



Power Shift

by *etconscioushealing*

This is a guide that I created with techniques I've personally used and still use today to help me be more in control of my own life. I specifically created this guide to be very practical, grounded, simple, and something that *anyone* can start using daily.

Within this guide, there is a description for who it will benefit most and make the most impact for, but you can go ahead and use any tools listed in this guide that you resonate with. These techniques may seem like something we do all the time, but trust me, we do not. Even I sometimes have to get myself back in check and refer back to these tools.

Introduction

Welcome to your free power shift guide created by *etconscioushealing*. There are four techniques in here that have been extremely helpful to me. Not only have they helped me feel more in control, but they've helped me *stay* in control. By instilling these exercises into your daily lives, you will feel more empowered internally, and in control externally. These tools are very simple and practical and sounds like something we do all the time... but I assure you...we don't! Even I lose my track here and there and I have to refer back to these tools. It's a normal part of being who we are. I should mention though, I have been using all of these tools for ~2-3 years and still use them. These are not tools that will just change you over-night. This is a practice and something that you will have to add into your life if you are serious about wanting to make a change, or further develop yourself. The more you use these tools, the quicker you will get results. I didn't even know that doing these simple things would help me shift both my internal and external so I want to share this with you and just how easy it is to learn how to shift yourself and start taking your own power back to create a quantum shift in your reality.

The first technique is called 'Ground Control.' I started using this method when I became tired that I was always tripping over nothing. Every time I would walk on the streets, I'd trip. I absolutely hated it, I was constantly worried about who saw me trip, feeling anxious, etc. I noticed that it was something I did not want anymore, I was freaking tired of it! Tired of myself! So how could I get rid of it? Was I just meant to be a klutz? These are all questions I've asked myself. After doing the Ground Control exercise, I noticed that even the simple task of walking became more enjoyable when I slowed down a little, when I concentrated more on how I was walking, the way I was walking. Not being on my phone while I was walking. Naturally, the tripping lessened and I felt the balance restore. And now I can text, walk, talk, and not ever trip.

[okay, maybe still once in a while because no one's perfect :)]

The second tool is called 'Mirror Mirror.' And this is my favorite favorite favorite tool and I want everyone to know it. A few years back, I had a little more weight than I weigh now and was never 100% comfortable in my body. I had a lot of family members comment about this. But just because it never truly bothered me, didn't mean that I should ignore it. I knew I had to make a difference for HEALTH reasons. There is a difference between wanting to lose weight to look good vs. losing weight to live a healthier lifestyle. So I started to look at myself naked in a full-body mirror after the shower all the time and I started to realize that the human body is actually pretty awesome. I started to enjoy my body, know my body, and appreciate it more. And right when I fully appreciated it the way it was, I got the motivation to wanted to change it. I didn't even have to listen to any motivational bullshit, the motivation found me. I started going to the gym more, eating healthier, and lost ~30

pounds. All because I started looking at myself naked in a mirror...amazing. [I still make mistakes here and there and veer off my workout mojo, but working out is something I enjoy and will always enjoy]. Please learn how to appreciate yourself as you are before you try to change yourself. If you don't, the change will not make a difference. I don't believe that trying to change ourselves is bad, I think it's an amazing gift that we are able to do this. That we can make ourselves into whatever we want. And we can learn so much about our abilities and strength, and open the door to limitless possibilities.

My third technique is Impulse Adjust! This tool is excellent if you have a bad habit you want to kick. I started doing this while I was studying in college. When I was at the library with my friends studying for exams or working on assignments, we would constantly check our phone. I told myself that I was going to look at my phone every 20 minutes instead of checking it every time it went off. By setting a time for ourselves for something as simple as checking our phones, will make a huge change and you will see just how OKAY it is, to not be 'plugged in' all the time. That it is okay to disconnect. To focus on other things that are more important than someone else's text. (I use texting as an example, but you can use this for anything). Now, I don't become as distracted if my phone goes off. I know that it can wait. If we want to lessen our 'negative' impulses, we have to work at it. We have to give ourselves the chance to learn and fail, learn and fail, and eventually succeed! Give this tool a try :)

Lastly, there is 'Stern Decision.' This is a technique that is great for anyone who struggles with indecision and really wants to shift out of that. I was always someone who went with the flow...the wrong way. I always wanted others to make a decision about where we're going, what we're doing, what we're eating, etc. And I didn't know that these little decisions actually impacted me on a larger scale. I one day realized that I wanted others to make decisions because I didn't want to take any responsibility for my decisions...or if someone else didn't like my decisions...Use this tool to help yourself become more comfortable in making your own choices. This is not an easy thing to do, but it will become easier and easier *if you practice it everyday*, and that is a guarantee with anything.

1. Ground Control

Are you someone who others may call a klutz? Or maybe you trip over nothing too often? Allow this tool to help you out.

1. Stand up and don't walk right away!
2. Bring all your focus to your feet, notice that you are standing on the ground.
3. Wiggle your toes for a second or two.
4. Pretend there is hot lava on the ground so you have to always be extra careful where you step.
5. *Focus* one step at a time.
6. Do this every time you are at home doing the little things like going to the bathroom, or going to the kitchen to get some water.

To take it to the next level, use stairs. With the stairs, you want to take TWO steps at a time but count every time you take the steps. You can say "1" in your head as you step on the first step, then say "2" in your head as you step your next step. "3" on your third step and so on.

Practice doing this every time you walk somewhere in your house all the time for 28 days straight. This will not work if you're walking while looking at your phone. So if you're serious about wanting to change this in your life, focus your attention to the legs and feet when you walk.

What is the reason behind doing this?

This tool will help bring more awareness towards the lower half of your body. If you struggle with being a klutz or tripping over nothing all the time, it is because there is an energetic imbalance where all of your energy is focused on the upper half of your body, and it is not distributed evenly with your lower half. So when you walk, it's easy to 'knock' you over. Thus, you end up tripping all the time or needing to catch your fall. You have to use this tool consistently to begin to see a shift in your energetic balance.

2. Mirror Mirror

Do you struggle with trying to work out or go to the gym even though you always tell yourself you're going to?
Having trouble loving your body? This tool is so simple yet so powerful and I wish all women used this tool!

You can use it whoever you are but I'm just saying!

If it is really uncomfortable, try it with clothes ON first. Or you can look at your face in the mirror (no makeup, bare skin). Then you can move on to looking at yourself naked.

1. Get a full-body mirror. Please make sure it's a full-body mirror.
2. Look at yourself in the mirror fully naked for 5 full minutes a day after you take your shower.
3. You can put on a nice pair of underwear if you want.
4. Then, put on your favorite song while you do this, that song you listen to to get you out of a funk. Yes, use *that* song.
5. When you look at yourself in the mirror, move around, turn around, dance to the music, do whatever. Just do it for the duration of that one song. Even longer if you want to. Doesn't matter because no one's watching you. It's just you and your mirror, so dance like no one's watching!

What is the reason behind this tool?

So often, we get caught up in our day-to-day lives that it's difficult to even find personal time. It's also difficult to find the privacy to just be naked that most people are never naked. Some people even think it's strange! They never feel their body, look at their body, appreciate their body, *know* their body. Most don't even know what it looks like themselves...but our body is the one thing that is with us 24/7...more than our phones are with us.

After the shower is the greatest time to do this exercise because you are clean, feeling good, and relaxed. It's important for us to remember how freeing it feels to be naked and uncaged in our clothes from time to time, and this exercise will help you do just that. It may feel uncomfortable the first few tries, but it's only because it's not something you are used to doing. Don't worry! When you begin to feel more free in your body, you will know exactly what it is you need to do next. Just allow the mirror show you.

3. Impulse Adjust

Do you have a bad habit you want to kick but don't know how? This tool is for you. I'll use texting as a simple example.

1. Next time you hear your phone *ding* and you want to look at the text message right away. DON'T.
2. Go for as long as you can without checking your phone.
3. And when you really cannot any longer, go ahead and open up your phone and respond.
4. Repeat this all the time and you will slowly see that it's actually not that hard to wait a little longer. That everything will be OKAY.

What is the reason behind this?

We all have instinctive impulses, and it just happens that because the cell phone is so widely used and we are so used to having contact with everyone else, it just seems weird when we don't. We are so adjusted to having an immediate response and we can end up feeling a certain type of way when we do not receive that immediate response. By holding off on checking your phone, you are practicing how to let go of your impulse. To learn that it does not control you, you control IT.

* Obviously answer your phone in emergencies if necessary. But usually that's not the case, usually our phones go off and it can wait, we just don't want to wait.

You can use this tool if you have a habit of drinking too much soda, sex addictions, obsessive thinking, etc. A reason why a lot of people cannot make a solid change in their habits to create a healthier lifestyle is because there is fear that they will feel like something is missing. And let me tell you...it is. This is an adjustment. There is no other way. To change—we have to be willing to change. It will become easier each time you practice.

4. Stern Decision

Do you have trouble with indecisiveness? Or maybe you have trouble following your own schedule, feeling like there is never enough time for everything you have to do? Then please use this technique.

Give yourself **ONE** thing you will do at a certain time everyday.

Example: Tell yourself you are going to shower at 8pm on the dot *no matter what*. This is your task and you will complete it. Even if you have to set an alarm at 7:45 saying you have to shower in 15 minutes, you do it. Unless there is a true and real emergency.

Do this for one full week. If you can't end up doing this for 7 days straight, you're going to need to start from day one again. Give yourself a ~5 minutes leniency, but if it's 6 minutes later, not 5, then you have to start from day 1 again. This tool will not work if you are not honest to yourself with that one minute.

You can also say from mon-fri I will shower at 8pm. Sat-sun at 7pm and follow that. You have to create your schedule and follow it.

What is the reason behind this tool?

We often tell ourselves we are going to do X at X'o clock. But because of outer influences such as 'oh, I scrolled on my phone for too long, got distracted, it's 8:15 now.' Or 'oh, wasn't my fault, I got caught up talking to XYZ,' we end up putting our own needs and have-to's, to the side. We end up losing control of time AND our own schedule, then complain that there is never enough time. The schedule that you had becomes pointless and is maybe why it feels like there is never enough time to do anything.

After being more in control of your schedule, you won't need a solid schedule anymore. You will naturally know how to follow an outline or template and just flow, to always know what YOU have to do, and to put YOU first. But the set schedule will teach you how to create your OWN template. This technique creates discipline and if you are practicing this constantly, adding in new tasks for yourself, and following through. Discipline won't feel like discipline anymore. It'll flow naturally to you and you'll just know what you need to do. No more schedules, no more rules.