

Presents

by Matilde Hernandez

Six Steps to
REJUVENATING
within and to
begin Healing
the Mind,
Body and Soul

We all need a place where we can unwind and release what's within, allowing the soul to flow with peace and love and feel tranquility. One of the best ways to nourish self is self-discovery, *forgiving you*. Embracing goodness as much as the disruptions. I will share with you 6 amazing steps that have allowed me to *Rejuvenate* and Live Again after Setbacks and Mistakes. Life happens and you learn to have a different perspective about it. If not, it becomes difficult to move and go on.

“

*The soul always knows
what to do to heal itself.
The challenge is to
silence the mind.*

- Caroline Myss -

”
OxyDay.com

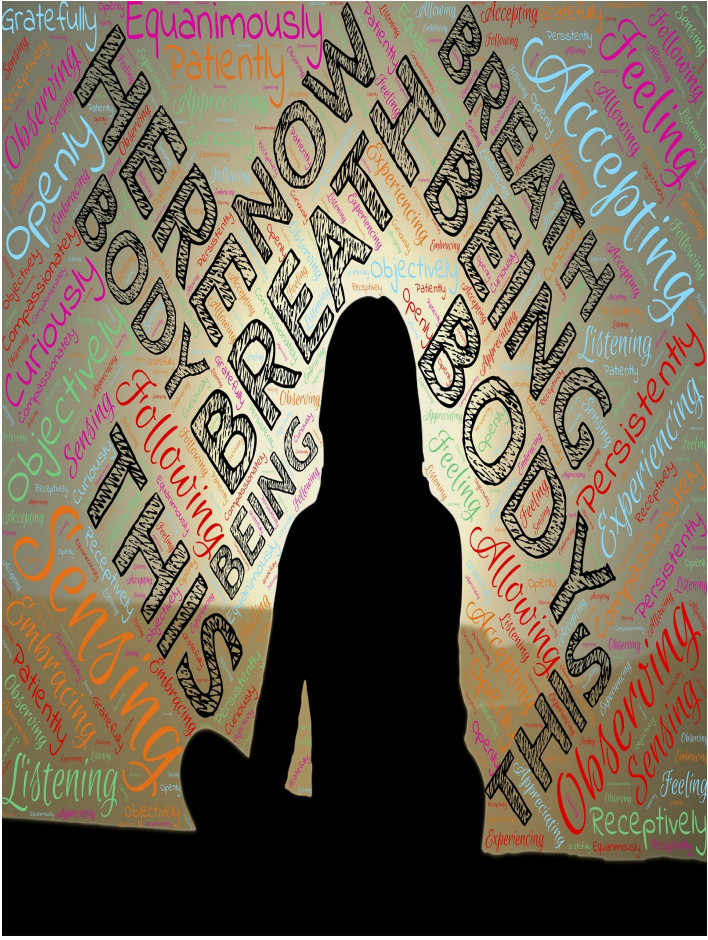


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Introduction

Rejuvenating means to make (someone or something) look or feel younger, fresher, or more lively. A second definition is to restore (a river or stream) to a condition characteristic of a younger landscape.

When we think about our mind, body and soul, both of these definitions can apply. A refreshment of our mind, body and soul is something we all need at one point in time, no matter where we are in our lives. As a result, the steps that lead to a successful rejuvenation are explained in the book. Please use this resource as a future reference when you need a “refresher” on your journey.

This book was created to help you move forward from falling into a rut of depression or any setbacks. I decided to create this eBook to share different ways of rejuvenating from within while releasing the things that are wearing you down, having a new perspective and the steps to nourish the soul. Life happens, it's how you react to it and having a support system that makes the difference of whether or not you are successful.

**Remember rejuvenation is a
good thing and you are well on
your way.**

Let's get started.

Free Thy Self and Enjoy Life

Inner Soul searching

Feeling tired or exhausted? Overwhelmed? Over-thinking things? Is the noise in your head taking over or you are just feeling a little down or in a rut? Rediscover yourself and *Take care of you*. Take an internal inventory and start writing according to the beats of the heart. Whatever hasn't been fixed and its keeping you stuck, remove it. Reveal the *Real* issue and change it. Rediscover Challenge will allow you to tap inside and begin fixing the wounds. Practicing Self Love steps one day at a time will help you start the journey and maintain a manageable pace for your success.

Brain dump: Let it out and work on it to allow the mind to release it. This is a beneficial dump.

Set Positive flash card: Post Bright Cards in the kitchen, car, work place and your bedroom. Speak Life and Love to yourself. Be positive to get positive back.

Date Yourself: Get Up, Love Thy Self and enjoy your time with The Girl In the Mirror. Remember you are important so make a date and keep it.

Retrain Your Brain: Think positively by having a different perspective on the situation. Look for the good in all situations.

Journalize Your Life: As your transition begins, take time to write about your given day, the good the bad and the ugly! Notice how you deal with it and remind yourself you are in control of what you react to. Don't give your energy out to negative things nor

things that do not bring out the best in you. Your energy is one way to be positive and rejuvenate. This journal directly fuels your energy. Your writings will become a way for you to measure your growth and help keep you grounded.





Forgive yourself and receive Freedom

You Matter Take Care of your Soul and Let Go

Understanding that we are on a journey and it must be embraced is important. It's not a race; we will fall 1,000 times before we reach our designed destiny. Believe and you shall achieve it. Learn to value things from a different perspective. It takes allowing oneself to forgive. This is an essential step in order to heal the wounds that lie within our souls. Tap into those places you've patched and still haven't been able to talk about (Let It Go and Forgive You).

Below are some *Positive thinking* and words to help you. These are good for you and others:

Peace is for you: Letting go and moving forward activates the peace within.
P.E.A.C.E. (Purposeful Empowering Actions for a Coordinated Existence)

Express your Pain/anger/hurt: Talk about it and always pray. Ask God how to help you move beyond the pain, anger or any hurt. Choose love over it all and love will follow.

Recognize what's bothering you and set a "let go" Plan: Let go of the preoccupation with slight. Move On. Don't make it all about you, evaluate the situation, always pray and let God direct your path. Once you understand the feeling of FREEDOM, our creator will shift us into Healthy positive relationships, but only when you deal with past hurts or failures. Just get back up,

smile and give the world your vibrant vibrations.

Journal away and Read Personal Development Books: Writing allows the mind to flow and release old hurts as it creates purpose to empower others. Find meaning in the experience and grow. Remember that words have power, so use your words to empower yourself and rejuvenate.

Setting Boundaries

Setting Boundaries and sticking with it

*The journey is to be traveled while making
MAGIC*

We can get caught up in our own activities without considering God's will, paying attention to what we add verses what He said He wants from us. For me, God wants me to help, not enable, to serve, to love and not take on responsibilities that aren't created from Him. He wants me to be supportive. He wants me to uplift. One day I decided to stop all the busyness and prayed for direction. My spirit was filled with peace and I started taking control of my life and setting boundaries regardless of the outcome. Have you taken the time to pray to

discover what God wants from you while you're here? We all have some God wants us to do and doing His will makes our lives easier.

Here are the steps to consider as you pursue your goals and make all the Magic that lives inside of you.

- Recognize the difference between Helping and Enabling.
- How long will you provide help and creating a plan?
- Actions to take when boundaries are violated.
- Saying "no" and not feeling guilty.

We take care of everyone else, our husbands, kids, houses, cars, cats, and dogs. The list goes on and on and we wear many hats. Yet underneath all of this doing, being, and accomplishing, we are loved and a daughter of God, called to

guard our hearts and beyond. That is the core of who we are. Do not ignore it. Embrace it.

HELPING is doing something for someone that he is not capable of doing himself. Helping makes you feel good and gives you a sense of purpose. It brightens your day when it is something you want to do. Helping is a good thing.

But, there is another side, enabling.

ENABLING is doing something for someone that he could and should be doing himself. (An **ENABLER** recognizes that a negative circumstance is regularly occurring and yet continues to allow it. Know when to pull away. Enabling creates an atmosphere in which others can comfortably continue unacceptable behavior. I would set a contract with an expiration date to the help offered. Block the noise or the heart of saying 'I'll help because I love Him/Her. Once you have helped for a period and the person hasn't accomplished what you have agreed on, withdraw.

- Just say it nice and simple, "Yes, I will, or No, I won't". In Matthew 5:37 (NLT) anything beyond this is from the evil one.
- Another one to seek (James 5:12) "Most of all, my brothers and sisters, never take an oath, by heaven or earth or anything else. Just say a simple Yes, Or No, so that you will not sin and be condemned." As women, we are born nurturers, we have

always had challenges saying no. Once we understand what our responsibilities are, it will become easier. No, no, no. Don't allow the guilty feeling to slip in. As women we tend to carry guilt, again set those boundaries and protect your heart.

Set Your Boundaries

As you journey through life and free Thy self from allowing stress or any type of anxiety, be mindful of the boundaries you need to stick with for success. These boundaries will help keep you focused on your journey.

- Boundaries in Marriage
- Boundaries in the workplace
- Boundaries with Friends

“Guard your heart above all else, for it determines the course of your life”. (NLT)



Taking some quiet time to hear the Soul Speak

The mind is always racing, so allow yourself to stop and release those fears, let go of any anxiety and stand still, and hear the Soul's melody within. When I begin to feel disconnected, I walk and take myself back. Reading a message in the Bible gives me security of God's love. Remind yourself of something you do control (Personal Environment) when the world seems chaotic and you feel yourself falling into despair and helplessness. Listen to God's whisper and allow yourself to be Reinvented again. Let it overcome anxiety and fear when you are faced with life's problems and challenges. Breathe in the Goodness. Exhale the mess to avoid stress.

How do I take some “quiet time” and hear the soul express itself with soothing music or the word? These things help me take in the day with love and joy.

- Welcome the Day
- Stand soul to soul with Nature and Embrace the sounds of the winds and the birds chirping.
- Sing Out Loud (I Am Amazing, I deserve Happiness, I will love more
- Play in the rain and splatter the water
- Hike it and Write it (Journal the soul releasing)
- Listen to the body when it tells you to slow down.
- Let the Flow in your soul roll with the day (Quiet the Mind)
- Trust the process and let God give you streams of living waters



Have a Gratitude Celebration

Give and Receive joy everyday of your life. Cultivating thankfulness is a journey of the soul, one that begins when you look around you and see positive effects. Just know Gratitude is the mother of joy.

List of why I celebrate and so should you

- Celebrate your accomplishments, Big

or Small

- Worry less, Laugh more
- Take Gratitude breaks to dance, sing and praise
- Celebrate something you overcame
- Celebrate breathing.
- Celebrate rest days.

Then, I celebrate because it's a Gift Day.

Life will bring you pain. Why sink? Push forward and see yourself accomplishing it one day at a time. Gratitude connects us to spirit and opens us to moments of Grace while I learn to let gratitude flow naturally, my responsibility is to create my joy.



Exercise the Mind, Body and Soul with Love

In the technology filled world in which we live, we tend to make excuses to “Take” time to explore and create a path for Self-Love. Focus on what matters the most and the people that take the time to pour into your life. Write down all the supports that fuel you up. The best part and the essential role of God in my life is my gratitude for Life itself.

I Nourish my soul while meditating and the mind is muted. I Practice gratitude every night I step outside, reach up to the sky and thank God and the universe for this day and this Life. I write 5 things that I’m grateful for in my gratitude journal at the end of each day. Oh how I love and show others the more you practice gratitude the more your peace finds you. Keep the balance it’s important and learn to relax and unwind the mental. Bikram Yoga allows you to have a meeting with the body. There are twenty-six postures to help you achieve wellness. Yes practice yoga, which is the harmony of the soul that soothes the day. Create a list that will allow self-discovery and Self-love.

- Recognize your strength
- Keep focus and keep your why close
- Keep a positive journal
- Practice gratitude exercise
- Make rest a priority
- Exercise now and live longer feeling strong
- Practice mindful exercise
- Exercise the boost your mood
- Meditate and practice and relax the mind
- Practice the: Switch off and stay



About the Author



Matilde Hernandez is the owner and CEO of All in One Cleaning Service, LLC. She has been in business since 2005. As a successful entrepreneur she has made connections and built relationships.

Matilde realized that although she was a successful businesswoman, she was not happy with herself personally. As a result, she set out on a journey to heal her mind,

body and soul. She began eating healthy as a result of bodybuilding.

Matilde's road to recovery began in 2009. She worked hard and lost a significant amount of weight. She changed her eating habits to not only include healthy food, but healthy amounts. She also began a fitness regimen to help her sustain her new weight loss. Now, in 2019, Matilde still looks great. She has kept the weight off, has become a certified wellness coach and is still operating her successful business. With all of this on her plate, she still finds time to work with the Circle of Empowered Women on various projects.

Wellness is Matilde's passion. She is excited about teaching others and working with new clients to help them transition. She understands that everything works together, the mind and body to create a completely healthy soul. It all starts from the inside and it starts with you.

To learn more about how Matilde uses her life experiences to help others through Wellness, Fitness and Coaching, log onto www.dare2liftit.com. You can work with Matilde, let her guide and coach you or get inspired and motivated by her encouraging words.