



DAY.8

By **understanding** ourselves, we make the first step towards true 'living'. By understanding, we mean to recognize ourselves as spiritual beings, not only human doings, rushing & 'being busy' day in day out.

However, by being aware of our true being, we accept the sad truth, that we spend most of our lives, living unconsciously. Driven by limitations, fears, doubts, subconscious beliefs, and instincts, we live a life without purpose or joy, day in and day out.

This **acceptance** is necessary in order to **be awake**. The awakening can happen by recognizing that we have to consistently do the work with ourselves, and **be present at the moment**, always acting from a place of love and inner wisdom.

Unfortunately, awakening usually happens after a shocking event or trauma that forces us to change and look beyond our human lives for answers. But it doesn't have to be like this.

Spiritual awakening can happen when we start to become the **observer of ourselves**, of our thoughts, emotions, words, and actions. By being aware of these, we come closer to our true nature, to the **wise, kind, bold, and true self**. We come closer to our higher self, our true purpose, and our potential.

Our life is made up of moments. **We can change our lives by changing one moment at a time**. By reflecting on our lives, our choices, our lows, and highs, we recognize which areas we can improve to be our best selves. One moment at a time, one honest observation at the time.

The best place to start is to observe & accept where we are now, and how we got here. Please be true but kind to yourself. Breathe. It's okay.

DAY.8

Phrase of the day: 'Today I understand where I stand'

Write this phrase in your journal.

PRACTICE:

In the morning listen to the 'BREATHE' meditation (10min) and then reflect on the following questions below:

Rate your current life from 1 to 10:

- Your health
- Your home
- Your work
- Your love life
- Your social life
- Your financial situation
- How you spend your free time

Secondly, focus on what brought you where you are now, by reflecting on the following 5 questions:

- 1-5 things you are most grateful of
- 1-5 things you regret the most
- 1-5 things you changed in the last 2 years
- 1-5 things you learned in the past 2 years
- 1-5 memories of moments or actions that made you happy?

Write in your journal any insights that you have during the day.

Good luck!