



# Living with SPIRIT

Daily Spiritual practices for a Great Life!



## A Message from Karen

No healthy living plan is complete without tending to our Spiritual health. I know this well. And whether you believe it or not, there are more forces at work than meet the eye. Trust me on this one.



We all have challenges in life, and in many ways, those intense challenges can open our eyes to other possibilities, other ways of seeing, and other worlds.

I had the 'veil lifted' many moons ago, when I went through many years of depression, anxiety, and ill health when my son was diagnosed with an incurable and terminal disease. I was at the height of my athletic career...I was extremely fit, eating extremely well, and I was a walking, breathing billboard for athleticism. Then the diagnosis...all that physical stuff didn't save me. My spirit was broken. And pretty soon, my body followed. Fibromyalgia, chronic fatigue, panic attacks (sometimes 20 a day, for 3 years!), a deep, dark depression, incredible, debilitating body pain, and suicidal thoughts.

Thankfully, the Universe intervened, and I met amazing teachers along the way who guided me into other levels of being, and different energetic findings.

**The desire for the spiritual touch...**THIS is what unites us all, the desire to access the Spiritual in us and others. In all my programs, I make sure we address the spiritual from many angles, and I hope that whatever place you are in, wherever you are training or living, you are doing the same. We simply must grow our Spiritual muscles if we are to live a full, rich life. Know that the only real truth is the one that lies deep within you. Learn to tap into and trust your Inner Self.

## Flexing our Spiritual Muscles

I've learned the hard way that you simply cannot build health without attending to the spiritual (I'm not talking religion here, I'm talking living with an open, loving heart). My son's health challenges taught me this, as well as my own health issues, which I suffered with for years.

What saved me, always, was tending to my inner world. Sure, good eating and a good exercise routine will take you far, but pretty soon the organism will break down, or you will quit moving forward because some challenge will knock the wind out of you.

We need to learn that no matter what the challenge, or how dark it may seem, there is always a way out. You may find yourself having to find a new normal, but hey, that's life too.

Nobody said life would be fair, or that it would unfold as you thought it would. The mature woman knows this! And we must do the work. The adage, *'the only way out is through'* is very true.

We must learn to live with the ebbs and flows of life, and when it's good, we move into it and take it by storm! And when it's bad, we hunker down and wait for it to pass, and we do the best we can.

Sometimes life is not to be won in big steps, sometimes it's to *be endured*, in small steps, and sometimes the road seems very tough indeed. It is US who puts unreal expectations or 'should' on things, which only sets us up for perceived failure. If you are always moving forward, even if it's crawling on your belly at times (and I know this one, I've had many instances of this with my son's health challenges), it's still moving forward.



## Walk in your POWER!

It is so easy for women to be taken out of their Power, with today's media focus on 'body parts', youth and society's rules on being a caretaker, staying lean and thin forever, being 'soft' and 'pretty' and not rocking the boat! LOL! It's truly a man's world!

In my view, this is just a way to subjugate and stifle women's awesome power. But unfortunately, women take up the cause just as quick (and they may not even know it, it's just a societal habit), and stifle their own power. But the tide is a-shifting, thankfully!



I was brought up conventional, within a family where women were supposed to be seen and not heard, and her only hope, really, was to marry a doctor or a lawyer (I remember my dad telling me that to this day!). So when I fled home at 18, I found freedom, and weight training, which helped me feel powerful, back in touch with myself, and confident again!

Today, whenever life gets rough, I head to the gym for my 'me' time, for my grounding session with self, and there, amongst the iron and the bars, I assert my will over the weights, and it always connects me to that deeper, primal and powerful ME!

In our video [Zen and the Art of Body Shaping](#), I talk about how I approach weight training in my life. It's not something outside of me, it is an intricate part of my health and wellness inside and out. It roots me to Mother earth, and reminds me of my strength (on all levels), my purpose and helps me to move forward, despite the challenges. And in particular weights, because they are heavy and you are challenged physically to lift them up!

When you are feeling stressed, don't run FROM the gym, run TO it. Change that mindset that says - I dropped my training and healthy journey because I was stressed because of (fill in the blanks here). This is when you MOST need it, right? Lifting will always root you back into what is meaningful.

## Envision Your Success

We talked about this in the Five Healthy Habits booklet, but it bears repeating (if you haven't yet read that booklet, please do. It's the Warrior Woman's Guideline for our Daily Life!). You need to 'see' yourself as you envision the life you desire! Start with the end in mind, envision as you wake up how you will eat today, and how you will train. 'See' yourself being calm, patient and kind. Open your heart and come from THIS place, rather than a defensive, angry place, and you will get more of the same back, which will fuel even more good in your day. When you build day upon day this way, you are living the life that dreams are made of! [CLICK HERE!](#)

**Want a better career / more money / more love?** Focus on already having that, and the Universe MUST start the wheels in motion to bring it to you, but you've gotta keep the focus (and the faith) day in and day out (this is where most people falter!)

## Use POWER Words

This is something I ask of all my online clients...choose your **Power Words!** What are Power Words? Single words that focus on your strengths...and these can change in time, or whenever you want them to. Start with *I am.....strong, forgiving, non-judgemental, caring, supportive.....*those are mine. What are yours?

*Caring*

Every time you are in the gym lifting, us **Warrior Women** recite these words to ourselves. When we train, we are NOT doing a



shopping list in our heads, or zoning out because we don't like the work, or watching TV or talking...you are using this awesome time to build your inner and outer worlds, you up on ALL levels. It's a meditation of sorts (yes, you CAN meditate while lifting).

*Strong*

Read them often, recite them, **POST THEM TO YOUR FRIDGE!** Say them first thing in the morning and before you go to bed each night! *Feel* as if their truth is seeping into every muscle in your lovely body!

[www.warriorwomanfitness.com](http://www.warriorwomanfitness.com)

# What Do YOU Believe In?

**Beliefs can support you, or they can sabotage you,** and you may not even be aware of it, so this is where we need to take a hard look at our BELIEF SYSTEM!

Beliefs are conscious and subconscious, but both have to be tended to, for sure. If you hear yourself saying “I’ll never stick with this, I always fail,” or, ‘my whole family is large, so I am destined to be also,” well then, you’ve ingrained family traditional thought patterns that are keeping you stuck. It’s time to change that.



But many are under the surface, like an iceberg, and you may not even understand that they’re running your life. Buried deep in the oceans of your mind, you have set patterns and beliefs about food, love, relationships, exercise and more. The successful person questions them all the time, to see if they ‘hold water’. Do you really need that belief? (Principals are different, like charity, honesty – they never change).

By far, belief systems are, in my opinion, the biggest determiner of creating a successful, lasting exercise and eating routine. I’ve always said health and wellness is an inside job. And I had to go through years of being overweight until the light bulb went on.

**My old belief systems:** I was a ‘meat and potatoes’ girl from a traditional family, one that said girls were second-class, girls should conform, not take risks. We cooked and cleaned. OK. So I was a good conformist, but I was miserable, tired, fat and hating life!

**Then I found weights!** I loved the freedom they gave me, and I loved pushing the female-gender-stereotypes out the door. They returned me to my power! Until that moment, I never realize how much my beliefs had held me back, subconscious beliefs about family, expectations, life! And these limiting beliefs were hand-me-downs, with no real basis in my life, yet they were running *my* life!

## Change Your Story (change your life!)

**What I learned was that** we create our own reality by the stories in our heads, those hamster-like stories we replay over and over again. But I was to learn that they're not reality, they're just stories.

**Case in point:** Several years ago, my husband and I were struggling with issues in our relationship, and it's no wonder. I unconsciously rehearsed in my head all the ways he upset me. Let's see... he was / harsh / critical / overbearing / silent .... Or how about this... he never listened to me / wanted to talk / appreciated all I did... Sound familiar?

**It wasn't until I learned to *change my inner story*** that our relationship truly transformed. Instead of looking at the negative traits, I reminded myself how kind / funny / handsome / supportive he was. Pretty soon, everything started to shift. And I realized I hadn't married the wrong person at all. In fact, he was the man of my dreams. I was just focusing on all the wrong stuff!

**You can do the same with training and healthy eating.** But you must dig down, and take responsibility for *everything* you learn and see (own it!). And remember this is *your* journey, *your* work, no one else's. This is you changing YOU because you care about you. Pretty soon, you're shifting will start others shifting as well, like a hanging mobile with different parts moving about, you can't move one part without others being affected.

## What do YOU believe?

Why is it that one person can be successful in maintaining an eating and exercise routine, but the other can't? Is it genetics? Thyroid condition? Lack of time? Lack of access? Lack of money?

Nope. The answer, I believe, more so than anything, is an underlying *belief system*. Some common ones I've heard over the years:

- If you believe that hunger pangs are negative, or painful, then you'll never lose weight and keep it off.
- If you believe exercise is something you have to do rather than something you *get to do*, you won't stick with it.
- If you believe healthy eating is about denial and not having fun, then you'll never get, and stay. lean.
- If you believe you won't succeed, then you won't!

## The Dog Whisperer - Breaking the Pattern

I love watching Cesar Millan, TV's renowned dog whisperer, whip even the most frenzied, uncontrollable dog into shape. Why? Because I learned one of the most valuable lessons from him – break the pattern, and start a new fresh pattern with a changed energy.



That's what he does when he undertakes a trouble dog – he breaks their current behavior pattern, quickly, before the dog can react, and puts a new one its place. He breaks the 'Pavlov's dog' thing. The dog can no longer to *react to* that which is no longer there. (Ever wonder why the dogs sometimes look confused when he's around? Because they're on new territory, and the rules have changed.)

## Beliefs versus Willpower – no Contest

Let's talk nutrition here. By far, the most powerful ways to end emotional eating are increasing your awareness and establishing a belief system that short-circuits eating for the wrong reasons while triggering eating for the right reasons. Belief is a thousand times stronger than willpower because belief uses the unconscious mind to create behavior change *with automation*, while willpower uses the conscious mind to create behavior *with force*. Temporary change (diet) versus lasting change (lifestyle!)

## Make Food the solution

When it comes to food, I've discovered that fit, lean and healthy people have a unique set of beliefs about food and a distinct set of metaphors they use to describe food and what food is for:

Food is fuel

Food is my medicine

Food is quality construction material for my body

Food stokes the fire of metabolism

Fruit is nature's candy

Not feeling full is healthy and honours my body and its cells.

I've never met anyone who talked about food with this type of language exclusively who had a challenge with inappropriate eating or excess body fat.

**Think about that.** When you look at it this way, food is no longer the *problem*, food is the *solution* and you become driven to eat the right foods.



**For me, my beliefs, and therefore my life, changed in two distinct moments:**

**1) When I started welcoming *small hunger pangs*, especially at night, as a cue that my body was burning fat and cleaning the cells. Being slightly hungry was not the enemy, being stuffed was!**

**2) When I *stopped eating dead foods* like crackers, desserts and any man-made products as they left me feeling depressed, bloated!**

Today, the last thing I would do is want to erase all my hard work. I'm worth more than that, so I say no *with pleasure* to man-made stuff! It's not a hardship!

## **What do YOU believe in?**

Write down your **currents beliefs** about health.

**Example:**

When I feel hunger pangs, it's uncomfortable, unnatural.

I don't want to train because I hate feeling sore all the time.

Now **re-write** them.

When I feel hunger pangs, it's telling me my body is burning fat, and I'm getting more lean every day!

When I feel sore, it means I'm shaping and toning my muscles, and I'm revving my metabolism by adding lean muscle. The soreness will decrease with time.

### **YOUR TURN....**

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

**Print this off and share it with someone! Read the RH column every morning!**

## Setting Up your space with Spirit in every corner

For me, I've learned to Walk with Spirit in my daily life. So rather than having to take time out of my day to find time and place to meditate, or trying to sign up with a class, I've learned that the seasoned Spirit Walker, as I like to call us, can pull Spirit in at any time. This is called walking and living with Spirit, with every breath. This takes a bit of time and practice, but it is all connected by breath....so if you need to call in Spirit, breathe slowly and deeply for a second or two, and focus on being present, and let all other stuff melt away.....ahhh there, you're connected!



Another important aspect of living with Spirit is to allow it into your living space.

Make your environment one that is inductive to welcoming spirit, whatever that means to you. This is how I enjoy my Spiritual Space—[CLICK HERE!](#)

## Two Powerful Spiritual Practices

For me, my two most valuable tools that I discovered in my time of need are what I like to call ***Walking as if***, and ***Arms wide open***. These were hard earned, to be sure, but extremely valuable lessons that I call upon every day, and when faced with any challenges that may arise.

Envisioning what you want (rather than focusing on what you don't want) allows you to draw in what you want (rather than what you don't). If you don't define, see and 'walk as if' what you desire is already in your life, then the Universe can't bring it forth. The second practice, Arms wide open is all about living with no resistance. This is the most difficult for people to learn, but if you don't resist what is, you can move into a space of freedom, possibility, forgiveness and it gets you unstuck from yourself! Really!



**Here's a video** on these powerful life practices in action, that help connect me to Spirit every day. You can easily incorporate these your life too! - [CLICK HERE!](#)

[www.warriorwomanfitness.com](http://www.warriorwomanfitness.com)

# Emotions and Your Health: SPEAKING UP!

**When our emotions are *heard***, they are cleared and we are balanced. As well, when we get into a pattern of activity and sound nutrition, we find we choose life-affirming foods, movement and thought. Our self esteem and confidence increases, our sense of peace and place in this world is good, and we would rather not choose non-nutritious foods that we now see as poison to our systems. And we no longer engage in emotional outbursts, harboring of guilt, anger and resentments and other negative patterns....we still feel them when they occur, this is to be human, but we can clear them from our cells and our consciousness, and with daily practice, it becomes faster and faster. We are in control, clean, grounded, and we stay that way, because we choose to maintain this pattern of health physically, nutritionally, mentally and spiritually.

**For 10 minutes every morning**, crawl off to a safe, private place, sit, breathe, (meditate) and let rise whatever wishes to rise, as if you are noticing a car driving by: you are standing on the street corner, watching the busy traffic go by, rather than being the driver caught in the crazy traffic. Do this with every thought and memory, be curious, open, look it over, then let it go.....and do it with every one that comes up. Now, take this awareness out with you into the world.



**Notice how you've slowed down**, how your breathing has changed, how you don't react to every little thing, and you don't see things as a personal affront that you have to defend (that's the best part for me!). Notice how everything takes on a different texture or clarity. Notice how calm you are...lovely!

## **Open up to what is...don't resist!**

What you resist, persists! It's been that way since the dawn of day. And remember, when you want to have something in your life (money, better career, more love), learn to 'walk as if' you already have what you desire, and live with 'arms wide open', two of our most valuable warrior Woman Truths. (See video link on the previous page to see it in more detail!).



## More To Say About Emotions....

The emotional body is alive and well and it has a strong influence on our health and wellness. I know first hand the pitfalls of emotional dissonance...your body will feel the weight of unfelt negative emotions. Emotions are energy—good emotions build us up, and negative emotions draw us down...it affects our energy system like none other....please read on...



**This is where emotional dissonance begins...**in seeing their outer physical selves as separate from their inner selves – emotions, thoughts, feelings and spirit. And in this place, one simply cannot effectively manage their emotional state. Or worse, we suppress or deny emotions. Or, we see emotions as things that are here then gone, ephemeral, nothing.

**Nothing could be further from the truth.** Emotions are energy, and once felt and gone, their toxic residue remains, similar to the toxic residue from our food and water, or the internal toxins that result from digestion. All must be removed. But first, their presence must be recognized and validated.

**Nothing does more damage to the cells** than this lack of recognition of the power of emotions. So when we cleanse the body, it is a good time to cleanse and purify our emotional body as well. And we must recognize that, like the body, the act of emotional cleansing is a life-long endeavor as well, with daily attention to its clearing recognized.

**Albert Einstein said that *one cannot solve a problem at the level of the problem***, and with emotional dilemmas, engaging directly with our emotions may be the least effective approach to resolution. One way to ‘clean’ our emotional residue is to become an objective observer of our emotions, much like watching a play in action. We are the central character, and the emotions are the other players, but we act like an audience member and we watch the ‘play’ go on, from a detached place of awareness. This is how we can remove ourselves from the reactive, in-the-middle position that most people live in relation to their emotions, and instead we are on the periphery looking in. This is true awareness. This is enlightenment. Simple, yes. Easy, no. Well, it gets easy, but you need to take down the wall of resistance and excuses.



**Meditation** is one of the most beneficial and empowering tools toward emotional cleansing and spiritual enlightenment.

We sit quietly, breathe deeply and focus on nothing, but in doing so, the mind wanders (naturally) and memories, emotions and the like come up. At this important juncture we merely **'watch'** the emotions and notice its journey (you may suddenly remember an argument and feel a rush of anger wash through you... 'stand' on the periphery and watch it... follow it... where do you feel it in your body?... perhaps it's a warm, tight feeling in your solar plexus... notice, breathe slowly, don't panic and continue to watch it...



**Now you have brought unattached**, watching, awareness to the emotion, and you are viewing it rather than reacting to it. You remain calm and grounded. THIS is the way we clear emotions that may sit with us. Daily work. Daily objective awareness, recognition, validation but without further emotional turmoil. *You are now the watcher.*

**Many people don't like to be alone**, and indeed don't like to sit in silence because of the flood of memories and emotions that creep in. It's like it's too much to take on. But we simply MUST allow ourselves to fully feel the emotions, even if they are unpleasant, and know that they will not harm us, and in doing so, their energetic hold on us and our cells releases. You cannot release something unless you 'see it' or validate its presence. Plain and simple. To deny, push down, or ignore makes it stronger and eventually the unheard emotion will find a voice somehow...in illness, pain or mental anguish.

**This takes time and daily commitment.** You may reach for yoga, pilates, or simple meditation, but whatever you do, do it *daily*. Feel your feelings, and in this way, they release their grip on you. You will NOT make them bigger. Allow them to breathe and disappear.

**Then practice this awareness** in *every day workings*, like when you are at the grocery store and you see some apples...pick them up, notice your hand reaching out to them, touching them, really feel the apples, and the wonderment of how they came to be, so perfect and nutritious.

**The focus, self-reflective mind is a calm and clear mind.** And the body will follow suit by feeling and acting lighter, without the weight of the buried, stuck emotions that surely take up space in our cells.

**So let's recap here, our list of SPIRITUAL HABITS!** When we live by these every single day, we WILL SEE RESULTS, both inside and out! And you will live in peace, confidence, and in the moment. Lovely!

**Spend 10 minutes Quiet Reflection:** Allow yourself this time. It WILL be uncomfortable at first, as all the thoughts come swirling about, but you will eventually be able to understand and harness that inner Guide, in time.

**Use your POWER WORDS:** put these on paper, or write them on your wall. Say them to yourself as you walk through your day, and as you train!

**Hand to HEART:** Practice *Gratitude* every day for being able to move your body in these ways. When you enter a gym, hand to heart, and say a prayer of thanks.

**Change your BELIEFS:** start re-writing your beliefs into powerful statements, and read them aloud each day! You ARE your beliefs, so let's get to the bottom of it, and change it!

**SPEAK your Emotions:** if only to yourself, but put a voice to those emotions. Once heard, they can rise, and dissipate. You deserve freedom and clarity!

**WALK as if...:** When we envision what we WANT, and keep that focus every day (that's the hard part), the Universal energies start moving about to bring those physical desires into your life. Really! But don't ask why or how, or try to control it! That's the KEY!

**Arms WIDE OPEN...:** What you resist persists. If you're having a lousy time, and you can't change it, then allow it to 'be'. This too shall pass. Often we struggle with wanting to control things, but sometimes, we MUST let go. That's the other side of FREEDOM!



## A Closing Message from Karen

I trust you enjoyed this **Living with Spirit** E-booklet, *one of several* in our Healthy Living Series, for the Warrior Woman on the Path to health, healing and wholeness.



**If you doubt the presence of Spirit, it doesn't matter.** It's like gravity—you can believe in it or not, but if you jump from a building, you WILL fall. So it's best to accept and learn these Universal Principles of Spirituality, in order to move into your greatest, grandest version of yourself!

With time and patience, and an attention to your inner Intuition, you will learn the language of Spirit, and come to hear its whispers (don't wait for it to ROAR, that is usually when a health crisis happens...because we didn't heed the hints).



**We are ALL Warrior Women on the Path**, all striving for the same thing—love, acceptance, clarity and purpose. Know that you matter. Know that you ARE enough.

With much love and gratitude,

*Ka*



## PSST—Does this sound like YOU?

- Have you had a lengthy diet history over the years?
- Do you feel your metabolism has slowed down over the years?
- Do you find that what worked before for weight loss doesn't work anymore?
- Are you doing Keto, Fasting, Weight Watchers but still not seeing results?
- Are you an emotional eater?
- Do you have unresolved or continuous stress in your life?
- Are your biomarkers in peril- blood sugars, blood pressure, thyroid or other?
- Do you feel you've plateaued in your weight loss?
- Are you on a HIIT program or Whole-body program but not seeing results?
- Are you doing lots of cardio to try to lose weight?
- Do you see others losing weight / getting results and wonder why you are not?
- Are you experiencing hormonal ups and downs?
- Do you often feel ashamed about your body, your weight and / or your health?
- Do you often say to yourself *'I know what to do but I'm just not doing it?'*
- Are you ready to Step Out with your best Body and best Life?

**If you answered *YES!* to any of the above questions, I have good news for you!**

**NEWS FLASH –It's NOT your Fault!...and you CAN get unstuck!**

Book a **complimentary Body Breakthrough strategy** call with me and let's get you UNSTUCK!



I'd love to support you!

[www.warriorwomanfitness.com/apply](http://www.warriorwomanfitness.com/apply)

A handwritten signature in black ink that reads "Ka".