

Episode 6 – Inner-Practices for Health & well-being

Growing Stronger: Rising Beyond Fear Podcast



“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”

Lao Tzu

Key Insights from this Episode

1. Look for gratitude in every area of your life
2. What you attract in your life related to the vibration you choose to hold
3. We have the power to create inner peace by ‘breathing’ through the heart
4. Anxiety cannot exist within a relaxed body
5. Simply looking for the good in your life changes your brain chemistry
6. Meditation and mindfulness have a cumulative healing effect on the body
7. Connection and awareness are the pathways home to a better tomorrow



Questions for Awakening

1. What can I choose to be grateful for in my life today?
2. How can I simply ‘be here now’?
3. How can I connect with others in an empowering way?
4. Am I willing to stop, make time and connect with my soul?

Core Message from this Episode

Our body has an innate power to heal and restore. When we take time to expand our awareness and go within, we gain access to the unlimited healing intelligence of the soul. Meditation, mindfulness and mantra can take us deeper into ourselves and open the door to our magnificence.



The one insight I’ll implement this week is ...

