success and transfer it to other areas of your life where you feel very inadequate."

◆ You could say, "Even though I'm anxious about that interview next Tuesday, I choose to feel just the way I did when I performed at the piano recital when I was seven years old." Or you can say you choose to be like someone you know who is always calm and collected.

START TAPPING

Using these EFT tips, write out some set up statements for mental, emotional, or physical issues you would like to tap about:

EFT often works more quickly if you focus on just one or two issues at a time. So, choose which issue you want to deal with first and tap it away!

Here's wishing you a harmonious life filled with joy and peace! If you'd like some help understanding yourself and how to use challenges for liberation, consider booking an Unveil Your Path Session!

[I'm Ready To Transform](#)

