

## The Enrich Your Life Series

### *Manifest Holistic Health: Mind, Body & Spirit*



Steps To Improve Your Health. Witness Positive Change In  
Mind, Body & Spirit Immediately!

©Sherry Gaba, 2011. All rights reserved. No part of this article  
may be reproduced without the author's permission.

## **Overview**

**In order to see positive change manifest in your life, it is crucial to nurture your health. This includes empowering your mind, body & soul. By taking care of these elements, you are opening yourself up to the amazing things the Universe has in store. You will have the energy to put towards making your dreams come true. Your mind will be expanded, able to accept the wisdom of the Universe. Your spirit will be at peace, comforted by being in-sync with your purpose. The tools given in this guide will teach you how to take control of your life. Many of these techniques can be implemented immediately to see results today!**

**By taking control of our present we open the door to our future. As our health improves, you will be empowered to achieve the life you have always wanted. You will begin to see shifts in your current life, making room and creating forward momentum towards your greatest desires.**

**By being mindful we become wiser, more accepting and more aware of our unique path. You have a journey that is unique to you alone. Let us begin to heal and allow the positive into our existence.**

## Heal The Mind

Achieving overall well-being requires taking care of the 3 major elements that make up your body. The first of these elements is your mind.

Are you investing enough time on you? Life can become stressful and time can be short for most individuals. When life begins to become hectic, you must take time throughout your day to calm your mind.

What positive habits can you start today that will result in enriching your mind? An example of a meditation that can turn into a positive habit that enriches your mind follows.

Taking 5-10 minutes, 3 times a day, to sit in silence and be present. Doing so will empower you to deal with the common stresses in your life. If left unattended, these stresses can build up and cause you to burn out. By completing the following meditation, you will instantly feel the weight of your day-to-day melt away.

## **Be Present & Just Breathe**

- Find a place that is relatively quiet, if this isn't possible simply close your eyes.
- Start breathing out slow and steady. Take each breath slowly, feel the oxygen slowly exit & enter your body.
- Breathe naturally, do not force the oxygen in or out of your lungs. Concentrate only on the air entering & exiting your body.
- Feel your mind begin to still. Feel the world around you fade away. The only element that you can focus on is the oxygen entering and exiting your body.
- As you breathe, let your mind become empty. The only thought that you allow to enter your mind is the awareness of your body accepting oxygen.
- Only you exist at this exact moment. For these few moments you are present and in touch with the stillness in your mind.
- Slowly open your eyes. Continue to take deep breaths. Slowly begin to become aware of the world around you.
- Allow the sights and sounds of your surroundings to enter into your mind.
- As you become aware, exhale one last deep breath.
- In your mind, say to yourself: "I am one with this moment"
- Smile to yourself and continue on with your day.

## **Daily Meditation: Exercising Your Mind**

Begin by doing this meditation first thing in the morning. When you feel comfortable, repeat this meditation in the afternoon and in the evening. You will discover that when you take a few moments of time, each day, the amount of stress you experience by the end of the day will minimize and become manageable.

This is the exercise that will begin to heal your mind. You will feel empowered, relaxed and comfortable engaging in your day-to-day activities.

As your mind becomes stronger and more aware, the possibilities for amazing things to manifest in your life will be endless.

Strengthening your mind is the first step in achieving holistic well-being. The next area that you will want to invest energy into is your body.

# Heal Your Body

Nutrition and Exercise are important factors in maintaining overall holistic health. There are many books and exercise programs available. As is the case with adding elements of nutrition and exercise to your life, it is important that you consult a doctor for your specific dietary and exercise needs.

Are you taking responsibility of your own body? Are you creating time in your day to address the basic needs of your body?

Introducing a few positive habits into your schedule will manifest a multitude of benefits.

- A reduced stress level
- Improved quality of sleep
- Achieve and maintain a healthy weight
- Increased mental clarity
- Actively prevent illness

## **Where do you begin?**

In order for any positive habit to manifest into optimal results, a baseline is required. Creating a baseline gives you the information needed to design a nutritional and exercise routine.

You do not want to over tax your body. By starting out slow and steady, taking baby steps, you will not stress your body. Engaging in too much too quickly can be detrimental. As you build a solid foundation of holistic health, you will create positive habits that will last a lifetime.

## **Nutrition Basics**

### **Daily Food Diary**

Use either a notebook or a word document on your computer. Begin writing down the following:

- **Day**
- **Time of each meal & snack**
- **Meal: what you ate**
- **Snack: what you ate**
- **Where You Ate**
- **Any Emotional Feeling Prior To Eating**
- **Any Emotional Feeling After Eating**
- **Liquid Consumption: Type and Frequency**

Continue keeping track for an entire week. At the end of 7 days, take a few minutes to review your food diary. Ask the following questions.

- Are my meals balanced?
- Am I incorporating fruits and vegetables in my meals?
- How much water am I drinking?
- Am I eating out on a frequent basis?
- Is there one food group that is more prevalent in my diet?
- What is my common emotional feeling prior to and after eating?
- Am I consuming a large amount of sugar or caffeine?

## **Nutritional Balance**

The following tips can be implemented to maintain nutritional balance. These tips do not have to be introduced to your diet at the same time. Add these habits to your diet slowly and continue to keep track of your daily food and liquid intake.

- Reduce your sodium intake
- Eat smaller meals, more frequently
- Create variety in your diet
- Avoid caffeine if possible
- Add complex carbohydrates into your diet

Pay attention to your specific dietary needs. Try adding something new for a snack or as a side dish. As you try new foods you will expand your palate. There are healthy substitutions for salt and sugar. You can also add spices to add variety to your protein sources. Even subscribing to a food magazine or looking up recipes online will give you ideas of food to try and healthier food options.

### **Regarding your emotional status prior to and after you eat:**

Note if you are eating when you feel depressed, stressed or angry. If you are eating to create an emotional feeling of calm, you may be ignoring your body's physical need for nutrition. You may be overriding what your body needs and providing your body with what your mind determines is comfortable.



## **Reward & Congratulate**

Don't cut out all of the "treats" that you spoil your body with. These can include any variety of snacks or sweets. While maintaining nutritional balance, you should not deprive yourself of a special reward. Rewards in moderation are not un-healthy. The key is to not indulge on a regular basis.

Find one or two different food items that you consider a special treat. When you feel that you need a reward for a job well done, reward yourself.

Paying attention to your daily food intake will allow you to discovery any existing unhealthy patterns. You can go over your daily food diary with a trained professional and be further advised on what specific nutritional plan would best suit.

## **Exercise Your Body**

Proper nutrition and healthy exercise go hand in hand. In order to maximize your nutritional efforts, it is important to engage in physical activity.

Do you currently have an exercise routine? Do you belong to a gym, a health club or work out at home? If you currently have an exercise routine that is working for you, continue the great work! If you aren't engaging in any physical activity on a daily basis, you may wish to start.

## **Good Exercise**

If you want to begin an exercise routine that will benefit you, start simple. Walk

Start walking an extra 10 minutes a day. Consider taking the stairs rather than an elevator if possible. Walk around the block when you wake up in the morning or when you arrive home from work. If you can take ten minutes during your lunch hour to walk around the block, do so.

Walking is a safe way to incorporate physical activity in your daily routine. You do not have to press your body to take on too much too quickly. The benefits of walking can include:

- Maintaining a healthy weight
- Increase the amount of oxygen in your body
- Lower your blood pressure
- Increase your strength and stamina

**Reminder: Wear proper athletic shoes and comfortable clothes.**

# Strengthen Your Spirit

The final element in your holistic trinity is your spirit. The word spirit, for the purpose of this guide, is your inner self. You may refer to your spirit as your soul, your inner voice, your internal energy or your essence. How you define your spirit is unique to you, use a term that you are comfortable with.

The first step in improving the health of your spirit is acknowledgment. Take a moment to focus on your spirit. How does your spirit feel? What emotions are you experiencing when you begin to acknowledge your spirit? Are you taking time, each day, to connect with your inner-self? Simply meditating or taking a short walk can be enough to nurture the connection. Take a moment to write any feelings that you experience down.

The second step is to begin to understand your spirit. Take a moment to “feel” what your spirit wishes to manifest in your life. What purpose does your spirit feel is best suited for you? Are you moving towards the destiny your spirit feels is in your best interest? Is your spirit telling you about areas of your life that need attention and healing?

Write down your experience. As you open up to understanding and acknowledging your spirit you will truly become aware of what your Higher Power has in store for you.

The third step is to love your spirit unconditionally. Your spirit is an integral part of your entire being. By improving your physical and mental health you are feeding positive energy to your spirit. By treating your spirit with love, you truly love yourself. You are paying attention to your needs, your wants and what you wish to manifest in your life. Very well done!

## **Congratulations!**

You have taken important steps towards creating positive habits that will benefit you throughout your entire life.

You will immediately begin to notice a difference in your life. Using these tools to implement lifelong healthy habits will create the momentum for amazing results to manifest.

As you continue to strengthen your mind, body and spirit you can add to your healthy regime. Consulting with a trained professional will empower you to achieve your desired results.

Don't forget to give yourself a reward! You have been incredible!

***“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination and dedication. Remember all things are possible for those who believe.”***

***~Gail Devers***

## **Additional Resources**

### **Life Coaching Packages**

**Interested In Learning How To Live An Authentic Life With Purpose & Intention?**

**Custom Packages ~ Designed With You In Mind!**

**Starting At \$99.00**

**Contact Sherry Gaba At:**

**[sherry@sgabatherapy.com](mailto:sherry@sgabatherapy.com)**

**Discover How You Can Live Your Best Life ~ Starting Today!**

### **Meditation Audios:**

**Finding Purpose With Intention**

**Living A Life Of Authenticity**

### **Audio Series**

**How To Attract Positive Energy**

**A 7 Lesson Audio Course**

**Lessons On How To Eliminate All Addictions While Living A Purposeful Life**



**Sherry Gaba**, LCSW, is a Licensed Psychotherapist and regular guest on **VH1's Celebrity Rehab** series. She is available to share her expertise on addiction and the recovery process. As the author of "**The Law of Sobriety**", Gaba has integrated the theories of the popular Law of Attraction with specific action step to create and maintain sobriety.

"**The Law of Sobriety**" focuses on embracing the power of being in recovery and defining a new vision for one's sober life. It combines the theories behind the popular Law of Attraction with specific action step to create and maintain sobriety. As Gaba, describes it, the book is a marriage of the Law of Attraction and the actions a person must take to recover from their addiction – whether the addiction is to **drugs, alcohol, gambling, sex, shopping, nicotine, food, internet** or anything else.

"Sherry Gaba's book, **The Law of Sobriety**, is a **masterpiece**. It will help millions of people who are struggling in recovery. I recommend this book to everyone who wants to lead a sober, sane and creative life." --**Deepak Chopra**, author of *Reinventing the Body, Resurrecting the Soul*

#### About **Sherry Gaba**.

Sherry Gaba is the go-to expert for Dr. Drew Pinsky on VH1's **Celebrity Rehab**, show. Gaba currently blogs about recovery and spirituality on BeliefNet.com, the #1 Spirituality website. She has appeared **on E!News, Inside Edition, CNN Headline News with Jane Velez-Mitchell, CNN Prime News, Inside Edition, KTLA, Fox San Diego, San Diego Living, WPIX New York, and Better TV**. With over 15 years of experience as a clinician and a graduate of USC specializing in addictions, eating disorders, parenting, single parenting, divorce working with adolescents and adults, she is currently serving as a private practitioner working with a broad spectrum of clients. She is currently a consultant for several high-profile West Coast rehabilitation centers and has worked with numerous celebrities.

Contact:

**Sherry Gaba, LCSW**

**Phone: (818) 756-3338**

**Email: [sherry@sgabatherapy.com](mailto:sherry@sgabatherapy.com)**

**Website: [www.sgabatherapy.com](http://www.sgabatherapy.com)**

## Personal Notes