

Marion's 12 top tips for living a more Grace-Full life...

1. Top priority: Meditation, meditation, meditation!

Learn to be still for a few minutes, everyday. Meditation creates the space for you to rest, recharge and connect with the Source of your being. Choose a style that suits you such as silent contemplation, chanting, or a moving meditation like Tai Chi. And take time to rest deeply, for an hour, or half a day, or more, on a regular basis with the sole intention to consciously rest and receive.

2. Exercise

Yoga, martial arts, swimming, walking in nature, body work, massage, deep breathing - all help to open up your channels, raise your consciousness and deepen your awareness.

3. Watch your thoughts.

What you think about you bring about. Energy follows thought, so focus on the positive and on your desired outcome. I recommend reading *The Secret* by Rhonda Byrne or *The Law of Attraction* by Esther and Jerry Hicks, and the work of Byron Katie www.thework.com

4. Clear your cellular memory.

Empty out old memories, outdated and unhealthy beliefs & vows that are holding you back from living Gracefully. Much of what you carry at a cellular level isn't even yours! It's an accumulation of genetic history and old consciousness.

I believe one of the most profound and practical ways of facilitating this is through the pioneering work of Brandon Bays and *The Journey*. Visit www.thejourney.com or www.marionhowells.co.uk or www.gillianlenane.co.uk for more information.

5. Gratitude

Grace loves a grateful heart. Give thanks and bless everything and everyone!

6. Diet.

Limit or cut out sugar, alcohol and caffeine. It can help you feel so much lighter. Drink plenty of water and eat fresh and live foods.

Watch out for tips 7 to 12 in our next newsletter!

7. Follow your bliss.

What makes your heart sing? What are you passionate about? Ensure every week you do something that really lifts your spirits.

8. What's your contribution?

How are you making a difference to the world, however small? What will your legacy be? The more empty you are of your old baggage, the greater will be your desire to serve. The more you unconditionally give of your love, time and money, the more you will receive.

My daily prayer is something along the lines of 'Please Grace, use me in service to truth and wholeness, guide me and show me how I may be used in this way'.

9. Live in the now.

Be willing to not know, to have no idea how things will work out in the future and to let go of the past. Trust that the universe is friendly and everything is working out perfectly. Trust that it is impossible to see the wider picture. Focus on the present, the now and trust your body's wisdom...it knows, along with your heart, what's right for you right now.

I recommend Eckhart Tolle's books *The Power of Now* and *A New Earth*.

10. Love yourself.

Especially your gifts and talents - your job is to find out what they are and use them, be proud of them and share them with the world. We will all benefit.

11. Laugh - often and for no reason.

Laughter will immediately raise your consciousness and you will take everyone with you. Stop looking to other people or things to make you happy. Happiness is an inside job.

12. Deepen your connection with Source, Grace.

Through all the above, you will be drawn ever deeper into the eternally loving and peaceful embrace of your own being. Immortal, all knowing, ever present awareness of all that is... home.

Thank you for reading this and for being part of our ever expanding community of like minded Souls. Together we can make a difference and spread peace in the world.

Marion