



INSPIRATIONAL TOOLS & PHILOSOPHIES

PEOPLE

Eckhart Tolle
David Bercelli
Lujan Matus
Robert Morse
Peter Levine

BOOKS

["Whisperings of the Dragon"](#) by Lujan Matus teaches us to embrace the "Inner silence" referring to the aspect of being an observer to our own mind, emotions, feelings, thoughts and focus on listening to what can't be heard to that degree that all mental activity ceases to appear and we find an inner state of peace. Lujan Matus has a book series of five books which we all recommend for anyone who is interested in spiritual awakening and seeing under the veil.

["The Power of Now"](#) by Eckhart Tolle inspires us to embrace the ability to stay in the present now not having grief/regrets about the past or anxiety/worry for upcoming events. Staying in the present time all day long relieves a lot of tension and is a very good spiritual practice for improving your overall health and to reduce stress levels.

["How to eat, move, and be healthy"](#) from the wise holistic health practitioner Paul Chek teaches us how to find out what your legacy/dream is and how it can guide you through life. This is yet but many lessons we learned through his book and from his advanced training courses. He is also a big influence and a great part of his systems works as a foundation for our personal and professional practice. Nutrition, exercises, self-improvement and how to change your view on life is but a few aspects that this book can inspire you.

["Growth mindset"](#) is a method by Carol Dweck, PHD that focuses on the aspect of seeing events in life as learning opportunities rather than problems and limiting beliefs of our own capacity. By applying an open and fearless heart we can take on the world and see it as a learning field rather than a war zone. This creates a lot of positive mindset that allows us to grow and learn in order to fulfill our mission or to live our lives in peace.

["Waking the Tiger"](#) by Peter Levine, Professor is a great book that emphasizes the difference between animals' stress reactions to actual dangers in life versus modern society time units producing prolonged stress related worries. It explains the biological and psychology of stress in a playful and entertaining manner.

["Why we sleep"](#) by Matthew Walker, PHD is a book explaining the benefits of sleep and how it can heal our body from many diseases and conditions. Matthew Walker is director of UC Berkeley's Sleep and Neuroimaging Lab and has more than 20 years of research experience within this field. A real eye opener for how poor sleeping habits correlate over to bad health.

THE ART OF AWARENESS - FREE ONLINE COURSES (we highly recommend all of these)
<https://theartofawareness.co/>

Relax your mind

Relax Your Mind is a free online course available on YouTube. It is designed to cultivate vitality, motivation, and creativity. It is also an introduction to all future courses at The Art of Awareness. The course includes guided meditation & power naps as well as theoretical videos. If you enjoy this course content then you will love the rest of the products available there.

https://www.youtube.com/playlist?list=PLRSyPumfpWM3mhU7B_IxNep7kHhFETxS4

Facing fear

Facing Fear is the first course in a three part series on how to transform negative emotions into vitality, motivation and creativity. In this extensive course you will learn how to face and overcome fear, not only in theory, but through practical techniques and with the added support of a functional heartfelt strategy.

<https://bit.ly/2ylCcSm>

Master your anger

This course goes to the roots of anger and covers all the practical parts needed to overcome it. This course builds on the course Facing Fear and continues the process of transforming negative emotions into positive energy. If you struggle with either passive or active anger then this course is perfect for you!

<https://www.youtube.com/playlist?list=PLRSyPumfpWM0MzAX0IjmPiuTqfE-VTESI>

GUIDED MEDITATIONS

Breathing guided meditation

"Base Meditation" guided <https://bit.ly/2WC9uUE>.

This is a great meditation to connect to yourself, especially if you feel angry.

Energy clearing meditation

"Waterfall guided clearing meditation" <https://bit.ly/3bR7mii>

Meditation for active minds

"Relax your mind" <http://bit.ly/2P0DCHc>

Use this meditation to start calming your mind down in order to make decisions from your "gut feeling/intuition" rather from your head.

Power nap meditation for optimal recovery if you cannot sleep at night

"Power Nap" <https://bit.ly/2YlvhOb>

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