

*MODRON LOTUS GARDEN*

# *Living Mindfully*

How to Start Living an Empowering Life

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*Table of Contents*

03

5 Steps to a Mindful, Empowering Day

---

09

Beginner's Guide to Meditation

---

16

What a Tarot Reading Can Do For You

---

## *5 Steps to a Mindful, Empowering Day*

I Completely Get It

Life seems to constantly be at a hundred miles per hour, huh?

Wake up. Take care of the kids. Take care of the dog. Take care of  
hubby. Maybe eat something. Maybe take a shower. Maybe sit for five  
minutes without having to run to the next appointment or meeting. Make sure everyone's happy and taken care of. Go to sleep much later than you wanted. Repeat.

I understand, believe me. I feel like I'm constantly running around with  
my head cut off. You want to breathe and take in nature. You want zen. But zen is **TOTALLY** not in the cards right now. There's easy ways to fix this for yourself. You don't have to spend hours  
at a time to meditation, yoga, green smoothies, and walking in the park. Unless you really want to, of course.

## #1: Meditate

*Wait, I thought she just said I didn't have to spend hours meditating to de-stress?*

That's true, you don't! Here's the thing: a lot of people think that in order to have a meaningful meditation, they have to sit someplace quiet with open windows or outside, wear yoga pants, and "om" with your eyes closed.

Meditation can be much simpler than that. Simply recognizing your breath, noticing your breathing pattern without changing it, can be meditation.

You don't have to have your eyes closed.

You don't have to wear tight workout clothes.

You don't even need to be outside!

On your way to work, notice your breathing.

When you're getting your fourth cup of coffee that morning, notice your breathing.

As you shower, notice your breathing.

Doing this for 10-30 seconds every day works wonders for your mental health and stress levels. Plus, it counts as meditation.

## #2: Make Your Morning's Sweet

When you take the time to eat something a little sweet, but still healthy, in the morning, it can make a world of difference for you. Here's my favorite way to make mornings sweet:

Butter a piece of bread and sprinkle some cinnamon and sugar on top. Pop it in the oven on broil for a couple minutes; about the same time you'd do for making toast. Voila! You're done.

Cinnamon sugar toast is quick and easy to make but special enough to put a spring in your step as you leave the house.

*Don't want cinnamon toast?*

That's okay! Have a quick cup of black tea with a couple drops of vanilla instead. Not only is black tea healthier for you, but two cups of black tea is equal to one cup of coffee caffeine-wise. Get the same surge of energy with more hydration! Booyah!

## #3: Keep Sticky Notes on Your Mirror

This is an incredibly powerful but simple exercise. This especially works well if you have problems with self-esteem or a mental illness.

Just find a sticky note and write something you like about yourself on it. It can be anything: your hair, your smile, your walk, your sense of humor, your love of math, your ability to find the clearance racks at Target, etc. Anything!

Put the sticky note on your mirror or wherever you get ready in the morning.

When you walk by it tomorrow, take a moment to read what you wrote. Remember that you're proud of that little part of yourself.

Over time, as you build up more sticky notes, your self-appreciation and confidence will start to go up. After all, you're learning how amazing you really are!

#### #4: Visualize to Manifest

We all know where we want to end up. We have dreams and aspirations and goals. Here's the problem: we make it harder for ourselves to get there.

Instead of saying, "I'm successful and have all the money I'll ever need" we say "I'm broke as hell and I'll never have enough money to do \_\_\_\_\_".

Stop that.

Take a moment to sit and quietly say out loud to yourself (yes, out loud!) what you want to be. Only don't say the word "want".

Say "I do have enough money to go to Paris in December because I'm a hard worker and I deserve it".

Say, "I am a good mother, despite having dirty children and a messy home; I'm doing my best for my family and that's what matters most".

Say, "I am a fantastic student and I'll pass my classes, even though math is disgusting and the teacher smells like green olives".

State what you want as what you already are. Then things will start to manifest more easily as you move towards your goals.

## #5: Do Something That Makes You Happy

Now, it's easy to say to do something for yourself. After all, it's an important type of self-care. However, sometimes doing something for yourself means doing something for someone else.

Maybe taking care of your dog, Blaze, makes you happy. You're taking care of his needs, but you're happy. So do something that makes you happy, no matter how small.

Walk your dog, read a book, or finally go to the doctor for

a check-up. Have a drink at 11 am or wash your car.

Just something that will make you happy.

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That Wasn't Hard, Huh?

Having a mindful, spiritual, meaningful day isn't as difficult as it sounds. Even if you only have time to do one of these things a day, that can be enough.

The key is making visualization, meditation, and mindfulness fit around your schedule. Not the other way around.

When your spirituality fits into your life, then everything really is balanced for you and your dreams fall into place.



# *Beginner's Guide to Meditation*

Meditation is an easy skill that seamlessly connects you to your higher self and intuition.

**Problem:** the majority of guides make meditation seem ridiculously difficult.

*You must be in a cross-legged position with your hands forming the symbol of the third-eye. Then you must have a singing bowl chiming every two minutes while a stream is trickling in the distance; this promotes peace and a connect with the divinity within us all. Your mind must be blank and-*

Wait. Just, wait, waitwaitwait, WAIT. Meditation doesn't have to be that difficult. And it isn't.

Meditation is about training your mind, body, and spirit to connect with one another more easily. It can be used with any religious practice, or even if you're not religious.

The main thing to keep in mind is that meditation takes practice and patience.

Your mind will wander; that's okay.

You'll get fidgety; that's okay.

Just breathe and keep trying.

One of my favorite, and honestly the easiest types of meditation, is focusing on the breath or small task.

When you focus on a task, meditation becomes easier. For those who need something to do while meditating, focusing on repetitive actions can be very beneficial.

For example, have you ever found yourself driving and suddenly you're home? You don't remember taking the turns or stopping at any lights. Yet you're home and there's no cops saying you sped like a maniac.

Your mind was in a state similar to meditation. You were doing an action or task that was you're so accustomed to that it became automatic. Other tasks like this can be knitting, coloring, polishing small objects, or even staring at a candle flame.

The candle flame is a popular type of fire meditation; it's used to connect yourself more with the element of fire. If you're so inclined, try lighting a candle and looking into the flame for a few minutes. Notice how it bobs, weaves, and flickers.

But the simplest focus meditation you could do is with your breath.

You can do this while driving, shopping, working, or just before you go to sleep. Just take about ten seconds to focus on your breathing pattern. You can still think, but focus on your breath.

There's a fantastic video interview that was done with a Buddhist monk that explains why focusing on a task or your breath is the best way to meditate. Feel free to watch it.

What I pair with my breathing meditations is visualization. It allows me to move deeper into the meditation and open myself up spiritually and psychically.

My favorite method is to picture a white ball of light in the center of my body.

I move that ball down into the Earth, letting it grow roots between myself and the rock it's moving through.

It moves through every layer of rock down into the center of the mantle at the planet's core.

The energy from the mantle then moves up, through the roots, and expands throughout my body in a cleansing light.

I use this visualization as quickly or slowly as I please,

usually while I listen to rain or ocean waves. The light will flow through each of my body parts until I'm glowing entirely (I usually see this through my third-eye).

This light can be expanded out to cover the entire room or house. I've done both and it does take quite a bit of concentration.

There are other methods of meditation that aren't magically based. I use meditation for magical practice and ritual, personally. But you can also meditate with a tarot card to contemplate it's meaning or while doing a spell or even just while thinking of a problem and asking your Guides for help.

Another way to practice meditation is through mindfulness exercises. It's an easy way to ease meditation into your day as well.

For example, the next time you're eating take a look at the food. Look closely at the details.

Let's say I'm eating buttered garlic pasta with Parmesan. I'm going to see eat grain of cheese and garlic entwined with the noodles, which happen to glisten with the butter sauce.

I'm going to smell the garlic and butter; it'll fill my nostrils completely.

When I take a bite, I'm going to chew slowly and acknowledge all the flavors mixing in my mouth.

This is food meditation; you're aware of what you're eating and acknowledging every moment from eating utensil to swallowing.

Here's some other exercises you can try:

*Body Scan* - lay down and assess how each part of your body feels. Relax every part and lay in stillness for a while.

*Mindful Seeing* - look at a scene (people watching or nature) and notice the details. See the wind blow the grass or the way someone swallows before answering a question.

*Mindful Listening* - When having a conversation, listen to each word carefully. Notice the way your body reacts from what the person says. Notice the tone, pitch, melodic pattern of their voice, etc.

*Self-Awareness* - Sit in front of a mirror and notice each individual part of yourself. Not what you like or hate, but what you notice. The color of your skin, birth marks, rolls and curves, scars and marks, etc.

*Self-Inquiry*- Go into a trance-like or meditative state and

assess how it feels to be you. What is your emotional state right now? How does your body ache? How do your chakras feel? This can be used with the Self-Awareness exercise.

The main thing you need to remember about meditation is to relax. Your meditative practice is unique to you. Take it at your own pace.

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Garden

*Take Control of  
Your Life Today*

*Order a tarot reading and start  
moving towards your dreams and  
happiness today*

## *What a Tarot Reading Can Do For You*

Have you ever had a sinking, sickening feeling?

A person could have just walked in the room or you found out some unexpected news. But this feeling, right between your stomach and diaphragm or in the center of your chest, is weighing on you. Words don't describe this feeling and you don't even completely understand what it means.

That sinking feeling, that weight, is your intuition. We all naturally have it and sometimes follow it.

But life is messy; things get in the way of our intuitions and acting on them.

For example, if you had a sinking feeling that a job would be horrible for you but you needed the money otherwise you'd be evicted, would you take it? Probably.

If you then went to work and saw it wasn't that bad, would you then question why you had such a horrible feeling when you first started?



Another example: you meet a friend of a friend. They're nice, good job, sense of humor, and you seem to get along well. But something makes your gut churn or changes your mood when they walk in the room.

You might even bring it up with your friend, who chalks it up to paranoia or silliness, but the feeling never leaves.

You'd want to know why you're feeling this way, sometimes to the point of getting a physical reaction.

Why is my intuition acting like this?

We second guess ourselves or ignore our intuition so much on a day-to-day basis. It becomes so normal that you don't understand the signals your mind and body are telling you.

That's what tarot readings are for.

Tarot cards are a type of divination, which is a way to read your present, or future, and everything surrounding it.

These cards, which each have different pictures and designs, help us better see our lives from a third-person perspective. Seeing things from a different angle let's us better understand choices and actions before they're made.

We can better understand why we didn't get that promotion.

We can understand why our partner isn't ready to be a parent.

We can know and accept that a lost loved one is okay.

We can see whether our relationship will move to the next level.

Not only that, but tarot readings are the gateway to understanding and listening to our intuitions, Guardian Angels and Guides, past lives, and so much more.

For more information about the readings I do offer, feel free to check out my Etsy shop or view the readings I have on the blog.

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