



My Happy Path
Online Yoga Studio

7 Simple Steps to Peace, Empowerment and Wellness

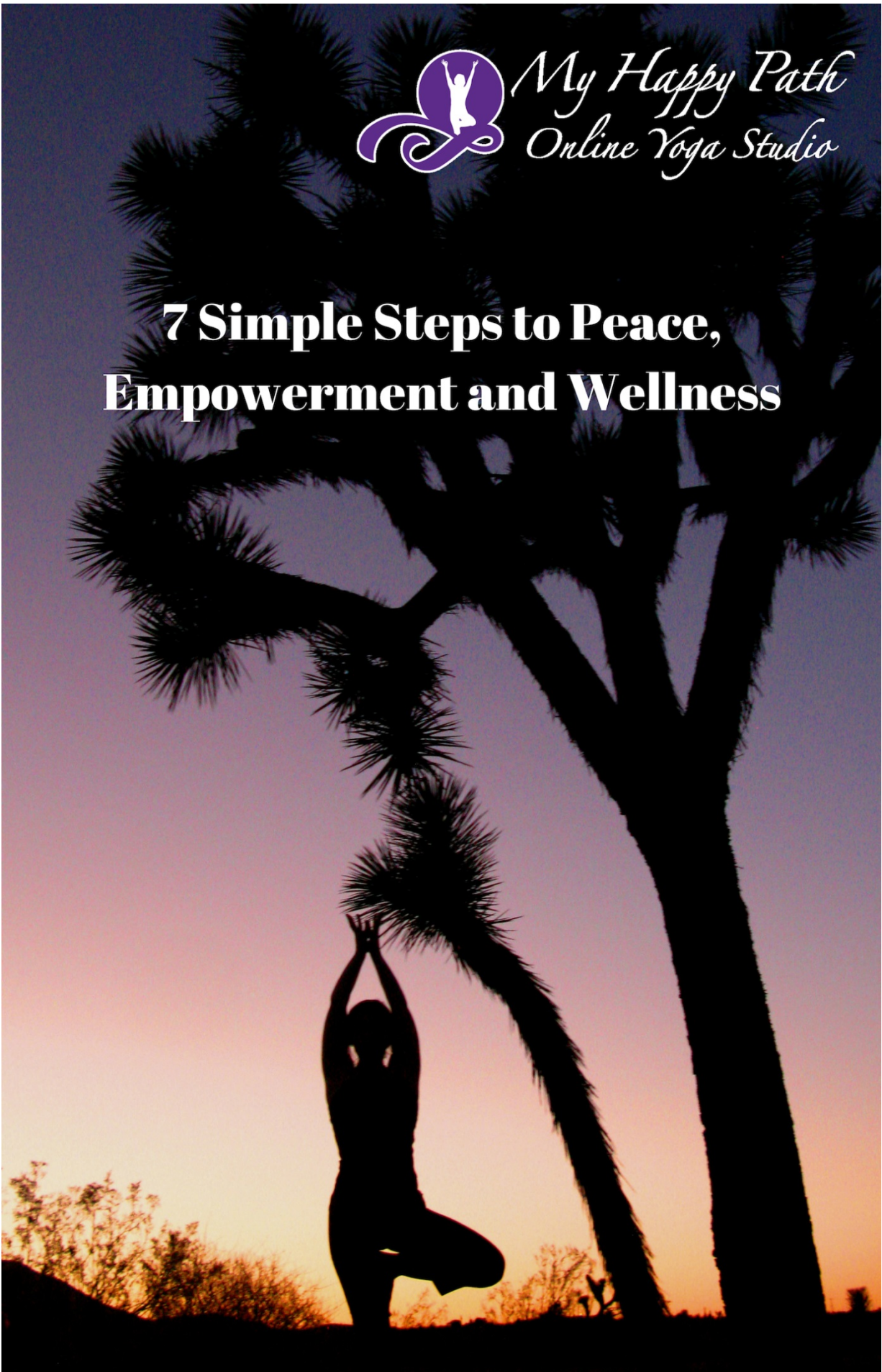


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Step 1: Getting to know your journey

Change is a constant. To find our way through the maze of life there is one vital trick: self-empowerment.

Let's try to understand what that means exactly.

On a general level, we can say that it is a process that leads to increasing one's own potential and bringing it to its fullest, to see reality in a more positive way as well as to feel a sense of control over decisions and situations. It is a kind of expansion of life, a seizure of personal power and an increase in personal opportunity.

This e-book is my gift to you to help you during your mindful, holistic journey to live in the midst of your self-empowerment in a more vibrant and meaningful way.

7 Simple Steps to Peace, Empowerment and Wellness was created to inspire you in creating a sustainable practice that performs as a daily gift... a gift for your body, mind and soul. Most of all this is going to be your reminder of why you should keep going, stick with this loving practice and why and how this is going to really change your life for good. This guide will be your gentle reminder when you need to feel both supported and motivated to really explore your body and soul in every single way. May this little book be a step in learning how to really listen to your needs and honoring them in an intimate, kind, caring and gentle way.

This is your own journey.

Rely on your potential, add the right mood to help you all along the process, be thankful for what you can do and respect what you still can't do. A little goes a long way! Take this journey one day at a time. You will come to learn that exploring a little bit everyday creates a sparkle that wasn't there before. This gift of mindfulness — when sincerely added to your life — will assist you in the journey of beginning to know yourself from a unique and different perspective that will create more inner joy, serenity and peace than you ever thought possible.

My absolute goal is that you are able to truly connect to your best version of yourself. You got this! And I am here to support you every step of the way.



Step 2: Becoming aware of why you need it

You become more aware and healthier in both body and soul



Awareness is a quality that is difficult to truly understand for those who have yet to feel the love that comes from meditation. But, in my opinion, deep awareness is among one of the most important aspects to living a peaceful life. In fact, awareness can be considered a real muscle. If we do not train it, it is easy to get confused by the continual round robin of thoughts that roll through our minds, consequently causing many common problems to arise. On the other hand, if the muscle of consciousness is trained by a constant meditative practice, we can be more aware of our thoughts, of our body and of our life, in general. Inner awareness allows us to respond to

the challenges that come before us, instead of reacting in a way that can be tinged with negativity.

You are no longer in the grip of emotions

Emotions are a problem that should not be underestimated, because they greatly affect our lives. Sometimes they are completely repressed and we carry them within us for a long time, while other times, they escape us like an explosion. The practice of meditation allows us to see what is happening inside us and to let emotions out freely (sometimes processing these emotions without cognitively being aware). This fact greatly affects our psychophysical wellbeing and improves our life.

Stress disappears

Stress is one of the most widespread problems in recent years and creates many problems for our lives. Thanks to meditation we can take a step back in our minds and see that we are usually “self-identifying” or causing problems to arise that are not real. It is our mind that is agitated, thinks excessively of the past and the future, magnifies even small problems, always wants something more and is never satisfied. As soon as you look internally, all this becomes clearer. Thanks to meditation, we can calm the mind, stand in the present, see the problems for what they really are and we can learn the art of being satisfied.

From unconscious reactions to meditated actions

Many decisions we make in our lives can be considered as unconscious reactions. This is because we tend to react unconsciously to whatever happens to us. If we like something we are attracted to it, if we do not like it, we try to avoid it. But not always what we like is positive and not always what we dislike is negative. Meditation allows us to step back and see past the delusion of likes and dislikes, so that we are no longer prey to our own reactions.

Improve concentration

In an era dominated by apps, social media and the internet, developing concentration may not be simple, but it is mandatory for a better life. Concentration and meditation go hand in hand because if we are not focusing (or concentrating), we cannot meditate. Thanks to meditation we can practice concentration every day and with the passage of time we will be able to do anything without being distracted easily and continuously.



Step 3: Yoga to heal your body and soul

Yoga can really change your mindset, your attitude towards life and boost your health from the inside out. But why should you make it a part of your life? Let's find out together with this easy-to-follow list dedicated to the main goals and benefits of this ancient, precious discipline.



Yoga improves every aspect of your life

Yoga allows you to embrace a better lifestyle, literally! With this I do not mean that your life undergoes huge alterations...not at all. Things that are going to change are minimal in the grand scheme of life, but they have a profound impact on how that life is lived. If you feel better physically, mentally and spiritually, the result is that you live a happier life with both yourself and others. This discipline provides you several precious techniques to improve memory, your ability to concentrate, work productivity and, above all, allows you to eliminate stress and come into connection with an inner joy that is waiting to be expressed. Thanks to the mixture of meditation, pranayama (breath work), asana (yoga poses) and other modalities like affirmations, positive action techniques and gratitude management, you will be able to control your emotions and to manage stress and the pressure of life in a wise, smart and healthy way.

Tone up your body

One of the main principles on which yoga is based is prana, which in Sanskrit means energy. According to yoga all physical problems are due to energy blocks of prana that cannot flow freely in certain areas. Thanks to the practice of asana and the combination of both pranayama and movement, there is a gradual revival of this energy that has been dormant for many years. The first lovely side effect of this is an increase in vitality, helping you to feel full of energy and ready to really live your life in an active and motivated mood. Yoga positions allow prana to flow freely throughout the entire body, allowing energy blocks to be released. This release in energy blocks has a beautiful side effect of helping the body to lose weight in a long lasting way. Of course to get in

shape in a meaningful and complete way you need constant practice, commitment and an open mind. Great results cannot be achieved unless sacrifices are made.

It allows you to find a mental balance to better deal with problems

Let's start off by saying that all the problems that arise from life are not real. Our mind perceives them as problems because it is unstable and does not know what to do. But if you have a responsive (instead of reactive) and, above all, stable mind, you can see everything with more lucidity. This clarity brings a light to problems and shows them for what they really are, that is, momentary situations. This new understanding gives you that extra moment of awareness that helps you to respond in a communicative, progressive way. How many times in your life have you reacted badly because you thought a problem was much more serious than what it eventually turned out to be?

It is so common!

Yoga allows you to find an incredible emotional stability that allows you to deal with problems for what they really are: temporary situations that will pass. The bodily nuisance and the small pains you have during the practice of asanas are just like the difficulties that arise on a daily basis. If you face them with commitment, you will accept them, and with a little patience, they will relax and disappear.



The gift of this practice is that this cellular shift on the mat transfers over into our lives, helping us to face and go through fear of the future, instability of the present, fear of losing what you have as well as the other worries that torment all people in the world. These are usually caused by money, work, home or family. All of us at the end of the day are facing the same problems. Yoga offers us a very simple solution: it teaches us to be strong mentally, to learn inner self-empowerment and the ability to kindly adapt to any situation. By controlling the breath and body, with time you will be able to control your mind, and this control is an indispensable tool to deal with any situation that arises.

Yoga is a journey within oneself

When you start doing yoga, you usually think that you just have to make some challenging posture and the game is done. Soon you will understand that the purpose of the practice is not to make a certain asana or to balance on your head in a crazy headstand, as many people may think. Actually yoga has very little to do with the pose we get our bodies into. Yoga in literal terms means *Union*. This is a union that extends into various aspects of life, from our connection to our breath to our connection beyond. This unity is formed out of getting to know each other better in a more loving

way and — maybe more importantly — getting to know ourselves through our intimate connection to the breath and, thus, the inner joy that lives within.

A wonderful trip has begun.

As you progress along the journey of a self-empowerment practice, you slowly realize that some areas of the body are easy to connect with and feel more alive than ever. Other parts of the body are numb, filled with pain or are resisting connection. Through connecting to ourselves we learn to shift the numbness, pain or disassociation, helping to release it from our lives.

As these turmoils are released more arise, but the true gift of these tools is that they are always waiting and ready to help you shine. The realization becomes that you are in charge through the balance of action of the practice, non-attachment and a deepening connection to that inner joy that wants to be expressed.

It's a real journey to discover yourself that is going to last forever. But where does this path go? It



will take you a lot further than you can imagine. The physical, mental and spiritual benefits that you experience with constant practice are incredible and go far beyond touching your toes as many unfortunately think.

Yoga makes you free

When you think about freedom oftentimes the thought of economic freedom and the power to do whatever you want comes to mind. The freedom that yoga can give to you is totally different. We are talking about mental and physical freedom. Physical freedom means not to suffer and to be completely fit and vibrantly healthy. If you are physically ill, you are not free because you are being controlled by your body, which promotes an inner state of negativity that is affecting the mind as well.

On the other hand, if you are a slave to your intellect all of your choices will be conditioned by external factors that you cannot control. Being mental means making decisions with the mental filters that condition us every day. Learning to live in freedom is a long, dedicated process that requires us to free ourselves from the habits of the body, the emotions and the mind. Yoga allows you to live fully, taking literal control of your life.

By joining us on this journey of true self-empowerment, you will have the chance to bring the tools you need into focus allowing for a rejuvenating, precious and worthy “me” time, with no need to leave your house at all! Our mission is to make yoga easy, affordable and absolutely customizable according to your daily routine. [Start your free month trial](#), join one of my group health coaching programs or contact me for your free discovery call where we can create a personalized approach to creating the healthiest, happiest you possible.

Step 4: Meditation for a healthy emotional path

First thing first: What is meditation really about? Despite all its popularity, few truly know what meditation is. Some believe that meditation is making the mind blank, mentally concentrating on something or, maybe, imagining something that gives peace and serenity.

In reality, meditation is a state of profound tranquility that is achieved when the mind settles down, remains unattached, while remaining completely alert.



Exercises, poses and breath control are a path to meditation, but should not be confused as meditation, itself. Instead they are the methods that we use to rebalance the body and mind so that we are able to fully drop into the bliss that awaits in meditation. In the long run, their practice, without a real goal of creating one's highest potential through the act of meditation, can lead to the imbalance of the right channel (the solar channel) of our

energy system.

As I said, meditation is a state of mindful awareness: one does not do meditation, one is in meditation. Within the vast array of tools that I will teach you, there are a myriad of ways that you can connect with meditation. Meditation can be expressed in your joy in a creative activity as well as sitting in lotus pose on the top of a mountain. The importance of meditation arrives with the connection to your highest potential that is waiting for you to see it from within.

Step 5: The holistic approach as a lifestyle: what you need to know

The term holism comes from the Greek *όλος*, *olos*, which stands for "totality". Holism in medicine represents a state of "global" health, the union of mind, body, environment and society.

The search for health is directed at the person and not at the disease, at the cause and not at the symptom, at the system and not at the organ, at rebalancing rather than at the cure, stimulating the natural process of self-healing of the body. But what is a holistic approach?

The holistic approach and healing

A holistic approach establishes the need to intervene on a person through different parallel plans, but with a single purpose: a real and totalizing state of wellbeing. There are three access routes that leads to this goal: the body, the mind and the spirit.

The holistic approach is aimed at achieving the individual wellbeing of a subject. To do this it is important to fully understand the motivations of the illness in order to eradicate the roots of evil in every form, mental or physical.

To do this various techniques are used, which do not exclude the dimension of creativity and participation, both of the subject and of her body. Because a fundamental aspect to the holistic approach is the body's natural ability to go towards self-healing, the holistic approach is centered around the subject rediscovering her innate healing abilities.



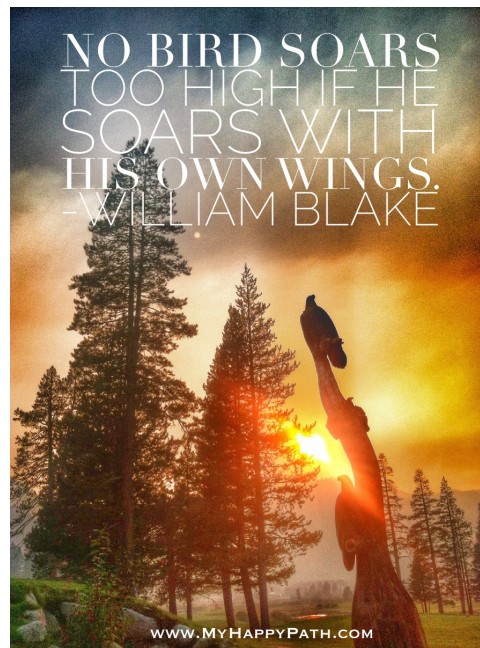
The holistic approach and traditional methodologies

A holistic approach should not be seen as exclusive and far from the intervention methodologies of traditional or "scientific" medicine. First of all, the holistic approach is not finely therapeutic, i.e. it is not limited to healing. There is also an important dimension of prevention and an equally important component of conservation and improvement of the state of health.

Often, traditional medicine, while exporting the physical component of the disease, neglects the "metaphysical" component of discomfort. Since holism in medicine represents a state of "global" health, the union of mind, body, environment and society, the search for health is oriented to the person and not to the disease, to the cause and not to the symptom, to the system. and not to the

organ, and to rebalance rather than cure. Likewise, the holistic counselor, in the case of illness requiring the assistance of a doctor, cannot limit herself to her work, but must urge the patient to conduct the appropriate investigations.

Another doubt is that of belonging. Those who are not practical in alternative medicine and holistic therapies often consider these methods to be limited to a mystical/religious circle of beliefs. In reality, the holistic approach is aimed at everyone. We all need to relax, as we all experience difficulties. Whether meditation is practiced or not, there is no doubt that everyone wants to be comfortable within her own body and mind, regardless of cultural, religious or social orientations.



We must not think only of the physical aspect. A holistic approach is therefore ideal for those who want to abandon old habits and vices, motivate themselves to change and overcome a difficult time. From a purely social point of view, the holistic approach allows the subject to learn to manage relationships with other people, to improve their self-esteem and to reach pre-established goals. This can also be achieved only with proper breathing.

If you want to explore other "higher" aspects of life, the holistic approach can allow the discovery of harmony and inner peace as well as the ability to explore new frontiers within one's own spirituality.

Step 6: Getting started

Once you are into this journey you will embrace a brand new approach to yourself and to life itself. You are going to learn how to deal with yourself, how to be present and, most of all, you are going to free all the power you have within yourself.



It is going to be amazing to see your mindset and your relationship with your inner self change in such a deep profound way.

All the great benefits of this discipline and everything related to it that you are going to experience in your own skin will amaze you, for certain! Everything you are going to experience will change you forever but, in order to really do that, you need to trust the process, believe in yourself and honor your mind for what you can do and accept what you still can't do.

Meditation is a life-changing discipline because it really affects you at a different level: mind, spirit and

attitude, switching to a unique perspective and to a completely new way of healthy living.

Take some baby steps and let me help guide you along your path, helping you to have all you need for a healthy, balanced, strong and caring approach towards living the life you want.

Step 7: Embracing the change

Once you are on this journey you will learn how to self-empower yourself, becoming aware of your impact on the universe, of your uniqueness and your own greatness. The dimensions to consider are the sense of self-efficacy that allows you to feel skilled as well as a sense of adequacy and possibility of action in the face of different conditions.

In creating this full-spectrum self-empowerment one must be associated with the internal attribution of causality, for which the responsibility of the things that happen is attributable to the person and not to external reality. It is clear that having the feeling of being the creators of one's destiny increases the sense of self-efficacy, self-esteem and control.

Positive thinking and the focus on opportunities, resources and potential rather than failures and more failures, allows us to increase our energies, to develop a vision in terms of success and possibilities and to identify the margins for improvement and change. This goes hand in hand with a greater sense of trust, hope and determination. Negative thought, on the other hand, creates a sense of impotence and deadlock.

Self-empowerment is a path of growth and improvement that allows us to satisfy a desire and experience motivation and psychological well-being. It is a review of the way one works and one's own potentials in the work done or of decision making with respect to a change, with activation of the necessary resources and a positive vision for opportunity.



In family and daily life it is something that allows us to be and stay in an authentic and conscious way in relationships, choosing how to stay and act in a conscious way, while not becoming overwhelmed by impulsiveness or the decisions of others.

In the therapeutic context it is the conscious assumption of one's active role in the path of healing and improvement that leads to transformation. It is the fielding of desires and resources and putting oneself at the center of one's existence, observing it positively that allows one to become the person one wishes to be.

In general, therefore, a path of self-empowerment, in different contexts, allows one to live from a place of heart awareness for oneself and one's own resources, helping to utilize them to their fullest potential. This translates to having self-confidence, motivation, positive vision and a sense of non-attachment that helps progress life.

What happens depends on our choices and the possibility to choose creates responsibilities but also opportunities. Being active creators of one's own existence — believing in oneself and experimenting — generates well-being but also the ability to rise again in case of defeat or failure because the necessary resources are activated to start again in a conscious and functional way.

Start your journey now, use this guide, my programs and the My Happy Path website to assist you on your way. It is my purpose in life to help people connect into the best tools to use for a healthy, happy, peaceful and fulfilling life. I am here for you. Let's do this!

With love,
Shanie Matthews

