

22 WAYS

*to get*

*Centered and Connected*

*without*

MEDITATING

*Heather Danielle*



*Hi!*

**I am so excited that you have trusted me in assisting you on your path to centering and connecting.**

**Before we dive in to the 22 Ways, let me help you understand a bit more so you can get the most benefit out of this guide.**

**Praying is talking**

**Meditating is listening**

**When you *pray*, you are sending out requests, talking to your Higher Power about any concerns, desires, etc. But when you *meditate*, you are listening and getting the information that can *help you make those prayers come true.***

**If you want to hear the guidance from your Higher Power but without having to spend the time meditating, this list has been made for **YOU!****

*They will help you prepare your mind and body so you can hear your spiritual guidance.*

**When you *center*, you will feel the crazy thoughts melt away, you will feel more grounded, and you'll feel more comfortable in your body.**

**When you feel *connected*, you will find yourself better at making decisions, having more fun, and trusting more in the spiritual beings that have your back.**

**Beyond your comfort zone is where the magic begins!**

*Heather Danielle*

*Let's Get Started ...*



[www.riseintoyourpower.com](http://www.riseintoyourpower.com)  
[www.facebook.com/riseintoyourpower](https://www.facebook.com/riseintoyourpower)  
[heatherdaniellemedium@gmail.com](mailto:heatherdaniellemedium@gmail.com)

# No Meditating Required



1

## Dance

Dancing helps raise your vibration up and gets you into your body and out of your head. Dance like no one is watching, and even if you don't feel like it, still dance. Try out old moves, or watch a dancing tutorials online.

2

## Brain Dump & Writing

Brain dumping is when you write out all the thoughts that come up. The good, the bad, and the ugly. It allows you to clear up the mental chatter and cleanses your thoughts. When you're done with the ugly stuff, write about whatever inspires you, your dreams, or you can practice automatic writing.

3

## Clean your House

Maybe you would rather meditate than do this one, but cleaning can get you "into the zone". It will help you worry less about your thoughts because you'll be focused on the task at hand. Cleaning bathrooms can be exceptionally good if you're in need of grounding.

4

## Drive in Silence

This is my favorite way to connect and get centered. While driving, I turn off the radio, and drive in silence. Focus on driving. Whenever your thoughts carry you away, just bring them back to driving. This is a great time to also talk to Spirit and ask them for guidance. This is an atypical way of meditating.

5

## Complete a Coloring Book

Grab one of those fun coloring books and get to work. Choose colors that you love, and be sure to stay inside the lines (or not!). Coloring will help you get to the alpha brain wave state which will allow you to become more relaxed and it'll be easier to hear Spirit.



# No Meditating Required



6

## Mindful Eating

Eating is such a spiritual act. We are nourishing our delegate body. However, so many of us eat mindlessly on the go. When you take the time to eat mindfully with each bite, you are helping your digestion, decreasing stress, and you'll enjoy it more. This is super important to do because when your body is feeling better, you'll hear messages easier and clearer.

7

## Pull a Card

Sometimes we may be unsure if we're getting messages correctly from Spirit. This is when pulling a tarot or oracle card can really be helpful. If you don't own a deck, then you can use a free online card app. The key is to be clear with your intention when choosing a card, and not doubting it when you pull it. Use the book definition of the card when reading yourself.

8

## Flame Glaze

Taking the time to gaze into the flame of a candle can have you feeling centered and connected in a flash. Focusing on the flame is a form of meditation. And each time your mind wanders to the worries of the day, just simply come back to the flame. Have you ever tried this? It's WAY more fun than it sounds.

9

## Go For a Walk

There's a couple of different walks you can do. You can do a walking meditation while listening to a guided meditation. Take a walk out in nature, paying attention to everything you see and hear. You can also do a music walk where you listen to music that fuels your soul as you stroll. All of these are great at helping you connect and center.

10

## Try Breathing Techniques

Breathing is our connection to Source. When we breathe correctly, it can be super beneficial to the body. Taking deep breaths can not only help us feel better, but can help us get into the Gamma brainwave state that helps us receive insights and ideas. Research different breathing techniques and try them throughout your day.



# No Meditating Required



11

## Yoga

I know you probably already knew this one, but still had to put it on this list. Yoga helps your body prepare for spiritual connection. If you've tried yoga before, but didn't like it, try other kinds of yoga. Even Yoga stretches can have amazing benefits and help you feel centered and ready to connect. I personally connect to Spirit while doing yoga.

12

## Practice Active Listening

When you practice active listening, you are also practicing staying in the present moment. You are using those same mental muscles like you do in meditation. If you keep practicing this skill, you will increase empathy and decrease mental chatter. You'll help put those rogue thoughts in their place.

13

## Indulge in Radical Self Care

Extreme self care is one of the BEST ways to get centered and feel connected. It helps you feel better so you can receive messages and guidance. It will help you think clearer, and will allow your intuition voice to be more noticeable. So, bring on the bubble baths, massages, spa days, and facial treatments!

14

## Work in the garden

Nothing heals like nature. Working in a garden helps you not only connect to source energy, but it also grounds you, decreases stress, and increases serotonin levels. If you want to spice it up, bring your garden indoors, create a fairy garden or look into Moon Gardening.

15

## Try a Sound Bath

Sound baths are when you "bathe" in sound waves. It shifts and aligns your brainwaves while creating a positive physiological reaction. It has amazing benefits that are similar to meditation such as decrease anxiety, stress, and can help you sleep better. There's even sound bath sessions you can attend online.



# No Meditating Required



16

## Cook a New Meal

Cooking something new will help you zone out and get out of your own mind. It can help you boost your mood, and help you raise the vibration of your food if you're enjoying the new recipe. If you're focusing on creating the meal, it will help decrease the mental chatter, helping you hear Spirit's guidance.

17

## Exercise

If you are finding yourself falling asleep while meditating, this is a GREAT way to connect. When you exercise, you decrease adrenaline and cortisol levels and increases the production of endorphins. This helps increase your vibration, your mood, and makes it easier for Spirit to chat with you.

18

## Do Some Art

Using your creative thinking skills can help you see things differently, and be more open to creative solutions. The same muscle that is used in creative activities is the same one that is used to connect with Spirit.

19

## Finish a Puzzle

Completing puzzles can be personally gratifying, but also helps you pay more attention to details. This can assist you when you are wanting to get insight or see signs from Spirit because you will be more aware of the little details in your life. Puzzles can also help you boost your mood and decrease stress which can enhance Spirit communication.

20

## Take a Shower

Cleanse your energy in the shower by imagining the water is a pure white light washing over you, cleansing you. Or use the time in a shower to do a brain dump. Cry out anything that is bothering you. Allow the water to wash all of your sorrows away. This will allow you to open up more space to receive.



# No Meditating Required



21

## Listen to Music

Try listening to music that is in a language that you don't know. Allow yourself to feel the energy of the sounds you hear. Try this when not engaged in any activity. You can also listen to music from happy times or when you were younger. Create a playlist and have on stand by whenever you are needing to center.

22

## Cloud Gaze

Sit and watch the clouds, or even the moon. Don't have anything else going on. Put your phone down, don't try to take notes. Just gaze up and allow thoughts to come and go. Anytime your thoughts wanders away, bring it back to the beautiful sky.

# Calendar

Here is a calendar to keep track of your progress. You can choose one of the above to practice for 22 days, or do one of each every day.

Month/Year:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

The Musical Mind (<http://people.spcr.ca/musick>)





*Logic can get you to A to B.*

*Imagination will take you everywhere*

ALBERT  
EINSTEIN