

Introduction Video transcript

With Dr Shuna Marr

[00:00:00] Hello and welcome. If we haven't met before, I'm Shuna Marr. I'm a former academic of 22 years, but I've been a spiritual guide for personal and business growth since 2019. My aim is to help people like you to empower yourself to navigate your awakening transition with more ease and grace. This offering emerged as a response to a common challenge faced... that faces many of us.

[00:00:28] And at the end of the summer, I found myself hearing similar sentiments from members of my community, the Ascension Pathfinders Adventureland, and from my coaching clients. And they all told me the same thing, that they were struggling to reestablish their daily spiritual practice after, well, life's various demands had pulled them away over the summer.

[00:00:48] And it's a situation that can happen to the best of us. Our routines get disrupted for whatever reason, and our habits fall by the wayside. And perhaps you're here because you're finding yourself in the same position. Or you may be someone who has never embarked on a daily practice and you might even be wondering what a daily practice even entails.

[00:01:10] Whichever it is, you may be feeling confused or overwhelmed and unable to get started or even to know what to do. And you know the truth is, there is no one size fits all answer. Each person's daily practice is a unique reflection of their own inner journey. A [00:01:30] common misconception is that a daily practice has to involve something spiritual.

[00:01:35] And while it may include chakra balancing or yoga or reiki or tarot or meditation, it doesn't have to. At its core, a daily practice serves as a personal compass, guiding us to stay centred and deeply connected to the essence of who we truly are. And it involves a gentle ritual or set of actions you do every day to reconnect with your inner self, find clarity and nurture your spiritual journey.

[00:02:03] Think of it as a sacred appointment with yourself, a moment to pause, breathe and align with your inner wisdom. And how that looks will be up to you. Whether it's meditation, or journaling, or dancing, gardening, or simply a few moments of mindful reflection. Do what feels right for you, not because you think it's something you should be doing, or it should be done in a particular way.

[00:02:28] For example, my first mentor used to spend an hour every morning doing yoga, followed by an hour of meditation. And that's absolutely great if it's possible. Many of us don't have the luxury of two hours to spare every morning. But when we come across gurus saying, Oh, you need to do this or that every day for this length of time, or it's not worthy.

[00:02:53] It can actually become overwhelming and mean that we get to the point where we don't do anything because we really can't [00:03:00] commit that amount of time and energy and then it doesn't happen. And it's also important to realise, too, that there will be an ebb and flow to your practice as well. And that's okay, and it's to be expected.

[00:03:11] It's not something to beat yourself up about. And, over time, you'll come across new things. And it's okay to let go of things that you used to do but you've outgrown. And there'll be

seasons when you can give extra time, and other times when you can't. And understand that all of that is okay. A daily practice isn't something you do to be virtuous.

[00:03:34] But having said that, there are lots of benefits to doing at least something every day. Because when you're doing gentle things that connect you to your inner source, you'll find it brings you more peace, it reduces your stress, and it enhances your overall well-being. And it's a compass that guides you through life's ups and downs.

[00:03:53] It helps you to stay centred, mindful, and connected to your higher self. Through having a daily practice, you cultivate a deeper understanding of yourself, you find clarity and discover a sense of purpose and joy on your spiritual journey. And of course, the flip side of that is that when we let our daily practice slip, we may feel adrift or disconnected and overwhelmed by the demands of daily life.

[00:04:20] And we miss out on that profound sense of balance and guidance and inner peace that the practice provides. So think on a daily practice [00:04:30] as an essential act of self-care and as important as brushing your teeth or daily personal hygiene. And your routine is what works uniquely for you. It won't be like anyone else's and it will change over time.

[00:04:45] So below I've given you some gentle steps to forming a practice or reconnecting to it after a break. You'll find a PDF containing the eight steps if you want to download and keep it. And I've pulled out the journal prompts for quick access and posted them under Step 1. And there's a 17-minute audio meditation that's my gift to you to help you to set an intention to reconnect to your inner light.

[00:05:09] And you can download the MP3 for that under Step 7. And towards the bottom of the page, you'll discover further offerings if you wish to delve deeper into your journey with us. Oh, and I've also included a feedback form, because I am truly interested to hear about your experience with this resource, and if you fill that out for me, I'd be really grateful.

[00:05:31] So thank you for being part of my email list. I always strive to honour this privilege, and I look forward to the path we'll walk together, however long that may be. Thanks for watching. Bye for now.