

7 Steps for Living Truth, Beauty & Essential Well Being

By Marilyn Edwards

Holistic Health Practitioner and Intuitive

Is it possible to break free from patterns and problems, even long term one's, that are keeping you from experiencing real well being and freedom? Your Spirit is always seeking freedom and health and when you learn to interpret the signs and how things work, you can open to the power of Love and Grace, rewire your brain and body and chart a new course to Freedom, Creativity and Health. Here are 7 Steps I used on my healing journey and to help others.

1. Learn to Breathe
2. Learn How Your Mind Works and How to Work with It
3. Learn About Heart Intelligence
4. Understand Your Body is Talking to You
5. Use Nature as An Incredible Healing Force
6. Learn About Big Universal Love and Inspiration
7. Take Inspired Action

For more information on these steps keep reading, but first, let me introduce myself. I am Marilyn Edwards and I am an Intuitive with a holistic healing practice in St. Augustine, FL. I have many certifications and am licensed in massage therapy. I am currently enrolled in IQUIM working on a degree in Quantum Naturopathy and Alternative Medicine. I have helped people to break free and live deeper, happier, healthier lives for over 20 years.

The things I speak about in this article I have understood and applied to my own circumstances and those of my clients. I have been through a lot in my life. I endured a back injury that left me unable to walk for months. When I was young I had another serious injury to my back and ribs which I thought was never going to heal. This injury caused me more than 2 years of unremitting pain and years of chronic problems. I have experienced childhood abuse memories surfacing, the stress of having loved ones with serious addiction and health problems, caring for a mother who was dying of cancer, money problems, and more.....you get the picture. I just want you to know that what I have written here is based on experience, mine and the clients I have seen in my healing practice the last 20 plus years.

As I traveled on this journey I was required to let go of fear and embrace new understandings that brought me to a deeper level of connection to my Spirit. It is a miracle that I can touch my toes! I got through all of these things without becoming an alcoholic, which runs in my family. I found deep awareness, love and understanding. Things don't always feel perfect but I feel Alive!

In my practice I have seen some miracles. I saw cancer disappear, lives change suddenly for the better, a cat with a broken spine and severed nerves miraculously heal and walk, eat and poop again and countless other slower, quieter improvements in people's lives.

I feel that we are only beginning to break the surface to understanding a grander vision of what we are capable of expressing in life.

We have so much more potential and ability than we recognize or know how to access. We have been stuck for so long in old ways of thinking. We were taught and took for granted certain concepts we accepted as "reality". In truth reality is very malleable. Things can often change "miraculously" when what we "believe" about a situation changes.

The problem has been that we think we "know what we believe" but sometimes we are only aware of a small portion of what is going on within our psyche. Trillions of bits of information are constantly being processed by you on the subconscious, energetic and body levels of awareness. It pays to learn a little about how that works if you want to be free.

Set yourself free for a moment and consider that anything is possible. Just for five minutes let go of everything you think is true and ask to be shown something new, more powerful and more life giving about a situation you are encountering. You might hear something you never thought of or find your heart's dreams are different from your mind's ideas of what constitutes success. Simplicity may enter the picture; you might want less instead of more. Or, you might want more so that you can share....when you embrace the knowledge outlined below you begin to understand your connectedness to all life. Your perspective may change. This can take courage.....do you have it?

As I learned about each of these concepts it involved letting go of old ways of being. These steps are not separate but are inter-related with each other so that changes in one area brought changes in other areas as well.

1. LEARN TO BREATHE

I learned how to breathe. Seems simple enough doesn't it? Well, I can tell you most people don't know how to do it. We are a bunch of stressed out, anxious, shallow chest breathers who can't stop the chatter in our minds. We are totally out of touch with how to breathe from our bellies! We have no idea what it is like to be still.

I find people are unable to take a really deep breath, they raise their shoulders up and the breath never gets past their chest. When you breathe deeply your diaphragm moves down and your belly goes out. Most people do right the opposite! That is how out of kilter we are.

The power of Breath is totally underestimated. It is our connection to Life.....as we try to stay in control and become less and less our true Self our muscles tighten and we slowly stop breathing in Life. Just on the physical level our bodies, by mass, are 65% oxygen. Brain performance increases with better oxygenation, cancer cells can't survive in an oxygen rich environment, and our living cells require oxygen to function and perform complex bio-chemical activity.

Your Breath is one of the most important things you can learn about. There are many traditions that can help you learn to breathe better. Yoga and Qi Gong are two of them.

2. LEARN HOW YOUR MIND WORKS AND HOW TO WORK WITH IT

I learned how my mind works and how to work with it. Minds are nice things to have but when they run the show with 24/7 chatter nothing much good comes from it.

Neuroscience has made some wonderful discoveries and we have come a long way in understanding how our minds work. However, there is still much to learn.

It is very helpful to know that your mind is constantly working to try to keep you safe. However, some of the ways that the mind does this may not be very productive to making real positive change in your life. When you learn how your mind works, how it identifies stressors and subconsciously signals you to react, you can learn how to change that process when it is not beneficial. You become more conscious and you can stop the minds sabotage job! You can also be kinder to yourself and others as you recognize we all have one of these tricky brains!

Neurologically, your mind is set on auto-pilot to avoid fear and pain. That is the way your brain works. Problems can arise when you have old memories stored with strong emotions that surface together instantaneously and cause knee jerk reactions to situations based on past memory. When you are able to defuse the emotions from these memories and process them as information you can remain calm and see new alternatives.

We have learned that the stress response of the lower brain survival areas (fight, flight or freeze) can be shifted when we engage higher brain activity. This gets complex to explain and there are many ways to do this but a simple example is this exercise: take a deep breath and release it “Ahhhhhh” with a slack jaw. This activates the less primitive parts of your Vagus nerve (the myelinated part) and helps to turn off your stress response. If you do this a number of times when you are stressed you will feel calmer.

Mindfulness meditations and exercises also help us to calm the mind and keep us out of primitive stress responses.

I think it is important to mention that there are other levels of awareness that include the mind but are “beyond” it as well. You begin to access these states of consciousness when you finally quiet the mind. These are experiential and difficult to describe with words but include feelings of universal love, acceptance and peace.

3. LEARN ABOUT HEART INTELLIGENCE

I learned about my heart and how it has a more powerful electro-magnetic field than the brain and how to create Heart Coherency. So, what the heck is that and why does it matter?

Some serious research has been done by Heart Math Institute and others, such as Paul Pearsal in his book, [The Heart's Code](#). They have discovered that to understand optimal functioning of our brain and body we must realize that the human heart plays an enormous part in the equation. It doesn't just pump blood. It has its own “brain”. It stores memory. An example of this is heart transplant patients who suddenly develop the feelings, likes and dislikes of the person whose heart they have received.

Heart intelligence is the intuition and awareness you detect when your mind and emotions are brought into “coherency” with the heart. You can turn on this intelligence through practice. When you improve your ability to pay attention and listen to your heart's voice, you can benefit more and more from accessing the intelligence and guidance it has for you. Heart intelligence is an underlying factor in homeostasis (balance in your body).

In a healthy individual, the heart rate changes with every single heartbeat, even when we're asleep or sitting still. This is called heart rate variability. What has been discovered is that the heart reflects our emotional state by beating out different messages with every pulse. So, if we're frustrated, irritated or angry, the heart will beat out a very chaotic-looking message.

When we are feeling compassion, love, or peacefulness the heart beat will look very different. The term “coherence” has been used to describe a sort of sine-wave pattern in the heart

rhythm when we're in these more stress-free states. This rhythm reflects communication going on between the heart and the brain. Some people feel that neurologically the heart can actually send more information to the brain than the brain does to the heart.

I found out that I could learn how to create heart coherency with positive feelings and specific exercises and that it lifted my spirit, improved my health and affected my mind positively.

4. UNDERSTAND YOUR BODY IS TALKING TO YOU

I learned to understand my body, how it holds memory and to break deeply entrenched patterns of behavior that it can hold in place. This is another very complex subject but I want to address it briefly.

Your body talks to you through pain and discomfort. Often this discomfort has a beginning in emotional, mental or spiritual stress. Stress breaks down the immune system and causes tension. When the stress goes on long enough the body's attempts to ameliorate its effects begin to break down. It is important to realize your body is trying to give you a message.

Memories from old injuries, abuse and stress can stay locked in your body for years. No amount of "talking about it" or pill taking will relieve that. Neuro-reprogramming, different types of bodywork, energy work, yoga, Qi Gong, TRE (trauma releasing exercises) and other energetic body exercise can help change these conditionings and release old patterns.

It's also important to realize that trauma experienced in early childhood, infancy and even the womb is not expressed "cognitively" but often as panic or body memories and primal emotions of deep anger and fear that may feel like they tear through your body. This is because at age 1 you weren't thinking, "Oh, mommy burned my hands with cigarettes because she thought I was bad and I hate her, she makes me mad." You were "experiencing" this anger and fear in your body as a visceral feeling. You didn't feel safe.

A body is your friend if you are willing to listen to it. It can help you heal and change your life.

5. USE NATURE AS AN INCREDIBLE HEALING FORCE

I connected to Nature. I learned how Nature can help you heal and it's free!

This subject is complex, there are so many benefits to being in Nature I can't begin to list them all here so I am only going to name a few.

Grounding – going barefoot outside helps to ground your body. We all wear rubber soled shoes and never put foot to ground anymore. A lot of research is being done to show the benefits of getting back to grounding. This may actually be the least expensive, most easily available and most effective antioxidant you can find!

The Earth's surface is a natural source of electrons that are necessary for proper functioning of your nervous system, circulation, immune system, circadian rhythms and other body processes. Grounding also helps to reverse the negative effects of EMFs (electromagnetic fields) that are bombarding us from everywhere these days with all of our technology.

The Color Green – Our body loves the outdoors even when we don't think we are enjoying it. University of Michigan psychology researchers found memory performance and attention span improved by 20 percent after people spent an hour interacting with nature. They did not even have to enjoy the time they spent outside, it worked anyway! The benefits of being outside were found to be similar to those of meditating. They even found that looking at pictures of Nature helped, though not as much as actually going outside.

Feeling the God/Goddess/All that Is in Everything – years ago, I got a message in a meditation to spend three hours a day outside for my healing. It wasn't easy to do because I worked long hours, but, I did it. My mind quieted, my heart opened, my awareness increased.....and then, plants started talking to me! Yes, it's true.....they told me what they needed, what they liked, what they didn't like, what they could be used for and other things.

I was not a person who knew anything about plants at the time. I mean nothing. I had spent 13 years of my life on the ocean as a boat captain....not too many plants out there! As part of my exercise in spending time outside I went with a friend to a nursery to learn to propagate plants. As the plants started speaking to me I would tell the owner of the nursery what they said. I had no idea what some of it even meant. The information was so valuable the owner began to take me to wherever there was a problem and ask me to talk to the plants. We saved a lot of plants with the information they were able to give me.

Plants love to talk to you, they also really respond to being loved, even if you can't hear them. My friend and I had almost 100% survival rate on our propagated plants and the industry norm is 50%. We used to joke that no one would believe us if we told them our secret. We loved on those "babies" like they were our kids!

We are built to be connected to Nature. Your entire perspective on life may change when you allow yourself to spend time outside in Nature, not battling it, but respecting and loving it. Try it

and see.

6. LEARN ABOUT BIG UNIVERSAL LOVE AND INSPIRATION

I learned to tap into the Infinite Source available to us all and “listen” and wait for Inspired Vision.

There are so many levels of consciousness that most of us are unaware of, it isn't even funny. I know this from personal experience because I see more than most and the more I know, the more I know that I don't know anything!

This is what I have to say about this for now.....open your hearts and your minds to the possibility that your understanding is very limited. Learn to quiet your mind and listen before you act on your assumptions. You may be surprised and delighted in the outcome.

I feel we have “creating our dream” backwards. Everyone wants a plan, to take action, to make it happen.....but we don't listen and we don't trust. We think we know everything and we don't.....there is magic out there we have yet to even begin to comprehend.

Various spiritual paths talk about this. As a child my spiritual upbringing was based in Christianity so for the sake of ease I am using this as an example. (I honor all spiritual paths and mine is quite informal now, not based on a specific religion.) Christ said to be like children and to seek first the kingdom of heaven and all else would be added to you. We are all way too caught up in being commanding, demanding, powerful and effective. We need to learn to play, trust and be a little more humble, to experience with awe the incredible creation that surrounds us everywhere. When we are able to do this we experience deep joy, love and inspired guidance.

7. TAKE INSPIRED ACTION

I learned to take Inspired Action.

I found out that meditating, doing affirmations and “holding the vision” didn't always make something happen. It also could be a lot of work and felt like I was forcing things. This is creating from the “mind.” Inspiration, reached by listening, gives us a heart message. We can then engage the mind to assist us in taking action.

I'm not against creating and dreaming in this life. I am not one of those people who think it is all pointless.....though I do believe the way many of us are creating now is not very inspiring😊. I feel we are an expression of Universal Consciousness, whatever name you wish to give it, and it is expressing through us.

I learned that if I just took a small step each day towards what my heart had shown me that the Universe began to show up with the things I needed to keep moving towards my dream. People, supplies, money, situations.....it's a bit like surfing though.....you don't always know when or how it is going to happen.

So, if you want your life to change....you want better health, relationships, whatever.....take a moment to sit in Nature, get quiet and listen. Once you feel inspired ask yourself what is one small action you can take today towards that Inspiration and then DO IT! Even if all you hear is take out the trash. Do it. You never know who is walking down the street!

Much love,
Marilyn

Please feel free to contact me if you feel I can be of assistance on your journey.

Marilyn@awakentograce.com

904-826-0866

I offer private sessions, workshops, classes and articles that can help. For more information go to: www.awakentograce.com You can read more about me and what I have to offer.

If you liked what you learned here and would like to know more you can sign up for my mailing list. I do not send out emails every day and you can remove yourself whenever you want. There is a signup link in the upper right hand corner of my website.