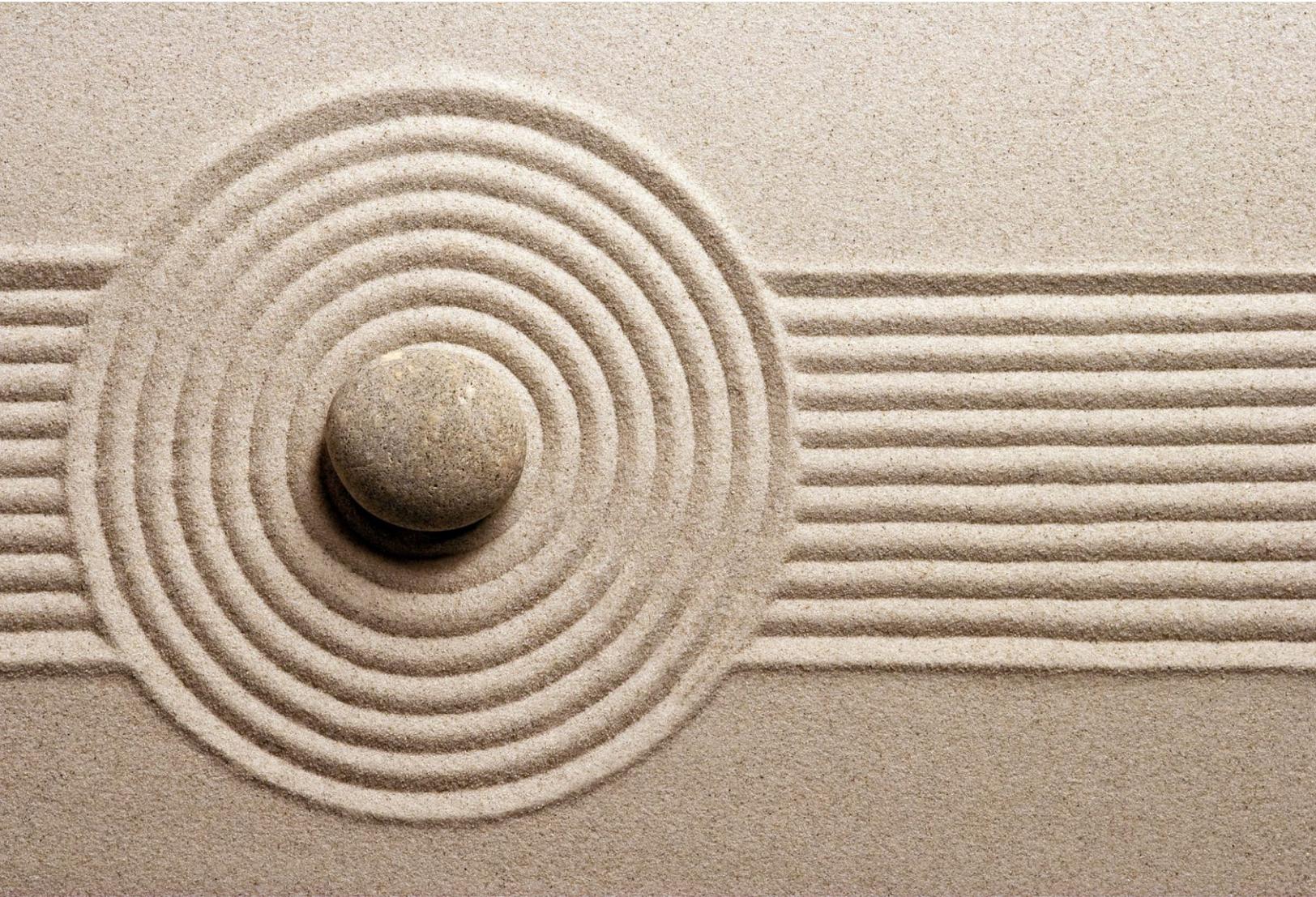


Love Yourself

Zen in your everyday life



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Acknowledgements

My last 17 years of experience as a Lifestyle Coach have inspired me to share this e-book with you. I have been fortunate enough to work as a health coach in Asia and North America and have met many clients and offered them lifestyle solutions. I am excited to share my experiences that keep motivating me in my life with all of you.

I would like to thank all my well-wishers, friends, mentors, teachers and my family members for making my life easier, loving and nurturing.

I am very thankful for every single day that comes my way, and try my best to make a difference in many lives, including mine!

Introduction

While reading this e-book, my suggestion is to read the content while keeping your life as your focus as well as in mind. The objective of this book is to start a journey within each of us and to take that next step towards a healthier lifestyle.

There are some amazing exercises in this book to make this experience real for you. Try maintaining a journal as you travel through each chapter of this e-book.

I am sending you all love and light as you take that first step and make that first decision to create a mind and body connection towards a more balanced and healthier lifestyle.

Love and Light
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Ps. I love hearing from you! Please email or send a message via Facebook or Twitter and I will be sure to write back.

Nurture Yourself

The word 'nurture' reminds me of the warmth, the love we receive from someone who really loves us, someone who gives us that hug or brings a smile to our face and is always there for us ...NO MATTER WHAT!

I have met so many people in my life who are always waiting to be nurtured and loved by others. Some people wait for that ideal life partner/the soul mate for being loved. Some wait for that best friend and miss that hug and that nurturing.

The question to ask yourself:

Why wait for that someone to show up in your life?
Why not be there for yourself and nurture you?

Have we ever realized that when we are born as a baby, the babies' first cry is a breath in and when we die, that is our last breath out?

Isn't it fascinating that our entire life is between this first breath we take in and our last breathe we let out?

And still we take our breathing for granted.
How many of us are aware of our breathing? Are you?

It is you and only you who has control of your breath...no one else.

Then why are we always trying to find that love, that nurturing outside us?

Exercise #1:

- Sit in a quiet place alone. Be relaxed. Consider having a nice cup of tea and put on some relaxing music.
- Take a journal. Give it a name. It is your best buddy from now on to share your life with and to nurture yourself with.
- List down 10 things that you are very proud of.
- Read these 10 things aloud.
- Close your eyes and meditate for 1-2 minutes to complete this exercise.

Congratulations!

You have just taken the first step to loving yourself. The first step in nurturing yourself!

Just for today say "Thank you for this life." Remember to tell yourself today and everyday that you are awesome!

Zen quote:

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection."

- Buddha

Zen and Relationships

What does the word 'Zen' mean?

Zen is the Japanese pronunciation of the Chinese character for "meditation." It is the principle of completely accepting the realities of life and being fully aware of one's connection with the world and its inhabitants. If you want to adopt these ideals in your daily life, there are some things you can everyday to reduce stress and gain a balanced and healthy perspective on life.

What does 'Zen' mean to me?

The word Zen for me means a 'balance' in all that we think and do in our lives.

It means the balance between giving and receiving, balancing our lifestyles, our thoughts and other aspects of our lives.

Now that I have shared with you all what Zen means, let us understand how to strike a Zen balance in our relationships.

Relationships are such special elements in our lives: Relationships with our family, with our special someone, with our kids and in all of our relationships and interactions every day.

I truly feel that when we love ourselves, we are able to love others around us.

Question to ask yourself:

What is the one thing you do for yourself daily to show your love for yourself?

In any relationship, it's always a give and take.
Sometimes we expect too much.
Sometimes we only "give" or only "receive"
Striking that giving and receiving balance is the key.

This book is all about taking you through a real practical journey and not just good written words.

The exercises in this book will start that spark within you to love yourself, nurture yourself, and share that love in your relationships.

Some more questions to ask yourself:

Are you thankful for all the things that the person in your relationship is doing for you?
Are you thankful for all the things you are doing in this relationship?

Now that you have started a self-journey, bring your journal out and complete the exercise below.

Exercise# 2:

- In your journal list down any one relationship in your life that you want to improve.
- List down 5 things that you are doing as “giver” in this relationship
- List down 5 things that you are “receiving” from this relationship

For example: If you are in a relationship with your partner, write down the 5 things that you are doing for him/her and 5 things that he/she does for you.

Good work on completing the exercises!

Zen tips for you:

Why not nurture your relationships by thinking about all the good qualities of that person? Be thankful for all the lovely things that person is doing for you.

Remember our life is between that first breath in and last breath out. We never know when our last breath out is destined to happen.

Then 'WHY' do we waste our lovely life moments in focusing on things that are wrong in a relationship?

Why not focus on all the good things in life, enjoy this very moment, and keep smiling?

Zen Quote from my heart to yours:

“Within each of us lies the power...love yourself...love others...the moment is now - not tomorrow”

Zen and energy centers

What is energy?

Energy has several meanings:

- Energy that our body and mind needs for performing activities.
- Energy that is a part of us within: some call it the “Chi”; some refer to it as the “Prana”, energy around us.

This chapter is all about understanding about energizing yourself. What are the factors that drain your energy?

The energy centers were discovered thousands of years ago by many spiritual leaders.

In India these energy centers are referred to as 'chakras'.

Chakra is an Indian word that means “a wheel.”

We are born with 7 energy centers (chakras) in our bodies. They are as follows starting from the lower back region:

- 1) root chakra (at lower spine)
- 2) sacral chakra (at lower abdomen region)
- 3) solar Plexus chakra(at stomach)
- 4) heart chakra (at chest)
- 5) throat chakra (at throat)
- 6) third eye chakra (between our brows)
- 7) crown chakra (on top of our head)

Our energy centers get influenced by:

- our positive and negative thoughts
- how much we love ourselves
- the Zen balance in all that we do
- how much are we truly thankful for the people and our lives.

For example, every negative thought blocks one of these 7 energy centers. If a person has a pattern of negative thinking, has no balance in his/her life and does not nurture himself/herself...this energy center imbalance can create health symptoms in our body.

Question to ask yourself:

Why do we keep draining our energies by thinking negative?

Exercise #3:

Each time you have a negative thought immediately say 'cancel cancel' and replace that thought with a positive statement.

For example:

Negative thought: "Today is going to be a bad day."

Action: Say 'cancel cancel' and say a positive statement like "I am going to make my today amazing. I am so happy to be alive today."

Zen tips for you:

- Remember to journal daily.
- Be thankful for being alive. Remember that your life is just between that first breath in and last breath out
- Love yourself. Only then can you achieve the 'Zen balance' in your life at home, work, and relationships and within yourself.
- Practice thinking positive. Keep doing exercise #3 daily.
- Experience a reiki session every 15 days (Japanese energy balancing technique) from a certified Reiki Master.
- Meditate at least 5-10 minutes a day.
- Practice yoga once a week.

"All that we are is the result of what we have thought. The mind is everything. What we think we become".

- Buddha

Zen and Lifestyle

What is a healthy lifestyle?

I always like to ask this question to my clients and friends.

Most people believe that having healthy eating habits and regular exercise in our lives is a healthy lifestyle.

Very few people actually look at the “healthy lifestyle” as a “complete balance”, the “Zen balance” that I was referring to in my earlier chapters along with eating healthy and exercising.

Questions to ask yourself:

- Do you have a balance in your life? Specifically between your personal life and work?
- Do you always worry? Are you stressed?
- Do you have too many tasks to be done in your to-do list?

Life is about balance. True health includes self-actualization and gratitude. It is a combination of a strong body, a sense of well-being, and a confident feeling of who you really are. Bringing balance to all areas of your life will help you to become the person you were meant to be.

Zen tips for you:

- **Express Yourself Through Your Posture:**
Your posture is the expression of your self. It is where everything begins. You should not seek to master posture as a means to attain a particular state of mind. Your posture is the purpose itself of practice of Zen living.
- **Focus On Your Breathing:**
Breathing is synonymous to swinging the door - the door that connects the outer world with your inner world.
- **Nutrition:**
Healthy lifestyle eating is a very crucial factor in maintaining the 'Zen' state of our mind and body. Include fresh fruits and vegetables in your daily meal plans. Have at least 8 glasses of water per day. Once every 6 months complete a natural detoxification program to cleanse your colon, liver, kidneys and gallbladder.

This will help maintain an alkaline PH (the healthy PH) in your system.

- **Give Up The Control:**
Yes I am giving you permission to stop thinking! Just let it go. Free your mind. Just go with the flow. Do not resist!

“The greatest meditation is the mind that lets go”

- Zen Philosopher

- **Stay in gratitude:**
Keep being thankful for every moment in your life. Use your journal to make note of daily acts of gratitude in your everyday life.

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

The Power of 'Thank you'

“Thank You” are two words that have the power to transform our health, happiness, athletic performance and success.

A state of gratitude has shown to improve the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically. It's actually physiologically impossible to be stressed and thankful at the same time.

Gratitude is like muscle, the more we do with it the stronger it gets.

As we are coming to the end of this book, it is very important to remind ourselves that our life is between two breaths - one breath in when we are born and one breath out when we die.

Why not enjoy each moment of your life with these two amazing words - Thank you!

I would like to take this opportunity to share a story from my life with all of you.

My 99-year-old grandfather passed away. He was an amazing man and very powerful influence in my life.

The one thing I learnt from him was to always appreciate what we have in our lives.

He had undergone a heart by-pass surgery and post-surgery he had lost all sensations under his feet. He could not feel the ground while walking.

One day when I had visited him in India, I asked him “Grandpa, how do you walk on the ground when you do not feel any sensation?”

He replied with a smile “I am very thankful that I was kept alive after my heart surgery. I am thankful that at least I am walking. It does not matter whether I feel this ground or not with my feet...what is most important that I trust that when I am walking I will not fall. Gods are looking after me.”

For me this conversation with my grandpa changed my life perspective. My grandpa passed away with amazing bravery and peace. Even in his last moments in the hospital he said, “I am so thankful for this long life...I have no complaints as I am leaving this world”.

Many of us tend to keep complaining about small things in our lives.

Listening to such inspiring people like my grandpa makes us realize that it is not the things – the physical possessions that are important. It is the people and the experiences we have in our lives are what we need to be thankful.

“I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.”
- G.K. Chesterton

My true advice to you before I conclude this book is to celebrate loving yourself and others in your lives.

Today is the day! Now is the time to be grateful and love yourself and others.

Do not waste your valuable and precious time in negative thinking and complaining.

As someone had told me once in my life “Be nice to yourself”- such a powerful line.

Let us take a stand today, that from this moment on we will only think positive, be aware of our negative thoughts, be in gratitude, live our today as if there was no tomorrow. Today we start to live the 'Zen' way.

Allow me to 'Thank you' for reading this book. I sincerely appreciate you for being a part of my journey in this book.
Love you all. Stay well. Think positive.

Love and light,
Manali

♥ Meet Manali



Manali Haridas belongs to the beautiful city Mumbai in India. Manali is a mother of her lovely 13-year-old daughter and is the Owner and Lifestyle Coach of Zen for You by profession.

She is a certified nutritionist and trainer, certified yoga instructor and reiki consultant with an experience in the field of clinical, sports and holistic nutrition and fitness.

For more than 17 years Manali has been associated with several hospitals, health centers, gyms, obesity clinics and aerobics institutes in India and Canada as a nutrition and fitness professional by providing advice and counsel pertaining to nutrition, health solutions and person training.

The Zen for You holistic approach to health combines nutrition and lifestyle counseling, bodywork and yoga packages tailored to your body's true needs.

She firmly believes that our mind and body are connected. We can heal ourselves with the right attitude and relaxation techniques.

In her Fit-Yoga classes and reiki programs, she brings forth her vast experience using the traditional teachings of India and assists her clients to re-discover the connection within.

Her motto is to make her clients independent by creating a self awareness and experiencing the mind and body balance.

Manali's dynamic personality has helped her to bring about a difference in many people's lives in achieving their goals