

# 10 Ways to Nurture Your Soul



Would you like to live a more fulfilled and happy life? You can start today by spending some time nurturing your soul.

By consciously slowing down and becoming aware of what's going on inside of you, you'll be able to tune in to your soul's guidance. I believe this guidance is always available to us when we ask for it. All we need to do is tune in and ask ourselves 'What do I need to know?'

Guidance can come in surprisingly simple ways – from a song on the radio, an overheard conversation at a party, or even email subject heading. It's the helpful idea that pops into our minds when you least expect it, like while we're driving, or taking a shower. Mine tend to come in as I'm waking up in the morning.

Here are ten ways to nurture your soul so you can notice these messages when they appear:

**1. Allow yourself time to 'be':** Spend some unplanned time each day taking in your surroundings, pottering around and simply being present in the moment. Wherever you might be, it can be a great source of nourishment for your soul if you allow it.

**2. Meditate:** Meditation is a wonderful way to quieten your mind and become centered and peaceful. There are many great meditation videos or music CDs available. One of my favourites uses tones and holosync technology and can be found at [www.meditate.com.au](http://www.meditate.com.au). Guided meditations involving visualisation can work really well too, if you have a really busy mind.

**3. Body work:** Any form of body work that you find allows your mind and body to heal will nurture your soul. Anything from a hot stone massage, to a reiki healing, to practising EFT will help restore your body and elevate your spirits.

**4. Connect with nature:** Use every opportunity to enjoy the healing powers of Mother Nature. Take a walk on the beach, feel the salt water on your skin and the sand between your toes. Stand or sit beside a waterfall and allow the negative ions to re-charge you. Allow the sun to shine on your face or back and enjoy the warmth. Sit on the grass, under a tree, or beside a campfire. Enjoying a log fire indoors in winter will have the same purifying effect on your soul.

**5. Listen to music:** Music can be very powerful and nurturing and a beautiful way to touch your soul, evoking many positive emotions.

**6. Express gratitude:** Making time each day to notice and treasure the moments that make you feel grateful helps keep you focus on and embrace the blessings in your life.

**7. Rest:** When you feel tired, rest. Listen to your body's wisdom. Take regular short breaks to avoid feeling stressed and fatigued.

**8. Do more of what brings you joy:** Ask yourself, 'What do I need right now? Will doing this activity bring me joy? If not, think again and make a choice that will be fulfilling.

**9. Follow your intuition:** Another way to honour your soul is to trust your intuition – especially when it doesn't always make sense to you! You'll know it's your intuition speaking to you if you feel an expansive feeling in your body. You might also feel nervous yet excited at the same time.

**10. Believe in yourself and embrace who you are:** Our relationship with ourselves is the most important one we have. Embrace who you are. We each bring unlimited potential and our own uniqueness into the world. No one else is just like you. Love and believe in yourself. It's the greatest gift you can give to your soul.

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