New Life Resolutions — Cherie Roe Dirksen
10 Steps to a new you!

By Cherie Roe Dirksen

This is a quick and easy guide for you to step into your role of marrying

*mind, body and spirit.*

Below, I will dance my way through simple and easy steps for you to flourish both mentally and physically.

So what are we waiting for? Let’s jump right in! At no.1 is...
1. **Time to Meditate**

Why do you need to meditate?

*Most importantly to alleviate stress and find balance*

What exactly is meditation?

*The art of being still and quieting your mind*
How?

- **Concentrate on your breath** — This easy step allows you to be more present and centered in your body. It also diverts your attention from thinking to breathing.

- **Close your eyes and relax your body** — Feel and imagine the stress draining away as you begin to let your vitality blossom.

- **Feel the tingle** — Acknowledge the prana or life force that is embodied in every single cell. This is sometimes felt as a tingling sensation in the body. Starting from your feet upwards, expand on that tingling sensation. This amplifies the life-force in your body. Notice how you feel when you do this. Are you feeling alive and vibrant? Are you relaxed and peaceful?

- **Opening your crown chakra** — breathe in and imagine a white light streaming in through the top of your head (crown chakra) and permeating your entire body.

- **Relax** — The above are only steps to get you into the present moment. When you feel relaxed and peaceful, just be with that feeling for as long as you can. You are now meditating!
You can start with just 5 minutes of still, quiet breathing a day and then gradually work your way up to 10-20 minutes at a time.

You do not have to stick to any method to get you to your place of inner peace, just do what works for you. The main point of meditation is to relax and take a break from the constant mind-chatter.

Try to practice this at least 1-2 times a day.

**What are the Benefits?**

- Meditation gives you the space to relax your body and to recoup your mind
- It is proven to reduce stress
- It is a gateway to discovering your authentic self
“Thoughts create everything ~ have clarity of thought and you can achieve anything...”
2. Nourishment

Positive thoughts will water the seeds of fruition in your mind but what are the key aspects of maintaining a healthy, balanced body?

“Take control of your life and body by taking control of what you nourish yourself with”

Here are 6 key questions to ask yourself when shopping for your food:

1. Can you identify it?
2. How removed is it from its natural source/state?
3. How many ingredients does it have in it?
4. Is it humane?
5. Is it a natural or artificial colour?
6. Is it processed?
How are these questions beneficial?

Simple...

- **Identification please!** If you can identify food by looking at it without a label, that is a positive signpost. If you are purchasing chicken nuggets, for instance, and the product has been cut out to resemble a chicken or a tractor — this is not a good sign and you can be assured that it has very little nourishing ingredients in it.

- **Processed vs Unprocessed** — Processed food is more likely to contain unwanted ingredients such as preservatives, MSG, food colorants, sweeteners, etc. They are also known to be stripped of nutrients according to a Readers Digest article. Unprocessed foods are usually natural ingredients — which would you prefer to consume?
• **Au Natural** — Fruit, nuts and vegetables are in there natural state and are, of course, the more desirable foods to nourish your body with. Try to identify the various steps to get the product in its final state, this will give you a better idea of what you are buying. The more steps, the more cautious you should be. The less steps, if any, the more you have hit a home-run!

• **Read ingredients!** This is vitally important. The more ‘things’ in it, the more you should put it down. Especially be on the look-out for preservatives, aspartame (sweeteners) and colorants — avoid these at all costs. Sometimes the ‘good for us’ products are more costly but in the long run, you and your family will be healthier and not paying frequent trips to the doctor!

• **Free-Range** — Tests have shown that the more duress the animal is under, the more unhealthy the product is for human consumption — you are ingesting all that went into that animal, from GM foods and chemicals to the emotions felt by the animal. For example, I find that free-range chicken meat is, by far, more succulent and tender than ordinary battery chicken meat, which I find to be tough, almost grey-tinged when cooked and tasteless. If that doesn’t sell you, then *please* do it for humane reasons. If you decide to eat or use animal produce, make sure the animal is being treated with care and respect.
As consumers, we are very removed from the process of meat farming. We tend to see meat nicely packaged and ready to pop into the freezer but in actuality, this was an animal at some point. Society has gone even further and very rarely calls meat by the animal it once was, have you noticed this? Sheep is lamb, cows are beef, pork is pig — thank goodness chicken and fish are still acknowledged! Let’s not forget the sacrifice this animal has made and to honour and respect all life on Earth, it is our responsibility to support humane animal farming.

- **Friend or Foe?** — Are food colorants that harmful? Artificial colouring has been proven to be a contributing factor to ADD and ADHD. The more unnaturally bright the food looks, the more likely it has colouring in it. Be wise, de-colorize!

**Listen to your body and tune in to:**

- What it really wants
- How it feels afterwards and
- When it is full

Remember that although eating good food may be more costly, we are worth every penny! When **quality vs quanitity** — what will you choose for yourself?

The more honour and respect you have for your divine temple, the more gratifying your life experience will be...and your **bonus** is —
Hallelujah!

Organic Dark Chocolate, in moderation, is good for you!
3. Move it!

The next step can be great fun! Get moving...

Every body is unique and not everyone is going to enjoy running or working out at the gym. What you need to identify is what works for you, what may even excite you and make it fun! Do something that you are going to look forward to, not dread.

When looking for an exercise that best suits you, try to answer these simple questions:

- **Enjoyment** — Do I really enjoy this activity? Can I see myself doing this long-term?
- **Time** — How much time can I realistically dedicate to this every day/week?
- **Benefits** — What are the benefits going to be? How do I feel after this workout?
There are so many different things you can do!

3 Good Reasons for Moving Your Body:

You will get into shape, rejuvenate your mind and have a greater sense of well-being...
Here are some examples of different types of exercise:

- **Dust off that Hoop!** — Hula-hooping was great fun when you were a child, I promise you that nothing has changed since then!

- **Skip** — Skipping rope was also a blast when we were younger, do you remember?

- **Dance** — Dancing to your favourite music is not only great exercise but it is great fun too!

- **Walk** — Stopping off somewhere to take a 30 minute walk is not a lot to ask, is it? Do you pass a park, beach, forest, etc, on your way to or from work? The amount of stress you will release from your day is worth it alone. If you do this before work, it will add an extra, invigorating kick-start to your day.
Don’t you love the feeling of being weightless in water? Why not do some laps in a pool (source one in your area if you haven’t got one).

Don’t you love the smell of fresh air in the morning, whilst taking in the sweet sounds of birds singing in the trees? Take an early morning walk...

Don’t you have a sport that you dropped a while back that you could possibly take up again?

Sometimes joining a club will not only benefit your body but even lead you to a more social life — meet new people, meet up with friends after work for a ‘game’.

Or if you are a solitary soul, there is an abundance of things you can do alone.
“Think out-of-the-box and you WILL find something tailor-made for you and your preferences...”
There is nothing more important than keeping the body hydrated. It keeps your mind alert, your body energised as well as:

- Helps aid weight loss
- Promotes healthy skin
- Cleanses toxins and waste products from the system
- Reduces your risk of heart problems, headaches and certain cancers
- Helps keep you regular

Strive to drink no less than 6-8 glasses of pure, clear water a day (depending on your body size).
“Water has a memory and carries within it our thoughts and prayers. As you yourself are water, no matter where you are, your prayers will be carried to the rest of the world.

We Love Water.

We Thank Water.

We Respect Water.

We Are All Water.

We Are All One.”

~ Masaru Emoto
When we are in nature, we are in our natural state — *in our ‘element’*. That is why it feels so joyful, a state of inexplicable bliss.

*We are made up of the dirt of the earth and will return there some day.*

The ingredients of our bodies are made up from Mother Earth, we are part of the same system. When we honour and respect Her, we honour and respect ourselves.

*We are one and the same.*

The food you eat to make up the content of your body, is of the earth.

The house you live in, the car you drive, the computer you sit at, the ground that supports you is made possible by the planet you inhabit.
Don’t forget your daily dose of some of the priceless things in life like:

- **Touch** — Taking a walk amongst trees, touching the rough bark
- **Smell** — Sitting on a park bench or in your garden, can you identify all the different aromas? Can you smell the sweet scent of the flowers?
- **Feel** — Strolling on the beach, letting the water wash over your bare feet
- **Taste** — Biting into a freshly picked berry or sprig of parsley
- **Beauty** — Appreciating the world around you — look at how magnificent the wing of a bee is!
- **Hear** — Listening to the sound of bees buzzing about their business
- **Vision** — Marveling at the sunset or sunrise or a cloud formation
“Take time out to reconnect with Mother Nature”
6. Get Creative

Free up some space this weekend or in the evening to tap into the inner child that just wants to finger paint and get mucky, cut out colourful pictures and make a collage or just do some 'mindless' doodling — *whatever tickles your creative genius buds to blossom*.

What better way to gift yourself than to spend some quality time creatively expressing your inner feelings?
Why is this important?

When we give ourselves time out to practice creativity we are:

- **Play** — Honouring ourselves by allowing time for 'play'
- **Creativity** — Tapping into the right hemisphere of the brain and our source of creativity
- **Time-Out** — Setting a scene of tranquility and 'time-out' from the noise of our **left brain**
- **Freedom** — Allowing time to freely express ourselves and how we feel
How will this benefit me?

Expressing your creative flare is **priceless** but here are some key factors for why allowing yourself time and space for artistic endeavour is good for you:

- De-stressing
- Calming
- **Personal Fulfillment** through Creative Expression
- Integral Time for **Inner Reflection**
- **Inner Balance**

Try creating a tranquil, serene place where you can retreat to when you feel like you are in the 'zone' for artistic expression.

**Let go and let it flow through you like a tap that has been turned on for the first time...**
“You are never too old to learn something new...”
7. Bring out your Inner Child

Tapping into our inner child aligns us with:

- being playful,
- free-spirited,
- curious natured and to
- push past preconceived ideas.

All of the above will lead us into joy and bliss and relieve us of stress.

Children are masters of thinking out-of-the-box, adults are the ones who think within the confines of limiting beliefs.

Practice the above-mentioned attributes of being child-like (not to be mistaken with being childish) and you will enter the realms of care-free living.
Make sure to add copious amounts of:

- laughter and giggling
- pulling funny faces and silly expressions
- shrieking with excitement (especially brought about by tickling!)
- affection
- benevolent mischief

And, most important:

*Don’t take yourself too seriously — that’s for grown-ups!*
8. Ground Yourself

When we are ‘all over the place’, our bodies feel out of balance. An important exercise to do is to ground yourself.

What does this mean?
Simply, it means to become more present in your NOW moment.

When you are fully occupying your body and you can feel every cell in your body tingle — it is alive and vibrant — you are present.

You are much more able to cope with life’s little curve-balls if you are able to remain grounded, balanced and in alignment.

This solid foundation is your core, your inner peace.
Try out this exercise:

Go outside, preferably bare-footed, and stand in the earth or on a patch of grass (if you can’t do this, you can imagine having your feet on the earth).

Stand straight, feet apart and imagine that your feet are growing roots deep into the crust of the earth. You are a solid foundation and your feet are firmly planted in the ground. How do you feel?

- Sturdy?
- Unshakable?
- Rooted?

These are good signs that you have grounded yourself and are more present in your body.

This will enable you to feel more assertive in your endeavors. Whenever you feel slightly out of alignment, or higgledy-piggledy, use this exercise to ground yourself.
“Feel your feet growing roots deep into the earths core...you are stable and secure — you are grounded.”
9. Spread the Love

There is nothing like the vibration of love. It makes us feel good, it makes others feel good. Couple it with the frequency of gratitude and you have a winning formula for life!

Try to:

- **Spread it!** — Spread the love whenever you can
- **Be Kind** — Do random acts of genuine kindness
- **Be the Mirror** — See yourself in others and try to see that we are *all* a part of God
- **Extend Yourself** — See your brothers and sisters all over the world as your extended family
- **Love all Life** — Express acts of love and kindness to animals too, we are their guardians
• **Give Acknowledgement** — Acknowledge others by saying ‘hello’ or dishing out smiles

• **Give** — Practice giving without the need for receiving

• **Gratitude** — Give thanks for all the things that are going right in your life

• **See Lessons** — Give thanks for all the things that went wrong and taught you valuable lessons

• **Listen** — Lend an ear and just listen

• **Hug more!** — Give away free hugs

• **Appreciate** — Always let the special people in your life know they are appreciated
10. Hakuna Matata!

Throw away your worries...

Easier said than done?

Sure, but it is possible. Answer this: Has worrying ever solved your problems anyway?

Here are some simple things you can do when you find yourself in a state of worry:

- **Do Something** — Swap worry for doing. Do something about it now, if you can, and quit worrying! Even if it means writing the problem down.
- **Find a solution** — Map out a possible solution. Again, it is always helpful to write it down so that your ‘mind’ is free of it or better still...
- **Accept** — If there’s nothing you can do then try acceptance of what is
- **Meditate** — Solutions will always come when we quiet the mind
- **Positive Thinking** — Remind yourself that what you think you attract. Do you want to attract more of what you are worrying about? Then switch to thinking about what you do want to happen and let it go
- **Affirm Happy Outcomes** — Practice positive affirmations and visualize your best outcome to the situation
“What you think about the most you bring about.
Make sure your thinking is pointing you in the right direction to manifesting your ideal destination”
The mind can be trained to think differently.

You have a choice to rewire your thought process to align with what you want to manifest. Don’t fall into the trap of being a ‘victim of circumstance’. This state doesn’t really exist, only you can give it the necessary potency.
“You are either co-creating the life of your dreams or you are randomly creating your fate.”
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Many thanks to all these wonderful creatives!