



# TODAY I OBSERVE WHERE I STAND.

## DAY.7

By **understanding** our self, we make the first step towards true 'living'.

By understanding, we mean to recognize ourselves as spiritual beings, not only human beings who live a meaningless life without a purpose.

However, by being aware of our true being, we accept the sad truth, that we spend most of our lives, living unconsciously. Driven by limitations, fears, doubts, subconscious beliefs, and instincts, we live a life without purpose or joy, day in and day out.

This **acceptance** is necessary in order to **truly awake**. The awakening can happen by recognizing that we have to consistently do the work with ourself, and **be present at the moment**, acting always from a place of love and inner wisdom.

Unfortunately, awakening mostly happens after a shocking event or trauma that forces us to change and look beyond our human lives for answers. But it doesn't have to be like this.

Spiritual awakening can happen when we start to become the **observer of our selves**, our thoughts, emotions, words, and actions. By being aware of these, we come closer to our true nature, to the **wise, kind, bold, and true self**. We come closer to our higher self, our true purpose, and potential.

By reflecting on our lives, our choices, our lows, and hight, we recognize what areas we can improve to become our best.

One moment at a time, one honest observation at the time.

# DAY.7

Phrase of the day: 'Today I observe where I stand'

Please also write this phrase in your journal.

Our Life is made by moments. We can change our lives by changing one moment at a time.

But in order to change what we don't serve us in our highest purpose, we have to reflect and accept where we stand today.

Please be true but kind to your self.

Breathe.

PRACTICE 1:

1. Set the intention to be open and true to yourself during this practice.
2. Listen to the '**BREATHE**' or '**AFFIRMATIONS**' meditation and then
3. Fill in the test of DAY 7, '**MY LIFE CHOICES**'.

PRACTICE 2: Write in your journal any insights that you have (if you have) during the PRACTICE 1.

Good luck!