



Eva Charlotte
rise in love



Thank you for downloading my free offer,
I trust it will be a useful tool in your daily life.

You, as a human being, are a very complex energetic system. You have a physical body, an intelligent mind and an emotional energy system, that responds to body and mind, as well as your surroundings.

But your physical forms are truly just the vehicle for you as a spiritual being... I am sure you have heard the expression 'You are not a human being having a spiritual experience, you are a spiritual being having a human experience.

Ultimately you are the consciousness where everything is arising within. Imagine a fishbowl. Our human body and experience is that of the fish. With more awareness we realize that we are not separate from the water, and every other fish and plant in the fish bowl. Ultimately, what you truly are is the fish bowl holding it all within it's empty space of awareness. The bowl is always still, untouched by whatever is going on within it... the forms however, everything within the fishbowl, are always moving, constantly shifting and changing. This is a simple image of our whole existence as human beings.

You are all these forms, and often they are disconnected and unaligned. By doing a simple practice every morning, you'll have more access to all of what you are, and that will give you greater power to create the life you want, as well as more peace of mind and happy emotions. Doing work like this has change my life... it can change your too.

Daily Meditation

to align all aspects of your being



Find a place where you can be alone, without any distractions, for at least 5 minutes. If you can do longer; 10, 15 or even 30 minutes, it is of course more impactful, but even 5 minutes every day, putting your attention on being a fully aligned energetic being, will make a big difference in the long run. You might not notice much difference at first, but if you stick with it, I guarantee you will... it takes commitment & perseverance but you can do it!

- Feel the space around you, just outside of your own physical body. See if you can sense the vibration. This is an aspect of you, your energetic body. Connect with that field and know it is you. Don't worry if you don't feel it yet, just putting your attention and intent there is enough.
- Feel the Seat of Your Soul, it is at the center of your being, around your heart area. This is where the spirit that you are connects into your physical form (it's not the same as your heart chakra or physical heart).
- While feeling these two areas, the space around you and the seat of your soul, put your attention on your breathing. This connects your body to the spiritual aspects of you and aligns the two.
- Use your mind to create the thought "I am Love". As you breath in think 'I am Love, as you breath out think 'I am Love'. Now your mind is being aligned with your spiritual being, as well as your body.
- Generate the feeling of gratitude. Feel your gratitude for being alive... or use whatever brings gratitude into your emotions.

Breath like this for at least 5 minutes, while you feel the space around you, have awareness of the seat of your soul, use the mantra I am Love and feel gratitude. It might be hard at first, to keep it all in your awareness at the same time. This is a sign that all aspects of you are *not* aligned... keep at it and it will get easier and easier.

This simple practice can change your life, as it did mine. Use it! Enjoy it!

Eva Charlotte