

A woman is lying on her back, looking upwards with her mouth open. She has a grey beard and curly hair. She is wearing a dark blue long-sleeved shirt with a white paisley pattern. The background is a light-colored wall.

GET OUT OF YOUR HEAD

CATCH YOUR SELF
FLIP IT
ALLOW YOUR HEART TO PULL YOU

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Do you spend too much time in your head? Feeling stuck? caught in a loop?

...Imagine the other side

Are you finding yourself trying to make sense of what's going on? Are you looking for explanations too much? Do you keep hitting a wall or stuck in a loop?

We can often look at someone else and observe them doing exactly that, we offer suggestions or a helping hand, throwing them a different scenario, an opportunity, another view, other options and they just continue on their own way. Have you been there yourself? Is that you?

I know, I've been there one too many times, and I still catch myself in those loops. Only now I catch myself a little quicker, so I only take the spin a handful of times not years, I now have a few tricks to flip it!!

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LET IT PULL YOU



A while ago when I met my husband Bill, I got onto a chat with a dear old friend. Yes those ones back from high school, the ones that contributed mostly to some of our current values. I remember him saying "This is not a business contract. This is love. This is relationship. Do you love him or not!?" My evolved self is still looking at these statements and questions, and thinks, life is not just black and white. It is not just two dimensional. Everything in life is a contract. Life it self is a contract between our souls. Our souls hold our true values. So how do we get clear on that??

KNOW YOUR VALUES

When you dive into the work of discovering your values, you find that some cross over in different parts of your life, different relationships, work space, family etc. I found that our struggle in having true, honest and open connection comes from not being truly clear on what are our top 10 values? From there we can focus into whatever specific situation we are looking at, and identify your top 5 or top 2.

What are your top 2 in an intimate relation? What are your top 2 in a work environment?

My Top 10 Values:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

My Top 2 Values:

- 1.
- 2.

Values are deeply held beliefs that drive and direct your behaviour.- Glenn C Stewart

KNOW THEIR VALUES

I dream of a world where we can meet someone for the first time and easily bring up that question. What are your top 10 values in relationship? What are the top 2 on that list? That gives you an immediate insight into your ability to work, love, share some time or a lifetime together. So go on and ask your partner at home, at work at your team. See what comes up. Let that be the first honest and open conversation you will have in getting to know each other. Truly and openly. Find out what stands between you and what can support you.

RESPECT EACH OTHER'S VALUES

Remember that we are all different souls with very similar purpose. When our souls are pure with intention and not at all influenced by any past life experiences, I would imagine that we will all have same values too. If we can respect each other's past and allow each other true expression in the moment. No judgment. No persecution. Just love and compassion, we would understand that we each have and are allowed to have different values. In order for our communication to stay healthy, supportive, equal & balanced.

There is a great book called "The little soul and the sun"- Neal Donald Walsch. It's a story about polarity, opposites and specifically about understanding forgiveness. You can learn and understand something logically and you can truly know something by experiencing both ends of it. Think of Yin and Yang. There is only one with the other. The full integration of the concept is in the knowing it's opposite.

So when you catch yourself in a negative space think and put yourself in the opposite to it- Flip it!!

I'm tired- Think: What will energise me right now?

I'm sad- Think: Those happy moments can happen again.

**Never assume
loud is strong
and quiet is weak**

**Everything is
known through its
opposite-,Dane
Rudhyar**

**Simplicity and
complexity
need each other**

POLARITY

This speaks of the volume, the depth, the size of each pole. You can experience the other side only to match that capacity. To understand and know something fully you must know both sides equally. This can assist you in your growth and in the process of getting out of your head when you are stuck on one side or one level. You may want to know something more by increasing the depth of the experience on one side then by knowing the other to the same level or value.

Never assume loud is strong and quiet is weak

OPPOSITE

When you think of Yin & Yang you can understand the concept of opposite clearly. Remember that for each one there is a bit of the other to be complete or balanced or in flow. Directing your mind to the opposite thought or feeling can easily shift the direction in which you are going. So if you don't like where it is heading flip it- think of the opposite and respect what you've learned so you can bring the positive learnings into the desired and evolved mind.

Everything is known through its opposite-,Dane Rudhyar


180° TURN

When you move away from an undesired position or thought, you need to know when is the right moment to make that sharp 180° turn, so then you can make your way towards a desired outcome, thought or feeling. It is like hitting level 0 and knowing to push upwards to get to where you need to go. If you feel like you have hit rock bottom on level -6, the good news is that now you can evolve and grow to level +6

Simplicity and complexity need each other

Alignment is key when it comes to living your truth. When you truly know yourself and know how to listen to your body, you know your connection to your heart. This makes me think of all the heart opening movements and asanas in Yoga. Getting all the fears and limitations out of the way so your heart can shine and lead the way. Making more space for it to expand across your chest and jump ahead of you. When you know yourself you will not second guess your heart's desire. You would trust it fully!! It will bring you the joy, the freedom and the love that you seek.

Our mind, body, soul connection is the triangle of health. When one of them is off, the others suffer or feel like they are out of balance. Seeking the alignment between the three is learning to be and live mindfully. You know you are aligned when your why or your intention is crystal clear. The secret to get there is to know what sparks your heart with joy.

A hand holding a compass over a sunset over the ocean. The background is a blurred image of a sunset over the ocean, with a hand holding a compass in the foreground. The text is overlaid on a semi-transparent grey box.

"My truth is my compass and my
compass is my heart" - Maya Bilalis

I invite the power of
my soul to join me now
.-Lee Harris

CONNECT TO MIND

You are probably wondering why connecting to the mind is the first step. Without awareness of our thoughts we are walking blind. When I talk about getting out of your head, I talk about the awareness that's required for you to know you are in fact in your head to be able to get out of it. Make no mistake. This is where the hub is. All actions and inaction begin in our mind. We need to know it and stay connected to it at all times. Even when we are out of our heads.

CONNECT TO BODY

I strongly believe that our bodies communicate with us and are the true reflection of the state of our minds. If you listen closely it will start with giving you small signals, if you didn't hear it, those signals will get louder and stronger. Disease is a language that our body uses to tell us there is something wrong with the way we operate, think, act. It is trying to tell us this is the wrong path. It is trying to say pay attention to the lesson in front of you.

CONNECT TO HEART

We all know our truth, we all know and felt true connection to our heart. It feels free, it feels joyous, it feels limitless. When losing touch with your heart, you will find yourself in suffering, in denial of love from self and from others. It will feel like hell. It will feel lonely and disengaged. Simple meditation practice, small actions of self love and nurture, heartfelt conversations, playful interactions, learning something new, giving and serving others, receiving love from others. These are all ways you can connect to your heart. Your truth. The longer you can stay there the more fulfilled and aligned you will be. Continue mindfulness and get out of your head and into your heart.

Here are some questions to find more quality in your connection to your heart:

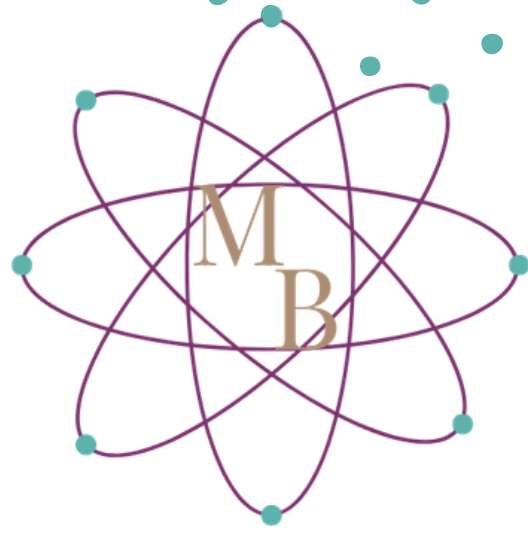
What are some of the positive things I can focus on?

How can I set an intention with my actions every day? Name 2-3

Why did I choose those as a priority? What feelings do they spark?
(stay away from negative emotions)

What are you grateful for today? Why?

What action can you take today so you will stay true and accountable?

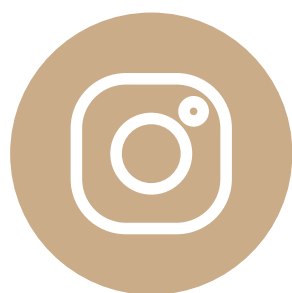


·Maya Bilalis·

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My passion and interest in personal development started a while ago, as far as high school. I was everyone's counsellor and I enjoyed every minute of it. Later in life I became a beauty therapist who functions as an "unqualified counsellor". What I mean by that is that I always had a natural pull of people who trusted me with their deepest life experience, and often I would offer a great space to share and open up and I always felt that I wanted to offer more than that. I wanted to offer information for possibilities, ways forward, ways to grow and evolve. Now, with years of life experience as well as qualifications that I have gained in the field of personal development, such as coaching, counselling, hypnosis, NLP, positive psychology as well as developing my own tool for personality profiling, I enjoy and take pride of what I do. The joy in seeing someone expand and willing to challenge themselves is my passion.

Book now for your 30mins discovery call and start the journey to uncover the treasure within you with love, respect and acceptance.

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