

Dream Catcher Webinar: Live The Life You are Meant To Live

Four Coaches: One Live Event

January 11th @ 6pm CST, Live Q & A

Meet Your Experts

Julie Lokun, Masters Certified Life Coach

Tristin Hodges, Mental Health Professional & Life
Coach

Tia Morell, Certified Holistic Nutritionist

Mika Altidor, Certified Life Coach

Mika Altidor

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NOTE TO SELF. MY POWERFUL WORD OF
THE DAY IS.....

Set A Word Of Intention
Everyday

MIKA IS A CERTIFIED LIFE COACH WHO
SPECIALIZES IN PEAK PERFORMANCE,
SELF-ESTEEM, AND FEMALE EMPOWERMENT.
MIKA OWNS A VEGAN BAKERY AND IS THE
AUTHOR OF "CHASING VEGAN".

alignment!

The Journey

Mind-Body Alignment is about aligning your inner world with the outer world. It is about bringing alignment to your soul, heart, mind and body so you can become aligned with the universal principles and laws that govern everyone and everything. It is about you aligning your health so you are able to be the best that you can be in all aspects of your life - personally, relationships, finance, business, intelligence, spiritual journey and more. When your health is in alignment, balance and harmony, you are truly able to live in your higher potential and you are able to connect with the universe and all your potential.

first, ground yourself

what is grounding?

Grounding is a term used in conjunction with the energy fields around us. Being grounded means that we're content with who we are. We're sure of ourselves and have confidence in the decisions we make. Becoming grounded is about getting rid of excessive energy in the body, allowing clean energy to come through. When we ground ourselves, we're calming or slowing down our emotions and getting more in touch with our internal and external worlds. Grounding our energy can be helpful when we feel either unbalanced or nervous.

Exercises To Ground Yourself-

I. Put your hands in water.

Focus on the water's temperature and how it feels on your fingertips, palms, and the backs of your hands. Does it feel the same in each part of your hand? Use warm water first, then cold. Next, try cold water first, then warm. Does it feel different to switch from cold to warm water versus warm to cold?

2. Pick up or touch items near you. Are the things you touch soft or hard? Heavy or light? Warm or cool? Focus on the texture and color of each item. Challenge yourself to think of specific colors, such as crimson, burgundy, indigo, or turquoise, instead of simply red or blue.

3. Breathe deeply. Slowly inhale, then exhale. If it helps, you can show it feels to push it back out.

4. Savor a food or drink. Take small bites or sips of a food or beverage you enjoy, letting yourself fully taste each bite. Think about how it tastes and smells and the flavors that linger on your tongue.

5. Take a short walk. Concentrate on your steps – you can even count them. Notice the rhythm of your footsteps and how it feels to put your foot on the ground and then lift it again.

6. Hold a piece of ice. What does it feel like at first? How long does it take to start melting? How does the sensation change when the ice begins to melt?

7. Savor a scent. Is there a fragrance that appeals to you? This might be a cup of tea, an herb or spice, a favorite soap, or a scented candle. Inhale the fragrance slowly and deeply and try to note its qualities (sweet, spicy, sharp, citrusy, and so on).

8. Move your body. Do a few exercises or stretches. You could try jumping jacks, jumping up and down, jumping rope, jogging in place, or stretching different muscle groups one by one. Pay attention to how your body feels with each movement and when your hands or feet touch the floor or move through the air. How does the floor feel against your feet and hands?

Mika's Questions

Now that you understand the concept of grounding, let's take it one step further. Ask yourself these questions. And REMEMBER to respond to this exercise--because you may be the winner of the challenge!

- How connected do you feel to your body on a day to day basis?
- How can you create more authentic relationships when you are truly present in a conversation? These may be professional or personal relationships.
- On a scale of I-10-how comfortable are you to sit in silence?
- Do you meditate? If so, what benefits have you seen from meditation?
- How often do you intentionally walk through your day?

--> Everything from washing the dishes to sharing dinner with your favorite friend can be enhanced by practice in mindfulness.

--> I challenge you to do a grounding exercise then call a friend or family member and immerse yourself in the conversation. Notice the pauses, notice the lilt in their voice, feel the energy they are giving off. Use all your senses to really be present. What was that conversation like? Was it any different than typical conversations you have?

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EXTRA CREDIT

REFER BACK TO DAY I. APPLY
MINDFULNESS TO THE CHALLENGES YOU
OUTLINED ON DAY I.

LET US KNOW HOW YOU ARE DOING!
REMEMBER YOU HAVE A WHOLE TEAM OF
COACHES AT YOUR FINGER-TIPS! WE
LOVE HEARING FROM YOU!