

Be Your Best Version

A Practical Guide To Reach Your Best

Simpleways4Life



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The Author

I am the code in every programming language, I am the variable in every data set, I am the balance of every chemical equation, I am the etymology of every word derived in English, I am the stroke of every paint brush on white canvas, I am the dew of water on every origami flower that I made, I am the gravitational point of every object, I am the adaptability to every new situation, I am the soul wandering on every parallel universe joyfully.

I am someone who wants to impart what I have learnt from experiences and opportunities. I am someone who wants everyone to live a life that their soul truly yearns, a truly extraordinary life. I am someone who wants to show you that there is something more to see in this vast universe. I am someone who wants to grow and learn, and give it back to people. I am someone who wants to enjoy every moment of my life. I am someone who wants to show you a world of love, fun, and balance in every aspect of your life. I am someone who enjoys learning astrology to use it to understand the energy of the earth. I am someone who tries to live in the here and now. I am someone who strives to be a better version of themselves and to live life extraordinarily. I am someone who learns actively to move forward. We are all someones, and we all become ONE.

Imagination

You are everything that you imagined yourself to be. Yes, YOU are everything that YOU have imagined yourself to be, and it exists. Maybe those traits aren't manifested right now in this universe, but they exist in another parallel universe, in another parallel YOU. YOU can be productive, determined, and motivated; you just have to vibe with these energies to manifest this parallel you. And once again, it exists. We have almost infinite potentials and possibilities. Imagine this, there exist a YOU without any illnesses or even scars. If you believe it exists, and you wrap your head around the possibility of this; you no longer have to feel that you are building yourself from scratch.

What you have to simply do is the following: change your vibes, change your place, or change your situation. Simply speaking, the easiest way is changing your vibe by doing what you enjoy, by taking a breather. Then, you return with a fresher, broader perspective that

helps you see things as they are not what you perceive them to be. You can take **one simple conscious choice** that shifts you to a better parallel universe. You can easily do one simple thing that can change your vibe, and it could literally be anything: writing, eating, meditating, exercising, or whatever makes you truly relaxed and shining.

Exercising doesn't mean full blown work out, it could mean mindful breathing, it could mean yoga, and more profoundly it could be anything where your body moves to let go of the emotions that no longer represent you. By signing up here, you can get your audio personal trainer. So, no straining your eyes to see the exercise. By just using one of your senses to tune into your core and a better timeline. Sign up [HERE NOW](#), and experience the beauty of commitment, motivation, and determination.

All the love and peace,

May you be in timeline that is best for you,

Support Systems

Communities could break or make you. They could make you feel like a legend, but the very next moment like a pauper. The way they see you influences you. The standards that act like an unspoken rule sometimes force you to live life a certain way; it makes you appease them to garner their approval of you. As human beings, we want and crave for approval, specifically from people who are close to us. This might be the darker side of a community, but even then you can utilize this to serve you. The way you can utilize it is by saying and showing people mainly the good in you. It paints in them a picture of you, that even in the midst of weakness; this energy could help you rise up and boosts you. I am not saying do not ask for help when needed, but it's extremely important to consciously know who you are sharing such information with because it could break you or make you.

As human beings, society's beliefs are shared with us through genes, whether we are aware of it or not. It's like we were pre-programmed about the society's ways before our arrival. What we can do is filter out what serves us and replace that doesn't with ones that can aid us on our journey. Each and every person needs a support system, which is people who support us and believe in us especially when we want to do something different from the norm. Let's suppose that you want to program a new habit; you will be much more consistent in doing the new habit if you practice it with people with similar interest or with family and close friends. This type of support propels you to be the best version of yourself. Let's assume that one of your New Year resolutions was to exercise regularly and to eat healthier; if you are surrounded with people who want to do the same. It becomes much easier to implement it in your life. Because, even though you are out of your comfort zone, you will warm up to the idea, when you

see people practicing and excising and in turn you will be able to see yourself doing the same.

If you are interested with such a community, [SIGN UP HERE NOW](#) and get the inspiration and support to kick start a healthier life.

All the best,

With fresh food and sunlight overhead,

YOU are

YOU are...

You are the sunrise and the sunset

You are the tide that ebbs and flows

You are the rain and sunshine

You are the smiles and frowns

You are the blue seas and skies

You are red and green and all the spectrums in between

You are the reality and imagination

You are the accomplishments and daydreaming

You are the snow and sand

You are here in the present moment, taking a deep
breath

You are focused, inspired, and you made a start

And with all the motions you went through

The duality that shines in you

You are here practicing mindfulness with a voice of an instructor

Wherever you are, you are

In the right place at the right time

So relax your shoulders and listen

If you want to practice breathing techniques, [join us here](#)

The right moment is now,

Tune IN.....

Have you ever tuned in your body? Have you felt every cell in your body coursing with energy? Have you truly felt in touch with your body? Have you done what is called a body scan? If you haven't let me walk you quickly through the technique. It would be preferred if you sat in front of a mirror, so you could see yourself from head to toe. Take several deep breaths and exhale slowly and deeply. Literally start observing yourself, how you internally feel without articulating and maybe pat yourself gently. Start feeling the gratitude flood your body. Be grateful for every quark that makes you up. You are tuning in your body; you are now connected to your body. Do a full body scan. It might feel uncanny the first time you do it. But doing this helps you seeing where your body is giving you warnings and what you might search to change.

Our bodies are influenced by our thoughts, feelings, and surroundings. So, when you feel pain somewhere in

your body, it doesn't mean that you aren't doing wrong physical practices or over exhausting yourself. However, your emotions do play a huge role. If you want to alleviate that pain, you have to understand the emotions that manifested it. The way you can do this is by doing two things: writing affirmations and taking the necessary medicines to heal whatever is hurting you. I would recommend Louise Hay's book *All Is Well: Heal Your Body with Medicine, Affirmations and Intuition*.

Exercise:

Breath deeply, hold it for 4 seconds,

1 , 2, 3, 4, exhale for 8 seconds, 1, 2, 3, 4, 5, 6, 7, 8

Enjoy your day,

[CLICK HERE NOW](#) to be more in tune with your body, emotions. Take the first step to heal body, mind, and soul.

Time To Change

It takes one choice to change your life; it takes one little tiny choice to completely turn your life around. But fear not, it is not how you imagine it. Let's suppose you have been worrying about something and you desperately need to shift your attention to something else. So, you decide that you will exercise for a bit and incorporate breathing techniques into your simple exercise. Let's say you do this for like 5 minutes, completely focused on your breathing. You check your phone and you find the results that you were yearning for. How did this happen? It could be explained by several things. First, you have changed your vibe meaning while exercising you are mainly focused on only that and nothing else, and everyone knows when you exercise you get an almost instant gratification. Second thing, you might have unconsciously surrendered to God whatever was worrying, and usually

this also gives us quite instant results: a shift to another time line.

It's as if you are submitting all your files, thoughts, and emotions and asking The Source for help and guidance.

Third thing, if you do something that is physical like exercising your focus is no longer on what's worrying but on the task itself, and imagine if whatever you are doing is something that isn't regular for you to do, it's an almost instantaneous ripple to another timeline. This is the reason why people say one choice is all it takes, so take the first step

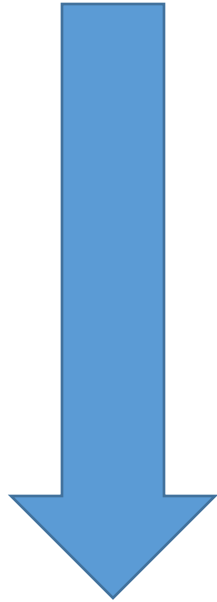
If you want to incorporate exercising in your timeline, [CLICK HERE NOW](#), and watch your life become more aligned with God's guidance.

Let His Light illuminate your life,

With loving and transformative kindness,

Your Other Bodies?!

I have to tell you something important, maybe you won't use it now, but keep it in your mind.



Do we only have ONE body?

Our bodies are not only physical but there are many other bodies including emotional, intellectual, and ethereal.

Moreover, we should take care of each of them accordingly. So, our intellectual bodies can be strengthened through learning and reading and

understanding the world and it's easily evolved through formal education. Our physical bodies, which is basically the vehicle that we manifested into, is equally important as all the other types. To strengthen and improve our physical bodies, we should exercise often. It doesn't necessarily mean a full body work out. You could do just the minimum to keep our bodies alive. The more alive your body is, the more in tune you are with your feelings. These bodies have a complex relationship, but they are closely connected. When we plan to do anything, it first starts as an intention through our etheric bodies. We learn and read about it; we use our intellectual bodies. We feel it as if we are doing it; we use our emotional bodies. By the time it is manifested, we are using our physical bodies.

The reason we focus on our physical bodies because we want to live a healthful fulfilling life. And if our bodies are healthy, it aids us in living to our truest potential. To live to our truest potential, we need to do much

more on emotional and spiritual levels. Our physical bodies respond to our emotions, thoughts, and beliefs. So, any illness basically had stemmed from the recursion of negative emotions. This illness was basically in the etheric body before it manifested. Our bodies are communicating with us, but with all the hustling we aren't bothered to tuning in with them. If you want to strengthen one of our bodies, physical body, then [CLICK HERE NOW](#) to tune in to your bodies talk and hints that is given to us all the time.

With joy and expansion,

Soak in the sunlight and receive the codes,

Honesty is a gate to a new dimension

Being honest with yourself could help you go quite far in life because you look at yourself not with your beliefs and restrictions but for who you truly are, for what you truly accomplished, and the areas that aren't your strongest suit. It means introspection without mentioning it to the world; it's between you and yourself. This an even better parenting form than forcing yourself to do something. In the beginning, you might need to give yourself the needed push, especially if you are out of your comfort zone. But after that honesty with oneself comes in, even before being kind to yourself. Honesty with oneself shows you where you are in life in different aspects.

Being honest with yourself usually helps prevent procrastination, simply because you will be able to delve deep and know why exactly you are procrastinating. Being honest with yourself helps you exactly pinpoint where your setbacks lie; it propels you

to move forward and take the next step. Once in a while, you should check in with yourself, especially if you are programming yourself with new habits. Because at the stage during and after you make this habit within the confines of your comfort zone, you might find yourself lagging behind and not reaching the smaller goals you put for yourself. You have to check emotionally, mentally, and physically with yourself. After you got used to the new habit that you programmed yourself with, you should see if you truly enjoy it or not. Because often times, we got used to doing something, but we are borderline hating it. That's why being honest with yourself is vital to lead a wellbeing fulfilling life.

If you want to hear more about this, [CHECK OUT](#) our video: [Honesty with Yourself Leads to a Better Intuition](#)

If you decided to take the leap of faith and transform your wellbeing and your vitality, [CLICK the link](#) to shift to a better timeline. It's your choice always

With joy and serendipities,

All the best in our smooth sailing transformations,

Be Gentle to.....

After you practiced being honest with yourself, you should use being gentle with yourself. This makes an even bigger shift in your consciousness and wellbeing.

So what do you do to be gentle with yourself? Being kind to yourself can be in many different ways but in a broad convention, you could see it as the following:

appreciating yourself, most important in my opinion, showing gratitude towards yourself, tweaking our inner talk to be more positive and less mean and rude, and accepting ourselves completely and whole heartedly.

To appreciate yourself, you should feel that you matter and what you do matters and that you are meaningful and worth it. Often times, we don't praise ourselves, we just only put most of our energy into what we lack: our flaws. We take these flaws and probably compare it to people who don't have this flaw, but actually excel at same setback that YOU have. That behavior is extremely

toxic, you are setting yourself for disappointment, NOT motivation whatsoever.

Gratitude towards yourself basically its being thankful for all your strong points, for our choices, for the efforts that we do, and the changes we try to implement into our lives. Another thing that brings us down before anyone does that is our negative self –talk. I know you probably tried it and felt like you couldn't do any change about it. Quick tip here: Try to note down all the negative self-talk and literally discuss it with yourself. The severity of the meanness in you self-talk will decrease monumentally. Try to replace these monologues with more gentle and loving ones, you will see the difference almost right away.

We all make mistakes, but if we don't forgive ourselves, we will be walking with mountains of shame and guilt on our backs that it feels impossible to rise up from it. You HAVE to accept yourself with all of what isn't so great about you. How will you grow if you don't? Yes, it

might seem hard, but holding onto our mistakes like it's our lifeline is not worth it at all. It hurts you and tears you down.

And after all this inner work, go shake this negative energy [HERE](#)

YOU are AMAZING, never ever doubt that

With all the joy and expansion,

Be kind to yourself always,

Decode your way to success

We are code. Everything surrounding us is code. Any living organism other than us is code too. Code could be thought of as energy or waves that carry energy which carries information. When we soak up in the sun, we receive codes it is up to us to decode the information that we have received. When we program ourselves with a new habit, we are technically trying to decode the codes that we are receiving. Have you felt like you didn't understand some concept, and later on you seem to grasp it. You now hold the code for this topic. The reason people excel at something exceptionally is because they have decoded the way to fully understand it and excel at it. Then, how can you decode the code for anything new you are doing?

Firstly, we repeat it several times. If you want to decode a healthier, more energetic lifestyle and workout, one that completely fits you, you have to exercise a lot of time regularly and even better if it's at

the same time daily. The moment you get past the discomfort of going out of your comfort zone; you will have a clarity that helps you grasp what is exercising at its core. We usually only see things for what we think they seem, not what they truly are.

Secondly, you have to read people's experience, of course we experience things that are slightly different based on our beliefs, but that helps you see this new habit in a different light. So, you will be able to do the routines that suit you best. After, you have gotten used to it and you started grasping its true meaning, you have to see if that is something that brings you joy, if not try different types of exercising to see what fits you. The things that you do quite easy and grasp its fundamental code is what you should be doing. Do what brings you joy and contentment, especially in something like exercising. It is an extremely broad activity that involves many ways of doing it. Even the things that might seem extremely hard and you feel you aren't truly

grasping it, if you truly believed that you will surely know it and understand its code. In time, it will be such an innate activity that you barely even give it a thought anymore.

Importantly, be OPEN to receive the codes for your new habits to truly excel at it. These codes communicate with you all the time; it's up to you to let them in or to block them, exactly like pop up notifications. If you want to read more about programming yourself:

<https://simpleways4life.com/how-to-program-your-self-part-i/>

Have a blissful, eye-opening day,

With all the success in all endeavors,

SimpleWays4Life Team

Mindfulness Nutrition

One crucial advice I would like to part with you is our habits while eating. Food is the source of nurture for our physical bodies. And honestly the habits that we do while eating impacts us in ways unimaginable. So, all I have to say is leave what worries you when you are eating. Only think what makes you feel relaxed. It's even better if you just get immersed in the present moment and you focus on every bite that you take, nothing else nothing more. Like mediation while you let your thoughts pass by without reacting to them. The moment you mainly focus on the present moment and shed the weight that you are carrying and you eat, your body will be much more thankful for you, and it will utilize the food better, since its coming with a fresh energy, not tense suffocating energy.

Another advice I could give is buy your fruits, vegetables, and diary product from your farmers market. I promise you, you will eat the freshest food

you've ever eaten for a while. So spoil your taste buds with freshness that might not be available in supermarkets.

This is our last reminder for you to join this fitness program that meets you where you are and incorporates with it the music that you like and enjoy that pumps your blood faster and makes you feel refreshed

[JOIN HERE NOW](#) and take advantage of the courses that could transform your life to the better

With harmony and ease,

Relax those shoulders and breathe deeply