

Spiritual Tools



for your work week



WHY DO WE NEED SPIRITUAL TOOLS?

It is very common on our spiritual path, to have daily spiritual practices that we practice at home and in private, yet when we arrive physically at our jobs or workplaces, we park our spiritual practices at the front door. A limiting belief is that these rituals don't have a place during our work day or work week, or that we cannot find the time for them.

When we do this, this dramatically slows down our spiritual development. Yet, all we crave for when we are on the spiritual path is for the expansion in perception, spiritual growth and alignment in all areas of our life.

The spiritual practices that we bring into our jobs and corporate environments, can have a greater impact on our lives and are even more important to support us on our spiritual path. As it is in the corporate world and in our jobs, where we can be more tested, triggered and where we spend the majority of our time. We need to bring our spiritual self and our spiritual rituals to the corporate world, without shame.

This is also true, whilst we are transitioning from these environments, towards a greater commitment to our spiritual work professionally. The transition is part of the path and cannot be rushed.

Integration of your spiritual path into your life is key, for your spiritual development. We can no longer see the path as a separate entity or identity from work, career and family. When you own your spiritual path, you begin to own your spiritual identity. When you own your spiritual identity, you become more authentic as a person and you start living your life with greater flow. What does greater flow mean? It means the big and small decisions in your daily life start to feel right and there is an ease to your work week. The inner conflict lessens and you become more unified and integrated in all aspects of your life. Mastery of our own spirituality involves using these spiritual tools to work through challenging scenarios during our work week.

When you master your spiritual practices within the backdrop of the challenges in your life, this is an important part of accelerating the development of your consciousness. When we learn to transcend the lessons that appear in our work environment, those lessons cease to appear in our lives. Greater joy and abundance can flow in.

We can face negativity, challenges or energy depletion during our work week and this is an invitation to use our Spiritual Tools to reset, recharge and to take control of our lives. A strong intention and desire to incorporate your spiritual practices into your work week is essential. In time, the practices becomes a part of the fabric of your life, much like the meals you consume and your daily exercise. Over time, you will not need to consciously think about these spiritual tools, they will become a way of your being.

You will soon learn, that as a high performing leader, executive or mentor by incorporating these tools into your life, your life will find greater meaning and purpose.



HO'OPONONO PRAYER

AFTER MOMENTS OF
CONFLICT AND TENSION

THE HO'OPONONO PRAYER

When we have been triggered by another person's actions or words during our work day, our mental state can slip into anxiety, anger and despair very quickly. If you feel like you have lost your temper or acted out of integrity too, this can cause you to feel poorly about yourself. Shame and guilt may quickly set in. In such instances, instead of dwelling on being impacted or the wrong doing that may have been committed, it is important that we quickly restore our mental state back to unity. Once we have restored our mental state, a positive pathway forward will become clearer. We will be able to see the situation with much clearer eyes. With reduced anger and anxiety, we are able to move into a restorative state. This is very important within the work environment. Relationships and building strong relationships is a key to success. Learning to regulate our emotional states and quickly is important to relationship building.



Ho'oponono is an ancient spiritual practice (through the recitation of a mantra) that originated in Hawaii and before that, in the Polynesian Islands of the South Pacific. It was used as a practice to assist with conflict and to help one island kingdom settle their differences with another.

Over the years, Ho'oponono has been adapted to facilitate cooperation and forgiveness between individuals.

The basis of the mantra comes from the one principle that the Hawaiian's teach: Hurt No One. Along with this one principle, the mantra was used as a form of conflict resolution instead of arguments continuing to escalate. We must be responsible for all of our experiences in our life. This is a core concept of Ho'oponono. When we accept responsibility for our own experience, we are then able to manifest and create the reality that we really want. We truly then can create a harmonious work environment and improve interpersonal relationships with colleagues. When using this mantra, you're speaking to Universal source. We never aim to change or fix another person or situation, however we focus on ourselves for healing. When you heal yourself, everything else in your reality will change.

HOW TO USE THE HO'OPONONO PRAYER

You will use the prayer, when you have an experience that is negative or you feel confronted by someone or a situation at work that has put you into a negative and low vibration state. Find a quiet place, at your desk, or outside of your place of work. Then take a deep breath and repeat with your inner voice three times. After each repetition take and deep inhale and exhale.

“
I love you
I'm sorry
Forgive me
Thank you
”

Ho'oponono Prayer



I LOVE
YOU

I'M SORRY

FORGIVE
ME

THANK
YOU

Those words give love.
They accept responsibility.
They apologize.
They ask for forgiveness.
They show appreciation and gratitude.

It is believed that the resonance of these four words create harmony and balance. It is easy to see how effectively these words can transform quickly your mental and spiritual vibrational state from a low state to a high state quite quickly. It allows the conflict you are currently facing to be released and the energy to change.

The prayer demands that there is a state of peace and resolution, even if there is no ability to let go of the situation, or to resolve the situation on your own. The words are able to develop a state of healing that takes place internally, allowing you to accept what is and to move into a more powerful state of mind and energy resonance.

This way you can learn to let go and let love back in. Not only are you resolving energetic conflict with others. You are resolving the same conflict within yourself. The Ho'ponopono prayer for healing is designed to release those energies, that are holding you back from your true potential. This prayer is an effective tool for regulating your emotional state from within your work environment.

You may start by using this prayer at your desk, or on a break. However, with practice this mantra will become accessible within your inner landscape much more quickly. It just takes practice.

You will be able to use this mantra silently during meetings that may be challenging, or at times when you feel you need more energetic support.



CRYSTALS ON YOUR WORK DESK

to protect and cleanse
your work environment

HOW TO USE CRYSTALS AT WORK

Crystals work through vibration and resonance. Their subtle vibrations affect the physical, emotional, mental and spiritual levels of our being. We can spend long days in our work environment, especially if you are sensitive and the work environment is an open plan office. It may be important that you are assisted to maintain a strong auric field and to deflect negativity or harsh energies that may impact you. This can be done by the placement of crystals in your work area or on your body. You can also pick them up and hold them whilst experiencing stress or take them with you for short periods of meditation.



WHICH CRYSTALS ARE MOST EFFECTIVE

The following crystals will be the most effective in supporting you, due to their potency and ability to work and support the other crystals in harmony.

There is no need to feel shame or embarrassment about having crystals on your desk. When you own your own spiritual identity and spiritual path with confidence and assurance, vibrationally, those around you will respect your choices. You may find that you inspire those around you to follow suit. We may feel that we need to have a corporate identity or a way of being that conforms to those around us. These are limiting beliefs that are holding us back from honouring ourselves and our divine place in the world. We must not hide our spirituality any longer.



Selenite

Selenite has a very fine vibration and brings clarity of mind. A piece of selenite on your desk can promote a harmonious and peaceful work place.

Psychologically selenite assists with judgement and insight. Selenite can clear confusion and assist in seeing the bigger picture.

During your work day, Selenite can bring calm for when you are experiencing erratic emotions.

Black Tourmaline

Black Tourmaline cleanses, purifies and transforms denser and harsher energies that are commonly found in work places into a lighter vibration. With a strong intention, this crystal can aid in forming a protective shield around your work area and yourself.

Psychologically this crystal aides you to understand yourself better and promotes stronger self-esteem. It aides in eradicating victim mentality and assists in attracting compassion, tolerance, abundance and prosperity.



Acquamarine

Aquamarine is a calming stone. It reduces stress by calming anxious thoughts that are not serving us to be as efficient and clear in our work day. In sharpening our intuition and clearing confusion this crystal supports us to be effective in our communication, which can be essential in our jobs. Quite often interpersonal conflict occurs due to unintended miscommunication.

Psychologically this stone teaches patience and acceptance, thus when someone is communicating with you in a way that is unclear, you may be able to process the communication with more patience and insight.



Malachite

Malachite is a powerful amplifying and transformative crystal. Your positive work experiences can be amplified under the influence of this precious stone. You may engage in more risk taking and will acquire a confidence that is deserved under this stone's influence. This crystal can also show you aspects that are blocking your growth. It assists in breaking down patterns that you are repeating and encourages you to take responsibility for your thoughts and actions. You will be supported during this practice.



Peridot

In ancient times this stone was known for keeping evil spirits away. This crystal allows you to release old burdens and guilts. Within your work environment you may find that you will be able to release negative thoughts or patterns from the past that are no longer serving you. It will also assist in detaching from the dramas of others so that you can remain focused on your own aspirations and vision. Psychologically this crystal assists in relieving resentment or jealousy. In this process spiritual truths will be revealed to you to allow you to move forward professionally with inner strength and resolution around your own soul purpose.





OM WHEN YOU LEAVE WORK

Disconnect from work
by using sacred sounds and mantras

TO DISCONNECT FROM WORK USE SACRED SOUNDS OM WHEN YOU LEAVE WORK

We all have frustrating days at work, where you can't seem to win, or perhaps just a little boredom has crept in. When you leave your office it is important to connect into the highest vibration possible to clear your thoughts and revitalise your energy. This can be done by connecting into sacred sounds.

A mantra is a sacred sound used in meditation and chanting.

Man - means Mind and Tra - means Protection in Sanskrit. Thus a mantra is a tool for protecting our minds from lower thoughts.

A common mantra is the Om chant.

This is not limited to the Temples of Asia or Yoga studios that we may frequent. When you hear the sound of Om, it connects you into Universal Source energy.

Your mind immediately moves to a consciousness beyond your own and you start to acknowledge that there is a greater picture to your life and life in general. This is important, as we can take aspects of our career very seriously. So seriously, that we take on our career, job title and salary as a part of our identity. It is not who we are, even though at times it may feel this way.

The Om chant helps to dissolve our ego from our job title, the 'I' and 'Me' within our work environments. You have a great unique purpose here on Earth and your career may be facilitating this, however we must learn to disconnect and to connect into a higher state of consciousness. The sacred sound of Om is a common method to do this. With practice, this spiritual tool and ritual will become the norm. It is an effective and gentle way to bring you out of anxiety and back into a state of calm.

108


The simple sound of Om on a daily basis will recharge your spirit. Saying the mantra Om 108 times after your work day is a powerful practice to honour financial abundance and security in our lives and to honour that we are looked after by the Universe. 108 is considered a sacred number in Hinduism and other spiritual cultures. There are 108 archangels, gods, goddesses and ascended masters that hold together the universes' energy.



Even if you are not aligned with any religious or secular or spiritual faiths, repeating a mantra 108 times with intention will allow enough time to break free from thoughts connected to work and your work day.

You can count the Oms by using a mandala necklace with 108 beads. You can also set your alarm to 3.5 minutes. If you chant the word Om every two seconds this equates to 108 Oms.

When you search for Om on music platforms you will be spoilt for choice. Find a piece of music with this powerful chant. Save this to your favourite tracks, so it is ready for when you leave your work today.



ENGAGE IN AN END OF DAY REFLECTION

An end of day reflection will help you to disconnect from conversations, situations and events you cannot change.

Reflection and closing down your day before you sleep

A deep night's sleep is powerfully healing and restorative. When expanding on this spiritual path, during our sleep state we are doing a great amount of healing physically and psychologically. Thus it is important to disconnect from the work day before we go to sleep, so that we can maximize the time that our body and mind is healing.

Working consciously with ingrained thought patterns, we need to acknowledge that worrying will provide no solution to unresolved issues at work. It is not uncommon to hold onto difficult conversations and moments during our work day and play them on a loop in our head. This involves no resolution or positive momentum forward in your life. In fact, it acts to add resentment and build up the negative energy around a situation even more. It is important to cultivate a daily practice when you reflect and bring closure to events, conversations and interactions that are no longer serving us. In doing so, you can bring about a deeper sleep state, knowing that with the morning brings an opportunity for new beginnings and for learnings to be put into action.



Reviewing your day process

When you are lying in bed, a process to calming the mind to slow down our thinking process is accomplished with a review of the day starting from the beginning of our work day to the present time. The intention of this process is not to go over situations or conversations with frustration or wishing for a different outcome. Instead the process is to visualise how we would have wanted that situation or event to unfold. Whilst it may not have happened in this way, we can neutralise or bring inner peace and feel the resolution.

As you are lying in bed, take a moment to become present with your body as you are lying comfortably. Starting from your feet and consciously working up your body, feel your ankles, relaxing your calve muscles, knees, thighs, groin, stomach, chest, throat, relaxing your face and muscles. You have taken yourself into a state of relaxation which can bring clarity and focus. This process is referred to as a body scan.

Next, within your mind, taking yourself back to the beginning of the day, start to look and feel for moments during your day where you feel like there is unfinished business or a conversation, which you wish you had conducted better. Perhaps there were things that were unsaid or that you wished you had the confidence to say. This will take a strong focus and will power. Start by replaying the scene in the way you wished that it had gone. Internally say the words you wished you had.

This process is called positive visualisation. It may feel difficult visualising a scenario of peace and harmony, when this dynamic may not exist currently. This small exertion will allow you to free your mind of the negative thought cycle that is repeating in your mind. Visualising, much like a movie scene, the scenario playing out in a way that you wished and hoped that it had gone. Keep on replaying the scenario, until you feel a peace is restored. You will feel like the unfinished business, is finished. This is not just an activity for the mind, you need to feel with your heart, body and mind – your entire body, that the event truly happened. Take the time as you are doing the process, to feel love, gratitude and acceptance of a new outcome. When this process is done thoroughly, you will take the sense of completion into your sleep state. You will be able to enter sleep consciousness with feelings of love, well-being, joy and peace.

This can become your night time ritual and is very effective for those who suffer from sleep deprivation due to highly stressful or anxious states of mind.

We need to honour how important sleep is to our healing and spiritual expansion and thus this practice will aid in bringing a deep restorative sleep.



MORNING TUITION FROM MY SPIRIT

Morning meditation to open your channel, to ask questions about your work day and the week ahead

Morning meditation to open your channel

Daily meditation practices are essential. Your IN-TUITION is the tuition you receive from your spirit. The most powerful answers come from within. And with practice you can tap into your inner genius. This mediation recorded will open you to your highest wisdom and truth.

In the email, you will also find a recorded meditation for the practice below.

Note: Do not pick up your mobile device to look at social media prior to your meditation practice. We do this exercise in the calm of the morning, before the distractions and noise of the day pollute our thoughts and intentions.

Instructions:

After the guided meditation, please complete the work sheet. The questions are framed to allow for your intuition to speak to you. Your intuition is your own inner voice. It will speak to you if you learn to create a dialogue with it. Thus a daily repetitive practice is needed.

Completion of the work sheet will:

1. Allow you to seek answers for the day ahead, before you head into the business of your day.
2. Provide you with reassurance around anxiety and stress points in your life.
3. Allow you to see the bigger picture and grander vision in your life.
4. Provide you with actions to bring you into greater alignment and ease.



AFTER THE MEDIATION IN SILENCE ANSWER THE FOLLOWING QUESTIONS

01 WHAT ACTIVITIES, TASKS AND PROJECTS DO I WANT TO PUT MY ENERGY INTO TODAY?

02 WHAT AM I MOST EXCITED DOING OR ACHIEVING TODAY?

03 WHAT AM I NOT LOOKING FORWARD TO AND WHY?

04

- RELATING TO QUESTION (3) IS THERE ANY ACTION THAT I CAN TAKE TO CHANGE THIS?
- ARE THERE ANY THOUGHTS THAT CAN ALLOW ME TO SEE THIS SITUATION DIFFERENTLY?
- WHAT IS IN MY POWER TO CHANGE THIS CIRCUMSTANCE?

AFTER THE MEDIATION IN SILENCE ANSWER THE FOLLOWING QUESTIONS

05

HOW WILL ACTIVITIES TODAY ADD OR CREATE TO MY LONGER TERM VISION FOR MY LIFE

06

- IS THERE AN EVENT, CONVERSATION OR EXPERIENCE FROM YESTERDAY THAT TAUGHT ME SOMETHING?
 - WHAT LESSONS WERE LEARNT FROM YESTERDAY. THIS CAN BE BOTH POSITIVE AND NEGATIVE.
-

07

- WHAT CAREER, PROFESSIONAL OR WORK RELATIONSHIPS CAN I STRENGTHEN TODAY?
 - HOW CAN I DO THIS?
-

08

- WHO CAN I HELP TODAY? AND HOW CAN I HELP THEM?
 - HOW CAN I SERVE SOMETHING GREATER THAN MYSELF?
-

09

HOW CAN I NURTURE MYSELF TODAY?

About Sheila

Sheila is the founder of the **Empowering Intuition.**

She has transitioned from being a corporate executive as a CFO of a major publishing house to being a Spiritual Teacher, Intuitive Reader, Intuitive Mentor and Executive coach.

Sheila has committed herself to the path of spiritual knowledge, supporting society, teaching and leading from her own wisdom.

Sheila has cultivated her skills in Mediumship at the prestigious Arthur Findlay College (London). She has immersed herself in learning Reiki and multiple mindfulness techniques at Esalen (Big Sur, California) and has studied Bhakti Yoga and the Vedic teachings of Kripalu Maharaj in Mangarh, India and she has been taught by world renowned medium James Van Praagh at The Omega Institute (New York). She has studied Timeline Therapy with The Tad James Company. She also holds an MBA with Distinction from the Australian Graduate School of Management.

She has appeared on Australian TV on series called *Psychic TV* and *All About You*. She is a resident Medium and Channel at Sacred Space in Sydney, Australia.



Sheila's corporate smarts are combined with her deep intuition to provide grounded practical advice in her sessions. She has blended her extensive business knowledge with her immense intuitive abilities, so her intuitive reading style is action-oriented and accountable.

Her clients repeatedly come back to Sheila as they have achieved transformative changes in their personal and professional lives.

