



A Spirited Life

By

Meredith Wilson

~ Mystic Pathways

www.mysticpathways.net

mim@mysticpathways.net

A Spirited Life

Mind ~ Empowering Beliefs | *Matter* ~ Energising Body | *Magic* ~ Engineering Beauty

✧ ***Spirit*** [spir-it] n.

Definition: the principle of conscious life; the vital principle in humans, animating the body or mediating between body and soul. ie: our higher consciousness, oversoul, or higherself. Which is different to our soul> The soul is here to learn, grow and evolve with the guidance and support of our 'spirit'.

The word originated from Middle English and Latin 1200-1250. Middle English (noun) < Latin spīritus orig., a breathing, equivalent to spīri-, combining form representing spīrāre to breathe + -tus suffix of the verb action.



“To live in alignment with your Spirit is to live your truth & build your life upon it.”

~ Sonia Choquette

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✧ ***Mind*** (mīnd) n.

Definition: The human consciousness that originates in the brain and is manifested especially in thought, perception, emotion, will, memory, and imagination.

The collective conscious and unconscious processes in a sentient organism that direct and influence mental and physical behaviour.



Teachers open the door. You enter by yourself.

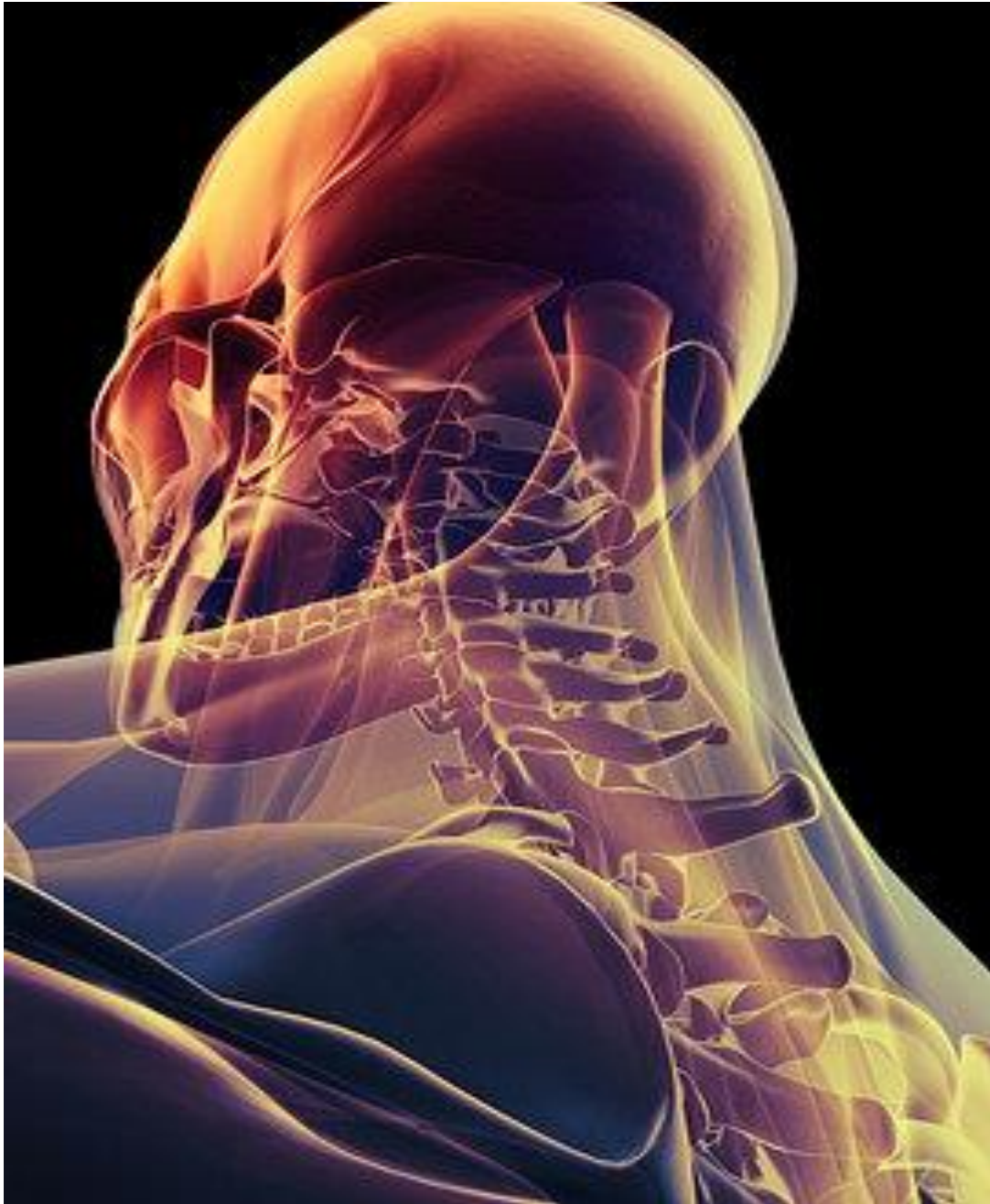
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✧ ***Matter*** (mat-er) n.

Definition: The substance or substances of which any physical object consists or is composed. Physical or corporeal substance in general, whether solid, liquid, or gaseous, especially as distinguished from incorporeal substance, as spirit or mind, or from qualities, actions, and the like.

Something that occupies space or a particular kind of substance. Ie: our physical bodies



To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

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✧ ***Magic*** (maj-ik) n.

Definition: The word origin and history for mag-ic is from the late 14c., It is also known as the "art of influencing events and producing marvels using hidden natural forces," It comes from the Old French word magique. It also means "one of the members of the learned and priestly class," Also from Old Persian magush, possibly from PIE *magh- meaning "to be able, to have power".



Magic is believing in yourself, if you can do that,
you can make anything happen.

Johann Wolfgang von Goethe

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Introduction:

Welcome to *A Spirited Life*, a programme designed to get you reconnected to your body, mind, heart & soul.

This programme was years in the making while I embodied the lessons to live a spirited life. Writing and living this programme assisted me to shift through the conditioning, patterning, trauma, dysfunction and lack of self-mastery.

This programme is designed to get you connected to your spirit, your higher self, the over mind, your essence, and to the invisible energy that exists in all things and the transcendental experience of living a spirited life. This programme will empower personal positive belief systems, stabilise emotional reactions and encourage you to live an authentic life.

In the first module, ***Nut Cracker*** ~ we look at empowering beliefs and actions, we cover such topics as mind, beliefs, conditioning, physical habits and understanding energy.

During the second module, ***Getting Real*** ~ we look at and understand the difference between thoughts and habits, foods, why you eat what you eat and the entire body/energy system.

With the third module, ***Fine Tuning*** ~ we look at what life is to you, what sets your soul alight with passion and creativity, where to find beauty in your everyday life and how to go about engineering more magic.

At the end of each module, there are journaling practices, study tasks and documentaries to watch, all designed to assist with integration. Mim is also available for one-on-one consultations and healings. Please see www.mysticpathways.net/services for further information and easy online booking services.

About the Creator:

Mim - (Meredith Wilson)

I have been a dedicated life practitioner and healer since 2007. I love empowering clients to initiate positive changes and discover the gentle power of the healing arts.

As a well-known Alternative Healer, I enjoy being able to bridge the gap between wholistic and western medicine while providing a safe and nurturing atmosphere in which to heal.

I continually learn through life experiences, integrating the lessons into my practice and believe that continued learning is important for any good Alternative Healer.

Blessings,

Mim

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*“We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.”*

~ Pierre Teilhard de Chardin



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Programme Framework:

Module 1 ~ The Nut Cracker

Chapter 1: Mind ~ beliefs verses truth, reality check

Chapter 2: Matter ~ what DO you eat and why?

Chapter 3: Magic ~ space is not empty

Journaling Practices: Grateful Acknowledgements, Nutritional Evaluations, Spiritual Recognitions

Reading Material: I Need Your Love, Is that True? by Byron Katie

Viewing Material: A Virus Called Fear; Hungry For Change; Jim Carrey



Module 2 ~ Getting Real

Chapter 4: Mind ~ what DO you think and why you might

Chapter 5: Matter ~ doing and being, finding the balance

Chapter 6: Magic ~ energy and collective consciousness

Journaling Practices: Grateful Acknowledgements, Nutritional Evaluations, Spiritual Recognitions

Reading Material: The Four Agreements by Don Miguel Ruiz

Viewing Material: State of Mind the Psychology of Control; Food Matters; Awakening the Dreamer- Changing the Dream



Module 3 ~ Fine Tuning

Chapter 7: Mind ~ your best friend or worst enemy

Chapter 8: Matter ~ the kit and caboodle, our whole body system

Chapter 9: Magic ~ living in natural time, one way to create magic

Journaling Practices: Grateful Acknowledgements, Nutritional Evaluations, Spiritual Recognitions

Reading Material: Healing Ancestral Karma by Dr Steven D Farmer

Viewing Material: Ethos; Forks Over Knives; Openhand- 5Gateways



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Our Agreement:

1. We enter into this agreement with the acknowledgement and understanding that we are consenting adults entrusting into a programme to initiate positive change and bring about conscious living.
2. All sessions, creativity, study requirements, etc are confidential and will not be shared or made available to third parties unless permission is granted.
3. ~ a spirited life ~ is an organic, interactive, co-creative programme. Please acknowledge that some elements during this programme may challenge your belief systems and you may experience resistance, and/or strong emotional reactions. During the programme, and any time after, you agree to nurture and take care of yourself. For what you put in will equate to what you get out.
4. This is not a substitute for any form of medically prescribed or other specified services. If you are currently under medical supervision, please communicate this. Transparency is required on all levels so informed decisions and courses of actions may be taken if necessary.
5. During our time together, I will agree to provide you with authentic, heartfelt guidance and truth as I know and see it. While you agree to be at each session, take full responsibility for your choices and decisions during the programme and express with honesty and clarity any questions or issues that arise for you.
6. This is a programme designed for conscious living and initiating positive change, the outcomes that may come about from participating in the programme are based on your own decisions and actions. I cannot make any guarantees for your willingness and determination for conscious living and initiating that positive change.
7. All sessions, information sheets, handouts are of my own creation and subject to copyright and other intellectual property rights. I request respect and honesty when dealing with the material during and after the programme and please seek permission and remember to acknowledge the creators if sharing is permitted.
8. If at any time I you need assistance please contact me and book an appointment
9. <https://www.mysticpathways.net/service-page/intuitive-guidance-counseling>

