

YOUR FIVE NEW BEST FRIENDS

An invitation...



Because however you feel and wherever you are...you are not alone.

Dear Friend,

We wanted to write to you because life is hard, sometimes unbearable so and letters are quite a lovely thing.

You are here, reading this in search of the bigger connect. I know this because I've met you...either in person, or universally.

If there is an internal hostility, a lack of self-respect or self-love we must meet it with clear attention and loving compassion. I thank and congratulate you for making this first step into connecting to your emotional and physical wellbeing.

Myself and my incredibly talented partner Claire have created this gift just for you as a self-awareness tool to shine light in the dark and gift you the reigns to your own horse in our global race of life. It is our dearest hope that this gift changes the course and trajectory of your life. And whilst it may feel like a long way off, we believe you can help others facing similar difficulties throughout the lessons you've learnt and the choices you've made. Every step you take is a step further away from fear. Before you start out on your new path we want to share with you your new 5 best friends... The first two are written by me (Manos) and the last three by Claire;

1. Your Breath Practice
2. Your Movement Practice
3. Whimsical Wellbeing and You
4. Your Creativity and Gifts
5. Your Tribe and Connection

Jumping straight in on number 5, you may also like to consider joining a support group - a place and people where you feel safe enough to share your story and given time, your 'secrets'. You can find our free support group at; <https://www.facebook.com/groups/creativelyconscioustribe> and some other like-minded souls. We're here for you every step of the way to hold space but the work is yours and the framework we gift to you....

Namaste

Your Breath

Breath is life. The most powerful thing we will ever have.

It's our personality...it's our deepest nourishment....and it's how we 'see' the world (someone who sees the world as a safe place breathes very differently to someone who ultimately believes the universe is chaotic and dangerous.).

People who are depressed, or anxious, or just deeply sad and confused don't take large breaths. Leaders, Yogis, and a cat relaxing by the fire take long slow rhythmical breaths.

Our breaths support our posture (how we hold ourselves) and the internal chemistry is determined by how we choose to breath.

Breath can be subconscious or, and this is key, we can take conscious control of our breath.

Try this... https://youtu.be/ap6cvY_3HZg

Mechanically we need to learn how to strengthen the muscles that support our breath - the diaphragm (our breathing muscle) and also the muscles that open the ribs.

We need to develop a tolerance to carbon dioxide which is the main signaller to the body as to when to breathe.

And...pause as your read this... we need to develop the ability to be able to simply watch the breath...

...to become ever more familiar with our breath so that we may come to understand how it communicates ideas about stress and relaxation to us as a gift in return.



Your Body

Any dog owner understands the importance of daily walks and play for the well-being of their beloved best friend. Often an unruly dog is simply a dog that hasn't had its physical needs met. Once the dog has been exercised sufficiently it's in a calm place in which to be trained or in which to simply sit and relax by the fire.

Our own best friend - our body - requires these same things. Starting with something like mindfulness without first meeting the needs of the body can be problematic just like with our dog cousins.

The best kind of movement, will combine aspects, of breath, mindfulness and euphoria (most anything which is playful and challenges heart and lungs). Think about the movement you enjoyed as a child... write a list of everything you can think of... bouncing on your bed, a walk in the forest with grandparents, playing hide and seek, PE class at school (haha maybe not!)... remind yourself of the joy in movement...

Try this...

<https://youtu.be/f9mh6ONrey0>

How did it make you feel?

How can you make more space for movement in your everyday? Jot down some ideas...



If you need more support with your movement training let me know!

Whimsical Wellbeing and You

This is your very own white space that will evoke feelings of wellbeing in conscious ways. It could be a set of personal self-care activities, space to journal each day, carving out time for a regular meditation practise – you can decide. It’s wellbeing for sure but with even more magic!

Let this framework be the gesture to yourself and noticing where you can carve out time for daily/ weekly rituals that feel really good and then finding time for them regularly!

Whimsical Wellbeing ACTION...	Things I need...	What I need to do...	When can I do these things...	How will I feel if I do this?
E.g.; a lovely bath experience at home or a family members house if you don't have a bath.	Time A clean bathroom Nice products Candles/ low lighting Inspiring podcasts	Mark out time in my calendar Clean my bathroom regularly Ask for products for Christmas/ birthday gifts. Buy myself candles Ask friends for recommendations	Today actually	Organized, centered and happy.

Your Creativity and Gifts

Celebrating what makes us unique and how we can use the creative extensions of ourselves is my absolute favourite thing to share. I work as a creativity coach and wellbeing mentor and it is my absolute belief that we can all be creative even if our version looks wildly different to another persons.

Creativity is available to us all... we can use creative thought or express ourselves through creative decisions about our hair, the way we dress, how we post online and way we spend our money and who with. We have full control – that's why creativity appeals to me so much.

We can learn new creative skills anytime we choose. There is a wealth of tutorial videos, craft groups, artist workshops and more available to us. All we need is to carve out time and decide on the resource. We drive the creativity train.

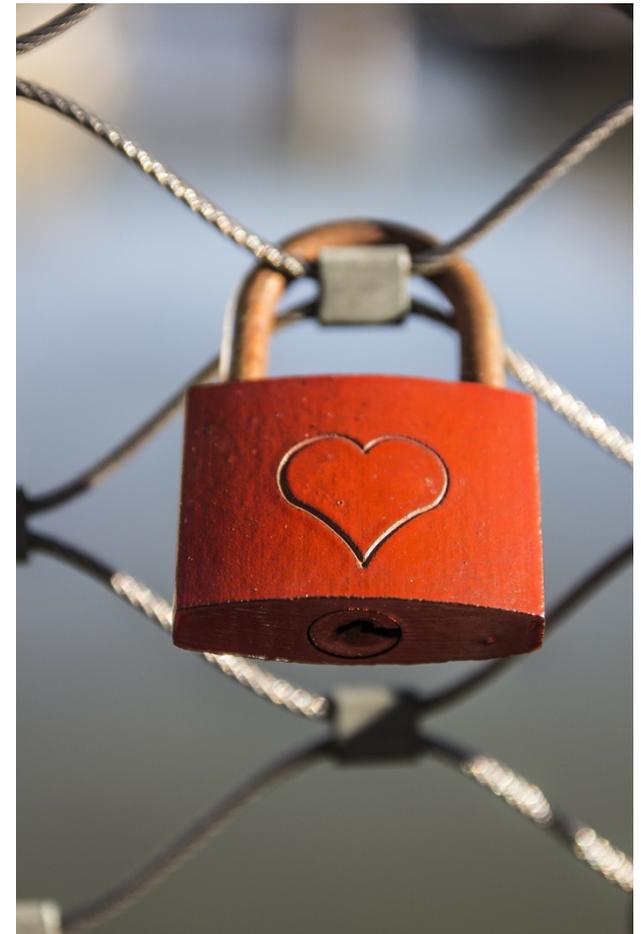
Personally, I love to write and have lots of different journals on the go. One of them is entitled 'White Space' and it's a space simply to log ideas I might do something with at some point...

I write blog posts about productivity, my creative work and family life you can read more on my website.

For the purpose of this intent – Your Five New Best Friends - I invite you to write down your story as a step toward owning it...

How have you arrived at this point in life? Start with a pen and paper or some notes in your phone.

Share your 'story', and your decision to let go of it and start a new blank page, on our blog pages of both of our websites. This blog people will reach many people and your story will touch someone deeply. Someone is sat waiting to read your story right now and doesn't even know it yet! Request more details if you like and send your blog post to admin@physicalfreedom.co.uk with the subject line of '**I OWN MY STORY AND I SHARE IT SO IT CAN HEAL AND INSPIRE OTHERS**'.



Your Tribe and Connection

Staying connected to a tribe of like-minded people is an incredible boost for your wellbeing. List three people who make you feel the best version of yourself when you're with them;

- 1.
- 2.
- 3.

Be mindful of giving your power away or being around people who trigger you or make you feel anything less than happy. Friendships and relationships should fill you up. There will always be people who connect to you if you are brave enough to share who you are and I really encourage measured social media posting for this purpose.

Universal connection is by far the hardest thing to stay aligned to however if you can set daily patterns that help you to connect the universe is always your biggest friend. A walk in nature, watching a feather flutter to the ground, 20 seconds spent with birds outside your window, the calming darkness of night time. It's all there for us every single day.

We hope you've enjoyed your time with us and we hope to connect with you online soon.

Yours in whimsical & physical freedom,

Claire & Manos

www.creativelyconscious.co.uk

www.physicalfreedom.co.uk

Join the tribe and connect in our facebook group; <https://www.facebook.com/groups/creativelyconscioustribe>

PS, you may also like

A book – [Write yourself Happy – the art of positive journaling.](#)

An audio book – [Gabrielle Bernstein has you covered.](#)

A podcast – [Sara Tasker on building a business around mental illness](#)

This ted talk - <https://www.youtube.com/watch?v=mHVNsoh8c7k>