



Soul Practices

8 ways to practice The Art of Impeccable Soul Care

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8 ways to practice The Art of Impeccable Soul Care

We are human. Sometimes we move through this life at what can seem like warp speed. With a few simple tools we can begin living with more ease, grace, joy, and love. These simple practices will help to begin embracing each moment and listening to the soul's voice.



Each practice can offer a starting point for practicing mindful, soul based living through creating a deeper awareness of some of the most basic qualities that take us closer to mindful living, more compassionate witnessing, and a deeper sense of gratitude.

What we focus on multiplies - begin shifting your focus to a more heart led, soulful lifestyle through the practice of Impeccable Soul Care!

Live with Gratitude - Count your BLISSINGS!



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When we practice living with gratitude every day we begin to see the positives in life and they begin to multiply. In a moment, we are gently reminded that maybe we don't have it as bad as the person on the street or our neighbor or our co-worker. There is much in this world to be grateful for – the miracle of life is a wonderful place to start.

How do we begin living in gratitude?

We can begin living with gratitude as a practice by choosing to be grateful for everything in our lives; good, bad or indifferent; by being open to seeing something good in every situation. Sometimes we might have to look a little harder than others because we tend to focus on what we don't have instead of what we do have.

Recognize daily BLISSINGS like: the breath we take, even if it's labored, a sunny day even when it's cold, a warm coat that's lost its luster, or the food on our table that was difficult to come by. Developing daily habits of gratitude soon becomes our natural state of mind and raises our vibration, which opens our life up to more possibilities – **what we focus on multiplies!**

Celebrate who you are with a ritual that supports your soul-self!



Celebrate who you are with a ritual that supports your soul self!

A ritual is a set of actions with symbolic value; in this case, the ritual is symbolic of the sacredness of YOU. When we are in the throes of life, of transformation and transition, the rituals we create and practice on a daily basis can sometimes be the only way we find grounding and balance. You are a magnificent being and so worthy of creating practice that supports your inner self, your soul.

What can you do as ritual for you?

Create a simple practice of celebrating who you are at the beginning and end of each day. Here's a particular ritual that works for me:

AM - lighting a candle, taking a deep bow to the world, sitting in silence for just a few minutes allowing the light and flow of life to fill every part of my being, simply thank the Universe/God/Spirit whatever resonates for another night of being on the planet; another breath.

PM - Turning off all sound, turning off all lights, taking a deep bow to the world, sitting in silence for just a few minutes allowing the inner light and flow of life to fill every part of my being, simply thank the Universe/God/Spirit whatever resonates for another day of being on the planet, another breath.

Do something every day that makes YOU feel happy!



Do something every day that makes YOU happy!

Going through change can be a difficult process. Most of the time, we do something for everyone else, before we do something for ourselves. No matter what you are going through, doing one thing, just one simple thing, can lighten your mood. Each of us contains within us the capacity to change the world, to make it a better place. Taking control of our own happiness means our positive mood will affect every aspect of our life

What can you do today that makes YOU happy?

YOUR happiness level is as unique as you are. Let go of feelings of guilt or anxiety and just allow a happy moment to wash over you – now what?

Steve Martile's Top 10 Tips to feel better instantly - and make someone else feel better, too.

1. Smile
2. Smile more.
3. Smile even more.
4. Smile even more than that.
5. Smile when you don't want to.
6. Smile when you do.
7. Smile if you feel good.
8. Smile if you don't.
9. Smile every day.
10. Keep Smiling :)

MINDFUL EATING



Be mindful of what you put in your body, for yourself and for the planet

A natural, whole foods way of eating that supports a Planet Based Lifestyle, living with deep reverence and compassion for all beings begins with you. **YOU ARE YOUR GOOD HEALTH PLAN!**

The best thing you can do for your body and the planet is increase your consumption of fruits, vegetables, legumes and grains - whole foods, grown from the earth, being mindful of where they are sourced from.

Switching to a 100% Plant Based or Vegan, that includes nutrient dense vegetables, fruits, legumes and grains, even in small incremental steps leads to an overall healthier body, mind and soul.

Animal agriculture is one of the biggest factors affecting our carbon footprint, deteriorating our planet. It's also one of the most inhumane ways to move through the world.

As you move through your day, pay attention to where your food comes from, is it energetically supporting your body? Is it harming another being in any way, shape or form. Your soul is connected to every soul on the planet. Commit to making a mindful choice for all life.

(For information on practicing a 100% planet based life visit: PlanetBasedLife.com)

Practice Forgiveness – begin with yourself



Practice Forgiveness – begin with yourself

Let go of the feelings of anger, resentment, guilt and frustration around those who you think have hurt you in the past or those you may have hurt. Begin with forgiving yourself. Most people are good in nature. Just like you, they don't intentionally set out to hurt anyone and are simply doing the best they can with what they have and what they've learned. You are a divine child of the universe. Practice forgiveness and you will feel lighter, more joyful and free.

How do we begin to forgive?

Forgiving you first - Stop beating yourself up. There's one person you will live with for the rest of your life - YOU! Cut yourself some slack. Recognize and acknowledge whatever it is that you are holding on to, whatever it is you think you did. Take your time to think about it. Validate the experience by writing it down. Make a sincere, loving, wish for the person you hurt. Now, write a note of apology and forgiveness. Read it out loud, saying something like, "I apologize for not paying closer attention to your needs and wants when you were young. I forgive myself for letting you down." Repeat it out loud as often as you need to, until you feel a sense of lightness overcome you. If you are so inspired, find a place where you can burn and bury your forgiveness letter.

Simply acknowledging the action in writing brings some relief by giving you the opportunity to release that pent up frustration, guilt and anxiety surrounding that moment. Learning to let it go can set you free.

Be fearlessly positive



Be fearlessly positive

Create a positive environment - When it comes to weeding out negativity in our lives, it's not an easy task. It's a habit that many have been living in for too long, maybe even since birth. Sometimes it seems we are surrounded in it by family, friends, co-workers, television. What we see, hear and think affects us 24 hours a day, 7 days a week. Do you surround yourself with the things in life that support the transformation you are working through? What are you watching? What are you listening to? Who are you hanging out with? Sometimes it's easier to flow into negativity than to step up and see things through rose colored glasses. Put on the glasses and be fearless!

How to begin a practice of being fearlessly positive:

For one week, commit to moving out of situations where your family, colleagues, or friends are being overly negative. Get up and walk away or say you need to hang up if you are on the phone. You don't have to make any excuses, however, you can simply say, "I'm working on replacing negative patterns in my life with positive ones and choose not to be in this conversation". You may be pleasantly surprised at how easy it becomes once you begin.

Conscious Speaking



Speak through the heart and soul

Our words not only communicate what we want others to hear, but they have the power to influence and make a real impact on people and situations. We can use our words to encourage and motivate, just as we can use them to weaken or defeat ourselves and others. Every day we have the opportunity to speak what is in our hearts and souls with love and kindness. Oftentimes, we don't even think about what we're going to say or take the time to reflect on it. When your speech is led by heart and soul, each transformation and connection is guided by love.

In the Five Mindfulness Teachings world famous Buddhist teacher Thich Nhat Hanh says, "Knowing that words can create happiness or suffering I am committed to speaking truthfully using words that inspire confidence, joy, and hope." When we speak from the heart, we show that we care about ourselves and the person we are in direct dialogue with.

Words to live by or how to begin speaking from the soul:

Making a conscious choice to speak with love, including to ourselves, takes patience and practice. Once began, though, it's like a stone being skipped on water - the ripples are endless.

Begin with yourself! What does your internal dialogue say to you? Often we say things like, "I'm not good enough" or "That was a really stupid thing for me to do". Recognize what you are saying to yourself; choose to use positive internal dialogue and look at the world that way, too.

Love yourself NO MATTER WHAT!



Love yourself NO MATTER WHAT!

Love, joy, and happiness walk hand in hand. To live a soul-cially conscious life means you are connected to that feeling of unconditional, consistent love and compassion. It starts within YOU~

We have been pre-programmed to think of self-love as egocentric and narcissistic when in reality how can we truly love anyone or anything if we don't love ourselves first? How can we show compassion to all living things if we aren't compassionate to ourselves. Life is one big relationship - including our relationship with ourselves. When you see yourself and your life through the eyes of love and compassion each transition and transformation is felt at the soul level bringing healing to all.

Are you ready for a self-love fest?

Begin and end each day by looking in the mirror and saying "I Love YOU!" then wrap your arms around yourself and give yourself a ginormous hug! YOU really matter and it's about time you start recognizing that! Incorporate an energy lifting visualization into your day: close your eyes for a moment, connecting in with your soul self. Visualize yourself surrounded in unconditional love. Breathe in to it for just a moment. Now see the world surrounded in unconditional love, all people, all animals and Mother Earth herself. Send that unconditional love to the Universe, bouncing around the stars, the planets, now bring that unconditional love right back to you. Radiate in that love. This is part of a [shamanic blessing](#) that can be used ANYTIME you feel disconnected.

Thank YOU!



Life is change. How we maneuver through it begins with us. We have the capacity to move with ease and grace; truly Impeccable Soul Care! By practicing these 8 simple, basic steps on a regular basis your vibration will be uplifted and you will feel empowered, you will feel a deeper connection to your soul self.

For weekly tips on how to live a soulful life, tune in to Soulful Living at Empoweradio.com. I interview people from all over the world whose messages may uplift and inspire you.

To connect with me personally and learn about the tools I practice and teach for practicing the Art of Impeccable Soul Care, or to work with me personally contact me at teri@SoulPractices.com.

It would be my honor to support you in your process.

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