

5 Easy Ways to Lift the Spirit

What to do?

Luckily for me theres always been that curiosity of whats out there in the alternative world including the alternative therapies. Ive tried many of them over the years and will continue to do so, all in the hope I can make things better for my body, mind and spirit. And it has.

Im aware that what may work for me may not work for someone else, so the message is to keep trying until you find something that will suit your needs.

Many [functional mushrooms and wellness](#) times Ive been told theyve tried everything. What is everything? What it actually boiled down to you could count on one hand. Its worthwhile to keep searching, you may find that your world expands in a most amazing way by the making of new friendships (I have) and picking up useful skills for your self-healing tool-kit.

So what do I do when Ive reached a cross-road and need some direction or could do with some healing?

Below Ive listed 5 basic points that have helped to lift my spirit and with practice will also help yours:

1. Meditation! Meditation is one of the greatest self healing tools available and costs nothing except a little of your time! There are many meditation techniques out there, find one that suits you and begin.

By putting some meditation music on and spending time in quiet contemplation it can soothe your soul and reconnect you with the highest aspect of yourself.

2. Aromatherapy and Essential Oils.

Rebalance and rejuvenate your spirit through blending a selection of essential oils together in an aromatherapy oil burner. Ive found the following blend works extremely well when theres a need for nurturing, support and healing:

Approximately an hour before retiring to bed place a few drops of the following in an aromatherapy oil burner with some water (for safety's sake, extinguish the flame before lights are turned off for the night):

4 drops Jasmine

4 drops Rose

4 drops Neroli

3 drops Lavender

3 drops Bergamot

The smell divine! I use this one every now and again and not only sleep like a baby but anxiety and stress disappears, and feels like the weight of the world has lifted from my shoulders by the following morning! (If you have a small bedroom you might like to half the amount of drops)

3. Breathe! Stand with feet a shoulder-length apart. Take 3 slow and deep breaths using the diaphragm muscles. Breathe in through the nose, and breathe out through slightly parted lips. As you do these imagine youre inhaling your personal power, filling every cell in your body, from your diaphragm up to the top of your head.

Be your personal power and notice how much taller, straighter and stronger you become. Repeat the steps above.

4. Be in the Present Moment. Take a few deep breaths and focus totally on this moment, right now. [mushroom industry](#)

If youre reading a book or magazine, or even this article, totally focus on the words and take in their meaning. There is only you and this article now in the present moment.

If youre in the workplace, focus totally on the task at hand, and only this task, and what you must do in order to complete it. Nothing else matters except you and the task at hand.

5. Set an intention. When Im on the lookout for something new and useful for me, I set my intention on what it is Im after.

For example, I may want to find a book that will give me answers in regards to directing me to another healing modality or skill. I then meditate on this intention, give it a timeframe then open my heart to it. Lo and behold I will have a book in my hand in no time at all! I love the power of intention I also use intention for getting a parking space when I go shopping!

These days I rarely get sick and when I do and have a medical checkup, doctors tell me Im actually very healthy (surely they can find something so I can get some sympathy around here!) which also includes blood test results.

I still do sadness and unhappiness well (Im still human) though neither lasts long whereas in the past it would last many days sometimes weeks. What lasts much longer is a peaceful state.

When using the 5 points above, my spirit lifts and life once again becomes more peaceful and joyful.