

MAKE THIS YOUR BEST LIFE

GUIDEBOOK

A 27-Day Practice Guide

JANICK LÉONARD

Welcome

I am so thrilled to see you here!

Wherever you are in your life right now, this journey is about embracing yourself and giving YOU the tools to connect with your own power.

If you have the inner knowing that there must be more to life, that you can feel empowered to fulfill your purpose and you believe that there must be a way to accomplish more in the world in a meaningful way, you will probably find answers in the 27 days to Make This Your Best Life program.

This program will guide you to look at your life in a new way.

This process is not meant to “fix” you within a process of psychotherapy and trying to point what is going wrong with you. It will not show you why you are not where you want to be right now.

It is more about forgiving yourself for having been confused by everything that is out there. Acknowledging where you are and seeing the real potential for growth in every aspects of your life so you too, can start getting what you really want, impact the world in a positive way and accomplish great things, mindfully.

To start this journey all you need is a strong commitment to do the work and take the 10-15 minutes a day, everyday, to transform your reality.

So first, grab your journal and write down your goals and dreams. Try to answer the following questions: 1. What did you always want to achieve, get or create? 2. What is the recurring thing that you want to accomplish and always seems in the future? 3. Who are you for others? What are you recognized for?

Your answers are really important... I am not saying that they are what you REALLY want... I am just saying, they will help you get clear on what you REALLY want!

I'll see you tomorrow! Janick

Begin with intention

- What have you always wanted to achieve, receive, or create?
- What is the recurring aspiration that still seems to be in the future?
- Who are you for others? What are you recognized for?

Let your answers help you become clear on what you truly want.

Your 27-Day Journey

Each day begins on a new page. Move through the journey at your own pace, returning to any practice whenever it supports you. Every meditation link in this guide directs to makethisyourbestlifebook.com.

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DAY 25 Awareness and Possibility

DAY 26 Self-Discipline and Nourishment

DAY 27 Continue the Journey

Day 1

Getting Real

Here we are at day 1 of this journey. Today is about getting REAL. It is about letting the veil of illusion be lifted...

Everything that makes your life what it is the moment you wake up until you fall asleep is made up of your beliefs. You have constructed your life around those beliefs and everything that you see is more real than your connection with your Soul.

You have made your five senses your compass for this life. You know you have intuition, you know sometimes you experience synchronicities, you even might have had, «supernatural» experiences... but you came back to this 3D reality reinforcing your belief that this is it... this is your life.

You even think these experiences are just random and cannot be something you would expect everyday, like you'd expect to get your coffee machine to make your morning espresso the moment you get up and going.... your morning routine is «business as usual» with your five senses. This is what you expect and this is what you GET. You are on auto-pilot. Every single day.

So for today, you will start with a meditation to help you connect to the sensations in your body. As simple as it might sound, being aware of the sensations on or in your body can help you detach from this 3D reality and help you become more aware, awake and conscious on all levels of your being, not just on the physical level.

TODAY'S MEDITATION

Body-awareness meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What sensations or insights did you notice while becoming present?

Day 2

The Breath

Fantastic! We are at Day 2 of the journey...

Today is about the BREATH. It is about connecting with the cosmic energy through your breath... we are laying the foundations for you to become aware of yourself, your environment and become open to new possibilities for your life.

Awareness is the key when you want to cultivate and build your connection with your soul. When you are aware and awakened and the veil of illusions is lifted, you can manifest your heart's desires.

Where you bring your attention is where energy flows. So whenever you put your attention on the movement of your breath, all of your energy is directed there, in and out of your body. When you focus on releasing blockages, pain or discomfort out of the body, you can and will, direct the energy to move and transform.

Controlled breathing, what we call Pranayama in yoga, pushes energy to move and ascend along the spine. The scientific explanation is that the spinal fluid, when the correct breathing is practiced, moves up along the spinal cord - faster than its usual rhythm - and pushes through each energy centers until it reaches the pineal gland. When that happens, a burst of melatonin is diffused from the gland. In that moment, the person can have an extrasensory perception experience...

This is not «esoteric non sense stuff» even though it might feels like it... this has now been measured and can be explained scientifically. We have measured how the brain waves change during those experiences and we can explain what is happening in the body.

When you think about how your breath can transform your experience of life, wouldn't you consider putting more attention to it? Every single day?

So for today, you will do the meditation called THE BREATH to help you connect to the natural flow of your breath. Once you become aware of your breath you can then move on to controlled breathing techniques. I only teach these techniques in live workshops.

TODAY'S MEDITATION**The Breath meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

How did your breath feel before and after the practice?

Day 3

Responding Rather Than Reacting

I hope you are doing well!

We have been exploring with sensations and breath.... now we are going to look at the things you can control in your life.

Yes, indeed, there are some things you can control.

You can control your choices and your reactions.

At every moment you juggle life situations that are all created either by you, by the people around you, your family or in your social circle or your professional life. Sometimes, these situations are enjoyable, sometimes they are really challenging.

What can you control?

Your reactions.

So we first put our attention to the sensations in our body, then we looked at our breath, can you see the link to the way you react to stressful situations? You'll feel a physical reaction, your breath will become shallow and your mind will imagine all sorts of scenarios...

Your mind is the part of you that is creating and feeding your reactions. The more you train yourself to detach and become the observer of your reactions, the more you will be free from your mind being the master of your reality.

So for today, you will do the meditation called REACTION TO EMOTIONS. You will learn how to observe your reactions. I will introduce you to a way of being aware of how we react to emotions. Every person has their own unique way of feeling joy or anger or any other emotion.

I will guide you to feel two strong emotions; the first one you might identify as being a negative emotion, and the second one as being positive.

The more you observe yourself during this journey, the more you will be able to recognize your reactions when they appear in your physical body. Becoming AWARE is about being able to notice, observe and let it pass through you without resisting. By observing your reactions without getting involved, you'll find that they dissipate faster.

TODAY'S MEDITATION**Reaction to Emotions meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What did you observe about one emotional reaction today?

Day 4

What Do You Really Want?

We're diving into your desires today!

What do you Really want?

When all our needs are met, we can bring our attention to our contribution to this world. When our basic needs are fulfilled, we usually have this desire to use our talents to support our communities. When all our desires are fulfilled, we naturally have the urge to help and give back.

So beyond the food, the clothes, the house, the car, the healthy body, the social status and the exotic travels, what do you REALLY want?

When you think about it, you see that there is so much stress in everyday life that is coming from your unfulfilled aspirations and desires. So if you give yourself the opportunity to connect within, every single day, you give your soul a chance to send you insights on what is your purpose. Insights might be coming as ideas or as desire and they are more vibrations than matter.

Usually, when it comes from your heart and soul, it doesn't look like a house, a car or a specific goal! So every time you get that kind of desire, it might be more from your ego...

Today, I suggest you do the WHAT'S REAL meditation again. It's the first meditation we did. And if you get impatient and frustrated about the way things are in your life or things that don't go your way, go back to the sensations in your body...

TODAY'S MEDITATION

What's Real meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What desire feels most true when you listen within?

Day 5

The Pause Before You Choose

Yesterday, you explored what you truly want. Today, create a little space between an impulse and the action that follows it. This space is where choice becomes available.

When something irritates you, when a plan changes, or when you feel rushed, pause before deciding what to do next. Notice where the reaction first appears in your body. Is your breath shallow? Are your shoulders tense? Can you allow the sensation to be present for one full breath before you respond?

This is not about suppressing an emotion or becoming perfect. It is about recognizing that you can observe a reaction without immediately becoming it. With practice, the pause becomes a compassionate way to return to yourself.

Today, choose one ordinary moment in which you will pause, breathe, and make your next choice consciously. In your journal, record what you noticed before and after the pause.

TODAY'S MEDITATION

A meditation of your choice

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Where did you create a pause before responding?

Day 6

Stress and Gratitude

What do you stress about?

What triggers you?

What gets you angry or upset?

What is the most stressful thing in your life right now?

The origin of your stress usually comes from stories that are in the past or the future. They are NEVER in the present.

We often stress about time, deadlines or we put pressure onto ourselves about achieving a goal on a specific date.

So when you meditate, you enter the no-time zone and you can experience the present moment. It is easier to reach a state of peace and calm when you allow yourself enough time for your meditation. You can also have a timer so during your mediation you won't always be thinking about the time you have left!

If the origin of your stress is health related, I find this experience the most challenging to stay in the present moment. Why? Because when we are sick, we feel the pain, the discomfort and it is always in our minds. It is easy to feel scattered.

One of the best way for me to get back into the present moment while I am sick or my kids are sick is by cultivating an innner state of gratitude. It is a wonderful way to elevate your vibrations and to focus on the blessings you have in your life even when you or your loved ones are sick.

The Heartmath institute says: «An effective way to improve mental, emotional, physical and spiritual well-being is to invoke and sustain sincere appreciation. The greater your capacity for sincere appreciation, the deeper the connection to your heart, where intuition and unlimited inspiration and possibilities reside.»

I suggest you do one of the first three meditations we have done so far. You can choose the one that is the easiest for you. Connect with the power of your heart to get back to your Highest Self when you are facing everyday challenges.

TODAY'S MEDITATION**A meditation of your choice**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Which thought, deadline, or situation has been creating stress?

Day 7

Presence

Are you here and now while reading this?

Or are you just scrolling to get this done so you can move on to the next thing?

Do you believe that by just surfing and rushing through the list of things to do, that you will get somewhere faster?

What about being totally immersed in the experience without escaping the moment?

What about refining your attention so you live each moment fully?

You get to meet and interact with so many people in a day, and have you noticed that it is extremely rare to meet someone that will actually take all his or her attention and time to really listen to you with a high quality of PRESENCE.

You choose the way you live each moment and sometimes yes, you will probably have this quality of PRESENCE with your kids or your beloved.

But most of the time, we are not fully present. We think about the grocery list, then something pops up that we forgot about while writing an email, then our Facebook or Instagram feeds are just inundating us with information that we didn't really ask for, and are taking our attention away from our intention to actually post something meaningful...!!! Anyway, life throws many unwanted things at us that keep us in a chain of reaction to external stimuli instead of choosing how we want to feel and live our life each and every moment...

What would be your experience of life if you would raise your vibration for every single task you accomplish during your day? You decide how you will immerse yourself into the unimportant small things. Either you rush through them or you become grateful, content, peaceful and happy for each moment... you can choose to fall in love with your life, as it is, this very moment!

Your quality of presence is independent of your outer circumstances. You always have the choice. Dr Joe Dispenza, author of You Are the Placebo says «By regulating internal emotions independent of external conditions, this is how we begin to master our environment.» We can all have many good reasons not to be fully present... we perform insignificant tasks every single day.

When you understand that it is not what you do but what you are broadcasting in this moment, that makes the difference, your life transforms, possibilities emerge and answers to: Why am I doing this? What is my purpose? Why am I here? start to appear...

Today we are going to practice the PRESENCE meditation.

TODAY'S MEDITATION**Presence meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

How did your experience change when you gave your full attention to one moment?

Day 8

Body Awareness

Today, we are exploring how we can become fully aware of the sensations in our body.

Since 2006, I have been sharing how meditation can bring you into a state of coherence. I call this the «ZONE» and this is measured with the Heart Rate Variability (HRV). A recent Harvard study says: « It is fascinating to see how HRV changes as you incorporate more mindfulness, meditation, sleep, and especially physical activity into your life. For those who love data and numbers, this can be a nice way to track how your nervous system is reacting not only to the environment, but also to your emotions, thoughts, and feelings. »

So coherence is when you are in the ZONE where thoughts and emotions arise in your mind and body and you are not reacting to them.

Each of us feels emotions on a physical level. How do you feel anger, joy or sadness in your body? One person might react to fear by having sweaty palms, and someone else could have a knot in the stomach. Think about joy. Where do you feel joy in your body?

You can train yourself to be aware of these sensations as they arise, and create inner peace instead of reacting to those sensations. You can detach yourself from the actual physical sensations by observing them without judging.

When you have the ability to observe yourself (mind and body) without getting involved (heart), you can master your life (and create Coherence). You will be able to connect your heart's desires with your mind and actually teach your body how you want to be in this world.

We are doing the SPIRAL meditation today. With this meditation, you'll be able to start noticing how your body react to a certain thought or a certain feeling. We will practice this meditation for a few days. The more you practice the more you'll be able to identify even the smallest sensation in or on your body.

TODAY'S MEDITATION

Spiral meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Where do you feel joy, fear, or tension in your body?

Day 9

Simplicity

What does it mean for you to simplify your life?

If I were to ask you to let go of the need to clutter your environment, would that be more simple for you to have less?

And if I were to ask you to let go of the need to perform and please everybody? You would probably say, well that's not really simplifying my life, it is just a way of being...

To me, the art of simplifying is a way to focus on what is important and essential to live a conscious life. Because, the more things we have, the more space in our head it takes and the more competitive we become and the more goal oriented we become... and the less conscious we are because our mind and ego are running our lives.

When I look back, I see that many times I was aiming for one specific goal and I didn't take the time to enjoy the ride. And often when I was focused on performing, I see that it was more coming from my ego than my heart and soul. I often lost myself trying to please others.

Some of my core values are family, authenticity, integrity and kindness. And I try my best not to stress over material stuff, social recognition or pushing myself to reach a goal. I practice being content in this moment.

Think about Mother Teresa, Gandhi, Martin Luther King or the Dalai Lama.... who do they inspire you to be?

What are your core values? What gets you really excited? What makes you feel good and happy?

So today, think about ways you could simplify your environment by maybe giving away some of the things you no longer need. Also, take the time to think about your goals and make sure they don't add more stress to your life. Keep it real and simple...

And remember that simplicity doesn't mean lack of abundance...

We are doing the SPIRAL meditation today.

TODAY'S MEDITATION**Spiral meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What could you simplify in your environment or commitments?

Day 10

Rest and Renewal

How is the quality of your sleep?

Depending on what you are experiencing in your life, your sleep pattern change from time to time. If you're a new mom, you probably don't sleep much, if you have a really hectic life with high stress, you probably have problems sleeping through the night and if you are suffering physically or emotionally you might have problems sleeping as well.

Or maybe these days are wonderful, you are balanced in all aspects of your life and you sleep well feeling rested and energized when you wake up.

Insomnia is one of the triggers for anxiety. The less you are sleeping, the less you are able to be grounded and present. Also, when you are tired you can be more susceptible to finding anything stressful.

It is crucial to sleep well, for your physical, mental, and spiritual health. When you are suffering from insomnia or don't sleep enough, it will be more difficult to live a conscious and inspired life. So if your intention is to raise your vibrations and live mindfully, it is a priority to find a way to sleep better.

As mentioned in the Harvard study on Coherence, poor sleep affects your ability to manage stress in a healthy way. In my book, *Make This Your Best Life*, I share some practices that can help you sleep better. Mindfulness meditation, the practice we are doing in this program, is definitely one that can help you keep a regular sleep pattern.

If you experience insomnia or you are exhausted because you do not sleep enough, take the time to challenge your daily routine and see if there is something you could do differently to improve your sleep cycle.

For me, it meant to give up drinking wine... Even just one glass and I would wake up at 2am and not being able to go back to a deep state of sleep. So even just two or three nights of that per week and I was exhausted. I identified the problem, made the difficult changes and now I am sleeping like a baby and when I wake up for my morning meditation, I am rested.

To live consciously and being able to have a regular morning meditation was more important to me than the glass of wine at night.

You will practice the SPIRAL meditation again today. The more you practice the more you'll be trained to get back to sleep in the middle of the night!

TODAY'S MEDITATION**Spiral meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What one change could better support your rest?

Day 11

A Mindful Lifestyle

When you read about how we are coping with stressful situations, I find it alarming to see that so many people don't know how to cope... it has become overwhelming to deal with today's challenges and it is sad to see that most people will go for medication.

«Mood and anxiety disorders are among the most common types of mental disorders in Canada and have been shown to have a major impact on the daily lives of those affected. In 2013, an estimated 3 million Canadians (11.6%) aged 18 years or older reported that they had a mood and/or anxiety disorder. » Ref

«Consumption of antidepressants in Canada is the third-highest among 23 developed countries surveyed by the OECD»

When you are experiencing anxiety attacks or feeling stressed out regularly, you need to evaluate what is increasing your stress level and what can help you feel more at peace.

I do believe that medication is the best option for many people who are going through some challenges but I find that we are too quick on getting on those pills instead of looking for healthy ways to live through difficult times.

We don't take the time to explore meditation, breath work, doing a psychotherapy or making some lifestyle changes because it is so much easier to just take pills. We don't have to change anything about ourselves, we're just ignoring the signals and we pretend we are happy... well, that's what we see on social medias anyway!

I am not saying that everybody on antidepressants are not doing the internal work and trying their best to get better, I am just making a point that if we are amongst the highest antidepressants users, there is something we need to do differently.

You can dramatically improve your life by modifying your lifestyle. The regular practice of meditation can help you achieve that. But you have to do the work. Every single day, take this time for yourself, you deserve it.

You will practice the SPIRAL meditation again today.

Honestly look at your lifestyle, and make a commitment to yourself to transform one thing that is no longer serving your intention to live mindfully. Then grab your journal and write about what you intend to do.

TODAY'S MEDITATION**Spiral meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What lifestyle choice would best support the way you want to feel?

Day 12

Compassion Through Change

We all go through these hormonal changes in our lifetimes, and it is our capacity to manage them that makes the difference between reacting uncontrollably and calmly being aware of the changes. Observing your reactions will allow you to detach yourself and help you accept these phases in a more peaceful way.

Hormonal fluctuations can have a great impact on the way we experience life. Everything could be perfectly fine, but our hormones are making us miserable, angry, impatient and very reactive. Even the most zen person cannot really control these ups and downs... it's happening without our consent!

I believe we first have to accept that sometimes, we are not at our best. Then, when we observe ourselves reacting, we can choose to be more compassionate towards ourselves. We are not perfect and we try our best to be the best we can be... but sometimes it's just too overwhelming!

Think about when you were a teenager and your hormones were bringing you in all different emotions... then if you have ever taken medication, that could have had an impact on your mood... and if you had a baby, you probably remember the days after when you felt all emotional... also if you have lived through PMS, months after months, those can be brutal on the way you deal with stuff... and then comes menopause (andropause) and all of its symptoms that seem to last forever!

The point I want to make here is that we don't have to be SUPERWOMAN (or SUPERHERO)... we don't have to be perfect, strong, peaceful and the best we can be ALL the time. If we allow ourselves to honor our femininity (or masculinity) and be as loving as we can be, by accepting that yes, sometimes we feel like we're not ourselves anymore, we can move on to the next step, which is taking mindful decisions about our lifestyles.

There are many ways that hormone levels can be disrupted in the body. These include things like additives in the food, chemicals in cleaning products and cosmetics, sugar, pollution, reaction to stress (the constant reaction to the sound of the text or e-mail coming in) or even just thinking about an upcoming deadline. Actually, the lifestyles of today have the effect of continuously and excessively soliciting the body's endocrine and nervous systems.

By knowing this, we can make healthier choices to support our intention to create the life we truly want for ourselves.

Try to identify how hormonal changes manifest in your body. The next time that you feel a wave of stress or something is out of synch over your entire body, observe the physical sensations instead of mentally reacting to it. Train yourself to cultivate inner calm while letting the wave of stress pass through you.

We are doing the SPIRAL meditation today.

TODAY'S MEDITATION**Spiral meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

How can you be more compassionate with yourself through change?

Day 13

Acceptance and Self-Compassion

Awareness also means meeting yourself with kindness. There are days when your energy is low, your emotions are strong, or you simply do not feel like yourself. You do not need to judge these moments in order to learn from them.

Acceptance is not resignation. It is the willingness to acknowledge what is here now: a sensation, a mood, a need for rest, or a difficult thought. When you stop fighting your inner experience, you can begin to respond to it with clarity.

Today, notice one place where you have been demanding too much from yourself. Offer yourself the same patience you would offer a friend who is going through a difficult day. Let your practice be gentle, steady, and honest.

In your journal, complete this sentence: “Right now, I can support myself by ...” Then choose one small, caring action that honours your answer.

TODAY'S MEDITATION

Spiral meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Right now, I can support myself by ...

Day 14

Detachment

When we explore equanimity, we can think about the impermanence of everything we experience in life and how we can better let them go when it's time.

We are creatures of habits; we like to stick to our daily rituals like the way we will brush our teeths, the way we get to work or where we put our mat at the yoga class. When it is familiar, it feels safe.

So whenever something ends, you have to adapt. Changing your habits takes effort because you are out of your comfort zone, in the unknown.

So learning Detachment is a skill that can help you transition into a new life that you truly want for yourself. Because when you think about it, your habits -good or bad-are running your life right now.

So today I would like for you to list the habits that are not serving your higher purpose right now. What is keeping you in this circle of doing the things you are doing that are keeping you from expanding and emanating who you are? What do you think is shutting off your inner Light?

What do you think you control in your life? If that was disappearing now, how would you react? Would it be easy to detach yourself from it? What would you create instead?

...You cannot control things, situations or people around you, and you have to let go and detach yourself from the need to control everything.

Actually, in a way, you do control your experience of life. Because you make the choices on how you will live each day, how you will react when something comes to an end and how you will manifest your heart's desires when everything has ended.

You have to make space and emptiness to create what you really want. Sometimes it is on purpose and sometimes it is a surprise.

If you look at artists and how they create... Let's say a painter... he cannot create something new out of a painting; he would have to paint over it, trying to cover up what's already there... He needs a blank canvas to really express his creativity.

The artist creates out of nothing and it is the same for us. It will be easier for us to let go of what we have created and focus on something new than to try to fix something that's not working for us.

Human beings are not so good with emptiness... someone loses her job, gets a divorce or goes bankrupt and it's the end of the world. She is in a CRISIS. We are not very good at detaching ourselves from who we used to be... our ego is always reinforcing the image we created for ourselves and when we lose it, we can't let it go.

If we were to react to a life crisis with equanimity, we would see opportunities to create something better, more aligned with who we are. Our sadness would dissipate and be replaced by possibility, inspiration and gratitude.

Learning to detach is a work of a lifetime, and when we train ourselves to detach from the smaller things - like the sensations in our body - we can cultivate resilience and be able to go through life transitions more peacefully.

Making This Your Best Life is also about your capacity to detach from your identity and create something out of nothing.

Keep doing the SPIRAL meditation... you might not need the audio... you can just put a timer for 5 or 10 minutes and do your own spiral.

TODAY'S MEDITATION

Spiral meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Which habit is no longer aligned with your higher purpose?

Day 15

Know Thyself

You are entering the realm of your Soul...

Know Thyself The only true wisdom is in knowing you know nothing. -Socrates In the next week, you will inquire within to get to know yourself better. Because if you want to shine your Light, if you want to know what you really want and have a meaningful impact on the world playing Your part of the grand scheme that is Life, you first have to know and accept who you are. So let's dive in! Who are you when you are not being a mom, an entrepreneur, a colleague, a friend, a sister, an athlete, etc.? Do you know who you really are when you are not playing the roles of your life? When you know yourself and you fully embrace who you are, you can live more consciously. Finding your true self will awaken you in a new way. Peace, joy, and wisdom will emanate from you when you know and practice being who you really are. By knowing your Self, you will become more stable, grounded, and happy. Even if you're older, you can explore about who you are and you will uncover beautiful things about your essence. I would like to share an amazing meditation that is extremely powerful to bring yourself into your highest state of being... When you are in silence after your new meditation, take some time into stillness to just BE in the moment, breathe normally and rest in this peaceful space for a moment. Then bring your awareness into the space of your heart. Notice the space your heart takes in the vast field of energy. Be aware of the energetic field your heart is emanating. Feel the space around your heart. Then bring someone or something that you cherish - like when you hug your kids, or when you pet your dog or something that makes you feel whole and alive and makes you feel positive vibes like appreciation, gratitude and love. Bring this feeling into the space of your heart. Stay there for as long as you like. By adding this part after your meditation, it will bring you into heart coherence. Enjoy this moment. You will practice the new Anapana meditation today. This meditation is meant to train your attention muscle. We will practice this meditation for the next four days. Some people find it easier than any other meditation, and some will find it very challenging. Whatever is your experience, stick with it, and learn to discipline your mind by being fully engaged in this work.

TODAY'S MEDITATION

Anapana meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Who are you when you are not performing one of your familiar roles?

Day 16

Heart Coherence

After yesterday's meditation, did you find yourself being more at peace?

When you bring appreciation and love into your heart, there is a calming effect that goes beyond relaxation. You are experiencing coherence.

When that happens, you are operating effectively. Your heart sends coherent signals to your brain and you have a clear mind with a sharp focus.

On the other end, when you are relaxed, your heart beat slows down and in some situations may actually hinder performance. So coherence and relaxation are not the same.

Let me explain what is Coherence so you can understand better what it means and what it does for you.

Coherence is a state of optimal functioning in which your physical systems are in synch and balanced and your heart, mind and emotions and your nervous, hormonal and immune systems are working in a coordinated manner. -HeartMath Institute

I want to emphasize that when you are in coherence, you are peaceful, content and happy. In a state of coherence you have the heart-brain connection and in this state, I believe you get clear insights from your Soul because it is the heart that is telling your brain what to do.

The connection is harmonious and you can become clear on your purpose.

So I see peace within ourselves as Heart Coherence.

If we find peace within us, that means we are peace.

Before anything else, peace inhabits us. Before we clutter our lives with things, stuff, and roles we take on, we are peace.

But how can we get it? How can we achieve peace? How can we live at peace, when our lives are so stressful and when we go through stressful events on a daily basis? How can we be at peace?

Practice your meditation and connect with your breath first. Then bring your awareness around your heart... connect with peace. You are peace.

Making This Your Best Life is learning to self-regulate and cultivate peace.

Today we are doing the Anapana meditation.

TODAY'S MEDITATION

Anapana meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What helps you feel alive, peaceful, and loving?

Day 17

Create, Don't React

When I react, I experience stress. When I observe the sensations while experiencing emotions, I diffuse the reaction and I am more peaceful.

If you let the stress get to you, you are no longer able to think clearly because no information gets to your pre-frontal cortex. When stressed out, all the blood rushes into your primal brain and all over your body to be ready for a fight.

If you want to create your life in a more conscious and mindful way, you have to teach yourself to observe instead of react. In that moment, your heart can be in charge and you can create a new experience,

If you react or resist a situation, your mind starts spinning with irrational thoughts about what might be coming up, what should have happened, and what should happen in the future, instead of being in the present.

The mind always brings you somewhere in the past or the future but never in the present. Awareness resides in the present.

Dive within yourself, to create from an authentic place without reacting to the thoughts that keep you away from being present and aware.

When this happens, I believe you can create anything from there. In this space, where you are in the present moment, the no-time, no-thing, you connect with the quantum field, where insights emerge and where you can bring your focus on an idea and keep your energy there.

«In physics, the observer effect is the theory that simply observing a situation or phenomenon necessarily changes that phenomenon»

I have to say that I found many answers to my spiritual questions reading about physics, the quantum field and the observer effect. But I am getting ahead of myself! The idea of being aware is the first step. Then you can move on to step 2 and 3 and play with the field.... we'll explore deeper once you have completed this 27 day of cultivating awareness.

Making This Your Best Life is about creating instead of reacting.

Today we are doing the Anapana meditation.

TODAY'S MEDITATION**Anapana meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What would you create from a place of presence rather than reaction?

Day 18

Shine Your Light

Did you ever say to yourself, I don't recognize myself!

Day after day, year after year, we overload our lives with responsibilities, and we often forget who we really are.

At one point, you may realize you have a job you don't really like, or are in a relationship that you didn't really want, or you don't really like yourself. Maybe you look back and are frustrated because you are living a life that you don't feel you created or wanted in the first place. You are stressed out, impatient, disappointed, resigned, and anxious. What really happened?

You have done a lot without thinking about who you really are or what you really want. You are disconnected. Your heart and your brain don't really sync with each other!

And the good news is that it is never too late to start living YOUR life!

Sometimes I hear people say.... well I kinda like that job, it's not what I am passionate about but it pays the bills... this is totally great! You don't have to justify your choices... It's about your positive vibes and if you are connecting with your heart, you will find a way to shine your light no matter what you do or where you are.

Social medias and many business coaches out there are forcing us to think that our dream life has to be: Living from my Passion making a lot of money... well it's totally the opposite of what I want to share in Make This Your Best Life.

We are so beyond that!... I believe in getting up in the morning and knowing that I am making a difference in a meaningful way... it's not about making money or creating your dream job.

It's about shining your light, using your talents to transform the world to what is authentic and genuine. It's all about awakening. If you are awake, you will help awaken people around you. If you make conscious decisions and mindful actions, people around you will follow your lead...

Trust me, the world needs you!

Making This Your Best Life is about shining Your Light.

Today we are doing the Anapana meditation.

TODAY'S MEDITATION**Anapana meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Where can you let your light shine in an authentic way?

Day 19

Making Space Within

Have you ever had the experience of feeling empty inside?

The feeling that you are looking for love to give and there is none?

Or you feel dissatisfied, meaningless or worthless?

When you feel empty, the external world tempts you to believe that you need to get something to fill the void.

You may try to fill this void with food, alcohol, material goods, sex, working out, looking to be constantly entertained or in the company of others, or even by working too many hours—anything that can keep you away from being alone.

When you experience this void, this feeling of being empty, give yourself a chance to inquire within and discover your true essence, that which doesn't need distractions to be. You could find your talents and gifts and be inspired by unique projects that are really inspiring to you.

Next time you feel the urgency to fill a boring moment and you think you need to be distracted by external things, start by observing where that void is coming from. Think about why you are trying to escape this experience.

Give yourself a chance to be with this emptiness and observe this feeling, this emotion taking place in your body, without judging or reacting. Just let the emptiness exist within you.

By letting those urges come and go, only observing them instead of chronically reacting and trying to fill the space, you will have access to the silence and emptiness that are only possible when you surrender and let go of the need to always fill your life.

In this emptiness, there is awareness.

Making This Your Best Life is accepting what is and shift your awareness to your highest Self.

Today we are doing the Anapana meditation.

TODAY'S MEDITATION**Anapana meditation**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What changes when you let a feeling of emptiness be present?

Day 20

Being True to Yourself

Do you sometimes modify your behavior to please someone?

Do you project an image of yourself - mostly on social medias - that is not really who you are?

When are you the most comfortable with yourself and feeling free to be who you really are?

Because not being who you really are disconnects you from your purpose. You are always reacting to what others might think of you instead of staying true to what you really want to express.

This one is difficult to admit because, in a way, we are always playing a role and being different depending where we are and who's with us.

If I am with my mom, I'll act differently than when I am preparing to teach a meditation workshop.

And it's normal to be different with different people because they do expect something different from us... just like the research on Teachers' Expectations Can Influence How Students Perform. (ref)

Rosenthal discovered that the teachers' expectations of these kids really did affect the students. "If teachers had been led to expect greater gains in IQ, then increasingly, those kids gained more IQ,"

So let's say, I am in front of yoga students that really like the way I teach and they trust my ability to help them grow, it will likely be the experience we'll all have... if on the other end, I am in front of a group of students, that don't know me and are «trying» my class, the experience will be totally different for them and for myself. I'll be a different teacher even though I am still being me. I will act much more relax with my regular students and I'll be more formal with the ones I don't know...

That is why it is so important to know who you are and embrace yourself.

Because if you want to discover what you really want and transform your life, you'll need to accept who you are.

Be unapologetic about who you are. No more justifications. No more pretending.

You do not need to be perfect; you just need to be true to yourself.

I urge you to show the world who you are. Let your light shine.

Today we are doing the Anapana meditation for 3 minutes followed by the Spiral.

TODAY'S MEDITATION**Anapana meditation followed by Spiral**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Where can you be more truthful and less performative today?

Day 21

Self-Love

When you embrace yourself and you accept everything about who you are, you can really start to LOVE yourself.

Self-love brings us back to what is essential.

Think about someone in your life whom you love dearly. What kind of emotions does that bring up? Now compare how it feels with how you react when you think about yourself. Is it different?

Do you love yourself? Do you love who you are?

Most of us don't care enough about who we are. We put everyone else first, we ignore our needs, we feel bad when we take some time off by ourselves, we don't like the way we look (our bodies, our hair, our personalities etc.). We are never good enough, never important enough or deserving enough.

How would you experience life if you were to love and embrace yourself as much as you love your kids, or your partner, or the person you cherish the most in your life?

When you cultivate self-love, you feel more open and available to others.

Today's meditation is so powerful! I have shared this meditation in the retreats I offer, and every time there has been a breakthrough for someone in the group. People realize how important it is to love themselves.

This meditation is nourishing; it is soothing and reassuring. That's why it supports you to let go of stress, because when you feel safe and loved and spiritually nourished, you become more solid, more grounded, and more confident in life.

Today we are doing the meditation on loving-kindness, and appreciate this wave of love toward yourself and your loved ones.

TODAY'S MEDITATION

Loving-kindness meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

How would you speak to yourself from a place of deep love?

Day 22

Deepening the Practice

By now, you have probably already realized that silence, calm, and time spent in meditation every day are key. Five minutes a day is better than thirty minutes once a week.

After twenty-one days of regular practice, it is now easier to keep practicing meditation and take that essential time for you every day.

Do you see the positive impact that taking this time for yourself every day has on managing your schedule? The calmer you become, the clearer your thoughts are. Your actions become mindful and conscious on all levels and in all areas of your life.

This is where we start to open up to the possibility that when we become aware, we can tap into the real power of meditation.

Yes you can use meditation to manage stress but meditation is a powerful tool you can use to create the life that is vibrating within.

I want to challenge you to bring your meditation a little deeper for the last few days we are going to be together. I want you to really experience full awareness and that may take more than 5 minutes. When you explore the depth of meditation, you need to allow more time for you to enter the gap.

So today and for the time we have left together, I want you to explore the present moment, the no-time you enter while in meditation. When this happens, you will think you were gone for two hours when it is only 20 minutes. And for that to happen, you need to have everything set-up to make sure you will not be disturbed for at least an hour.

What does it look like to be in no-time? Well, you'll know. And once there, take it all in, enjoy it and notice how you feel there.

In this ZONE, where you are in Heart Coherence and fully aware, your antenna is wide open to receive insights from your soul. This is where you can move to step 2 in the 4 Steps to Get What You Really Want... Inspired Visualization.

So go ahead and do the meditation of your choice today. You can do it with the audio or on your own.

TODAY'S MEDITATION**A meditation of your choice**

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What did you notice while remaining in the present moment?

Day 23

Peace with What Triggers You

How Can You Be at Peace with the Cause of Your Stress?

The goal of this journey is not to eliminate the triggers or the cause of your stress. The intention is to learn to live more peacefully with what is at the source of your stress. The more you are at peace with that person, that condition, or situation, the more it will dissolve and the less reactive you will be in the presence of it.

When you react, you are not creating your life. By training yourself to be in the ZONE and to detach from the small stuff that is not worth your energy, you can focus on what you really want.

Being at peace includes the capacity to coexist with stress, being more conscious of it, and letting it be in your life without disturbing your inner state. This is awareness.

I invite you to clearly identify what is triggering you in a negative way. Take the time to make a list of the things or the people that you know trigger stress within you.

Make your list in your journal right away. You know what these things are. They don't take long to identify!

Then, today, you will practice the new loving-kindness meditation.

You will start with sending love and appreciation to yourself and then do the meditation for each person, situation, or condition that is on your list. If you have a very long list, it might take you a few days or even months to complete.

You can do the meditation more than once for a specific person, situation, or condition. Do it as many times as needed. If you have a major issue with someone or a situation, just pick this one issue and do the meditation for as many days as necessary until you feel at peace.

TODAY'S MEDITATION

Loving-kindness meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Which trigger are you ready to meet with more peace?

Day 24

Forgiveness and Release

Forgiveness begins with the decision to stop carrying a burden that keeps your heart closed. It does not ask you to approve of what happened, ignore your boundaries, or deny your experience. It invites you to release the hold that a person, situation, or memory may have on your inner state.

Bring to mind one situation that still creates tension in your body. Notice the sensation without trying to change it. Then, with gentleness, offer yourself understanding for the part of you that has been protecting itself.

If you are ready, extend a simple wish for peace: first toward yourself, then toward the situation, and finally toward the person involved. You may repeat this practice many times. Each repetition is an opportunity to make more room for calm.

In your journal, write what you are ready to release today. Keep the reflection private, clear, and compassionate.

TODAY'S MEDITATION

Loving-kindness meditation

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What are you ready to release with compassion?

Day 25

Awareness and Possibility

Are you really ready to live a conscious life, awakened, aware and maybe experience enlightenment?

I am asking you if you are ready, because sometimes, when worries take so much space in your life, you can identify yourself with the stress and the source of the fears and worries. To let go and release them might be harder than you expected. Can you relate to this?

The way we are and the way we react feeds this vicious cycle. But you may not know how to do otherwise! The fear of being different arises ...

You now know that awareness can be possible within emptiness, and emptiness might be so uncomfortable that you feel the urgency to fill it up...

Awareness is being aware that you are aware. When this happens, there is a world of possibility for you where you can have an experience of enlightenment.

Enlightenment is what our soul wants. It wants to see through the veil of illusions. It wants to know the truth. It wants to be at one with everything.

So maybe that's what we all want but we are not ready to let go of all the illusions, the separation, the individuality that we love so much from our mundane lives.

In the past few days, you've had some time to reflect on all those things, experiences, triggers and emotions from your life. Everything that keeps you from getting what you really want, because it takes your attention away from what's real. It keeps you in the illusion that you are separate from everything out there... and it keeps your mind busy so you won't have to listen and be available for insights coming from your heart.

To manifest your true heart's desires, you need to learn to live differently and allow empty space within you or in your life. And to live in awareness every day requires rigorous conscious attention. As soon as stress takes over your body, you have to train your non-reaction muscle. The more you train, the more you can lift the veil of illusions and the closer you get to Samadhi or Enlightenment.

Enlightenment transforms the person for life. Enlightenment, is not what we think it is... only monks living in bliss in a cave are enlightened. Enlightenment, is an experience where the person has a glimpse of her essence, or the field, or an extra-sensory experience with her 6th sense. Enlightenment is a spiritual awakening that has been measured scientifically. (ref) It is like fireworks happening in your brain, and the brain is transformed for good after that. And that's when your life changes because you see and experience things differently and you are no longer the same person.

So what do you really want? And are you ready to get it... Mindfully?

Do the meditation of your choice...

TODAY'S MEDITATION

A meditation of your choice

Access the practice: makethisyourbestlifebook.com

Journal Reflection

What are you ready to see more clearly?

Day 26

Self-Discipline and Nourishment

The only thing that is keeping people from living a meaningful life is the lack of Self Discipline.

Maybe because they don't value the inner work so much, maybe because they are cynical about following their heart or maybe they just don't think they deserve it!

If you have gone this far in the program, I assure you that you have the discipline to shift your life around. From Achieving to Meaning. From Reaching Out to Connecting Within. From Self-Image to Positive Vibes. From Material Success to Mindful Actions.

When you make the shift, you'll get clear on what you really want.

Today I invite you to reflect on the positive things that have come out of this journey so far.

Take some time to clarify what the triggers are that bring you stress, what the best tools are for you, and which practice you plan to integrate every day. Write them in your journal, if you like.

Remember that on this path, you are training your mind daily and it is as much important to take some time to nurture yourself. Each conscious action, supports your intention to live mindfully.

I invite you to explore how you feel nourished and nurtured, so you can be the best you can be with the people you around you. Maybe you'll want to go for a walk, maybe it's yoga or picking an inspirational card in the morning, maybe it's reading a book, knitting... find something that fills your cup and make sure you allow time, every single day for this activity, even if it's just 5 minutes...

And keep doing the inner work...

TODAY'S MEDITATION

A meditation of your choice

Access the practice: makethisyourbestlifebook.com

Journal Reflection

Which practice will you integrate into your daily life?

Day 27

Continue the Journey

The purpose of this twenty-seven-day journey is to find peace within so you can hear the voice of your heart.

When you are fully aware of the present moment, you will be able to stay in silence and be comfortable with yourself.

I am so grateful for your commitment to consciously create and really own your life. I know that the world—and your world—is a better place because of your contribution and your willingness to manifest your desires.

This practice is a lifetime journey. Know that the more you train yourself the faster you will catch yourself going into stress reactions. If you are stressed out, you cannot create from your heart, because you are disconnected from your soul, your inner light.

You know that you cannot totally eradicate stress. Accept that. But now you are able to see it coming. You are now able to teach yourself to identify how it shows up in your body and immediately go within yourself, where peace is always present. You can cultivate awareness moment to moment.

You are probably starting to reap the benefits of having a daily meditation practice. A meditation practice builds onto itself. The more you practice the more you will see things differently and become more creative with your life. As well, the more you practice the deeper your experience will be. You will understand what a state of flow is, what awareness is, and what consciousness is.

My hope is that you continue on this journey to explore within, so that your life becomes the emanation of that which is shining within you.

And that's why I want to invite you to go a little further on this path. You can check your inbox with an email from me coming a little later today titled: «SPECIAL INVITATION»

And remember that today, and every day following this day, your job is to stay connected to the calm and peace that are within you and to try to not be disturbed by external chaos.

Your job is to cultivate awareness.

And keep doing the inner work...

TODAY'S MEDITATION

Meditation library

Access the practice: makethisyourbestlifebook.com

Journal Reflection

How will you continue cultivating awareness from this day forward?
