



3 STEPS TO
MASTER
MIND FITNESS

created by

Jennifer Bitner

The Body as a Whole

As you bring yourself into balance with your mind, body and emotions, you will begin to thrive in an optimal state of health. When looking at the cellular level, our cells want to be whole and functioning at their best. We are being sent messages, let's call them "text messages" all day to our cells, through what we call 'emotion'. When we break down the word emotion, it actually stands for 'energy in motion'. These text messages that our cells receive tell our body how to act, behave and how to feel! What is fascinating about our body is through natural approaches, we can change these messages that we want our cells to receive.

The ability to be aware and be connected is where we thrive best, but when we have that disconnection, that is when we start to see dis-ease like anxiety, panic and depression. So think of what can we do to bring our ourselves back to that state of wellness, because our body's do want to be thriving at its best. When we give it the right tools to do so, the body will do its job and heal itself. You really are the one in control if you want to feel good or continuing feeling down, and we are going to learn how to support your body with going to back into balance.

There are three key steps we are going to go over that achieve Mind Fitness: fuelling your body, feeding your soul, and starving your ego.

Fuel your Body

When we look at our food intake, we have to ask ourselves what are we going to take out and what key things are we going to add in, because we can't remove everything from our routine without replacing it with something better.

First off, you want to have a strong foundation when it comes to your nutrition because the biggest way to really shift your wellness journey will be with food. I highly recommend starting with a Holistic Nutritionist because 90% of your serotonin is created in your gut, known as your second brain. If your body doesn't have the vitamins, minerals, nutrients that it needs, it cannot function fully. What I highly recommend avoiding if you are looking to achieve emotional wellness is processed foods, sugars, alcohol, and coffee (a great herbal alternative is Dandy Blend) - so you don't have this addictive tendency to escape whatever you are dealing with in your present life, and lowering your vibration.

With adding things back in, I highly encourage looking up the Whole30 program (there are vegan/vegetarian options). What it guides you to do is eliminate consuming anything that is bagged, canned or processed in any way! This is going to help your body go back to balance with WHOLE FOODS. If you are a dōTERRA user, I also urge you to start using the LifeLong Vitality supplements. This is an important tool to create that balance using essential fatty acids, antioxidants, anti-inflammatories, 22 natural and whole food essential vitamins, minerals and 72 trace minerals.

Fuel yourself so your body can restore back to balance and it will do what it needs to do and recreate that cycle of health!

Feed your Soul

Many times, when people have an emotional wellness imbalance, it is because they are often spending a lot of time in their mind where there is all that 'monkey chatter'. Whether we are dwelling on the past or fearing for the future, we are so disconnected from our thoughts and what our soul is craving. Our soul is our inner voice, our inner desire, and naturally our compass. We disconnect a lot from it and often kick our soul to the back seat and let our conscious mind take control.

Here is the truth, your conscious mind is 5-10% of who you truly are and what you truly want! It directs all these things in your life, yet it has zero idea on what your soul mission is. The truth behind everything your soul knows, and it is found within.

To feed your soul, you need to get silent. Tip: Silent scrambled spells LISTEN.

If you can sit in peace and go deep within, your inner voice will always speak the truth! Something to remember is: if it feels light, it's right. If it feels heavy, it's your ego. This doesn't require a deep long meditation either! Just by closing your eyes and asking your soul what you're needing to know, your gut instinct/inner knowing will pop right up.

Live from a space of feeling connected and feel into what is light and what is heavy, and always ask your internal compass. To feed the soul, a great option is guided meditation, and that is something I recommend if you find it hard to sit quiet without mentally creating your grocery list! Soul connection with another person is also great, whether it is intimacy or a really tight long hug.

Starve your Ego

When it comes to low vibration emotions, you really need to starve your ego! This includes competition, haste, not forgiving, holding onto resentment, and comparison to others. Every single emotion that a person goes through has a different vibration and frequency.

When we operate with negative emotions, we vibrate so low, and we start to attract things that are on a low vibrational frequency.

In order for us to expand into the highest frequency of joy, we have to raise our vibration to see who we are meant to be and how we are meant to serve.

I like to use two techniques to achieve this:

1. Essential Oils. Pure, authentic, genuine + potent essential oils will carry an energy that can help raise your vibration, while also send NEW text messages to your cells. In turn, managing and affecting your moods.
2. Re-Frame. Whenever I have a thought that pops up that is negative, or I can feel it's heavy, I instantly throw a TRUTH BOMB at it. This truth bomb is the OPPOSITE thought, the reasonable TRUTH to that negative statement. It will start to retrain your brain to believe the new truth in stead of those old stories you have been replaying (likely for years).