

RIZ & ORIAH MIRZA



MINDFUL PRACTICES

Awaken Your Spirit, Embrace Your Truth,
Illuminate Your Path.

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This enhanced workshop is a sacred five-day journey designed to deepen your spiritual connection, align with your higher self, and explore the wisdom of your spirit guides. Combining mindfulness, creative expression, and energy practices, you'll cultivate a profound understanding of your innate sensitivities, personal vibration, and intuitive abilities. Each day includes reflective journaling, transformative affirmations, and practical exercises like meditation, nature immersion, and spirit guide communication.

This journey also invites you to embrace silence, release judgment, and create sacred spaces for growth. Through a balance of introspection and community sharing, you'll nurture your soul's evolution. Whether you're a parent guiding a psychic child or an individual seeking personal growth, this workshop offers tools and insights to support your spiritual awakening.





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Dear Seeker of Inner Wisdom,

Embarking on a journey of self-discovery is a sacred, transformative process that connects you to your higher self and the divine fabric of the universe. As you step into this path, know that you are held in love and supported by the energy of infinite wisdom. Allow these practices to guide you as you weave a deeper connection with your inner world, your spirit guides, and the universal flow of life.

~With love and light, Riz and Oriah Mirza
Always guiding you toward your highest self.



INWARD PRACTICES- MINDFUL MEDITATION

- Find a sanctuary in nature or your home to sit comfortably, close your eyes, and breathe deeply.
- Envision each breath filling your being with light, releasing tension, and connecting you to divine energy.
- Incorporate body scanning: Start at the crown of your head, slowly moving awareness through your body, releasing tension and sending gratitude to every part.

Journaling

- Let your thoughts flow freely onto the page. Write as if you are in a conversation with your higher self.
- Record your dreams each morning, paying attention to recurring symbols, colors, or feelings as messages from your subconscious or guides.

Write affirmations and intentions, planting seeds of positivity and growth.

- Gratitude Rituals

Begin and end each day by speaking aloud three things you are grateful for. Feel gratitude as an energy radiating from your heart.

- Create a gratitude jar: Write moments of joy or appreciation on small notes throughout the day, and revisit them when you need uplifting.



BEHAVIORAL SHIFT-EMBRACE SILENCE

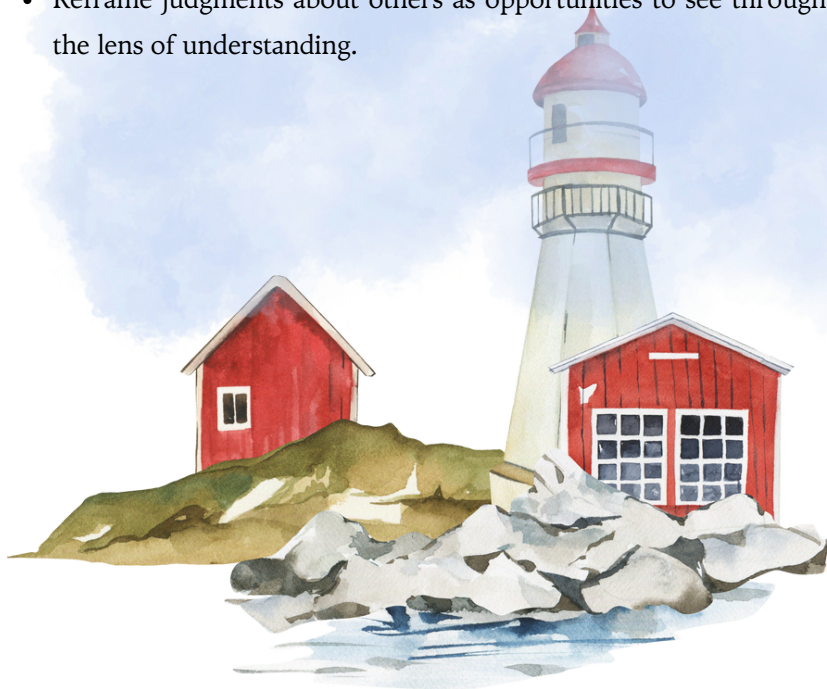
- Carve out moments of silence daily to hear the whispers of your soul. This is where profound wisdom resides.
- Disconnect from screens and external distractions. Use this time to be present with yourself.

Practice Presence

- Turn mundane tasks into sacred rituals. When washing dishes, imagine you are cleansing energy. When walking, feel the earth's heartbeat beneath your feet.
- Listen with your whole being in conversations, giving the gift of your undivided attention.

Release Judgment

- Cultivate self-compassion by acknowledging your imperfections with love.
- Reframe judgments about others as opportunities to see through the lens of understanding.



ACTIVITIES TO DEEPEN YOUR CONNECTION

Nature Immersion

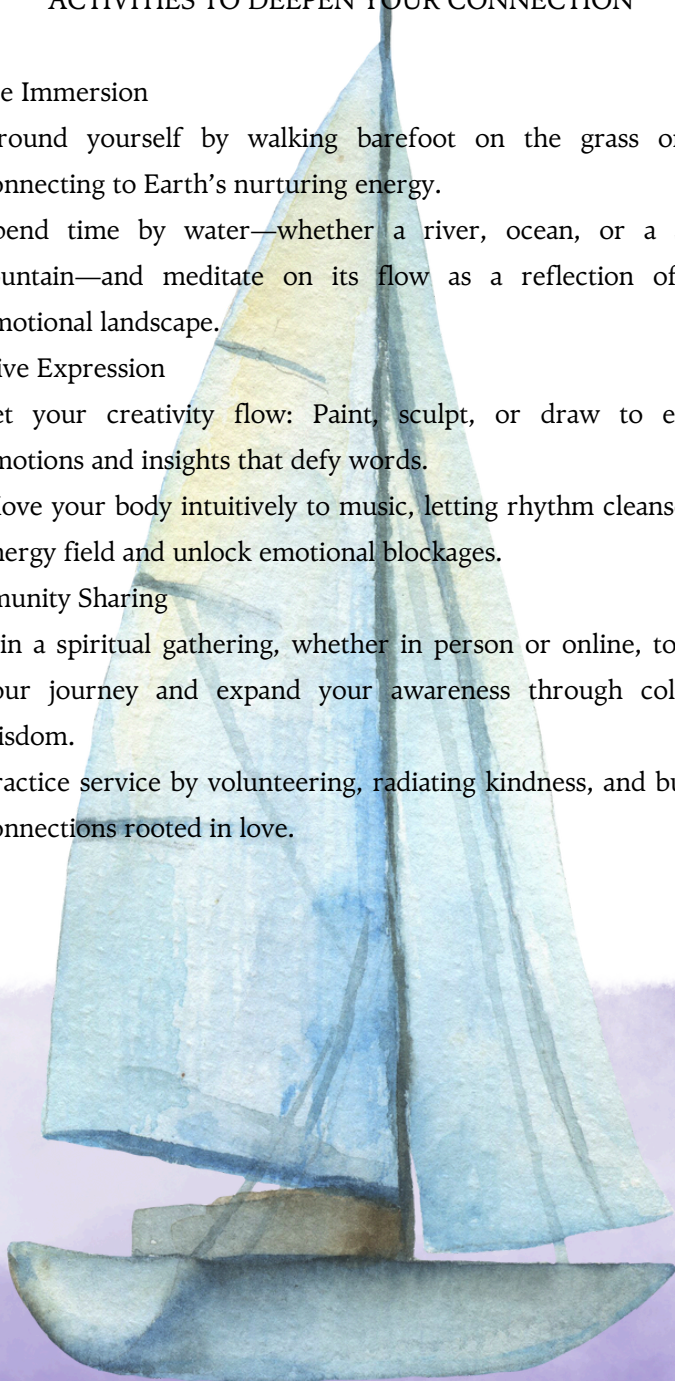
- Ground yourself by walking barefoot on the grass or soil, connecting to Earth's nurturing energy.
- Spend time by water—whether a river, ocean, or a simple fountain—and meditate on its flow as a reflection of your emotional landscape.

Creative Expression

- Let your creativity flow: Paint, sculpt, or draw to express emotions and insights that defy words.
- Move your body intuitively to music, letting rhythm cleanse your energy field and unlock emotional blockages.

Community Sharing

- Join a spiritual gathering, whether in person or online, to share your journey and expand your awareness through collective wisdom.
- Practice service by volunteering, radiating kindness, and building connections rooted in love.



SPIRITUAL PRACTICES-CHANTING AND MANTRAS

- Experiment with sacred mantras like "Om" or affirmations such as "I am light, I am love, I am aligned."
- Chant with intentionality, letting each vibration align your mind, body, and spirit.

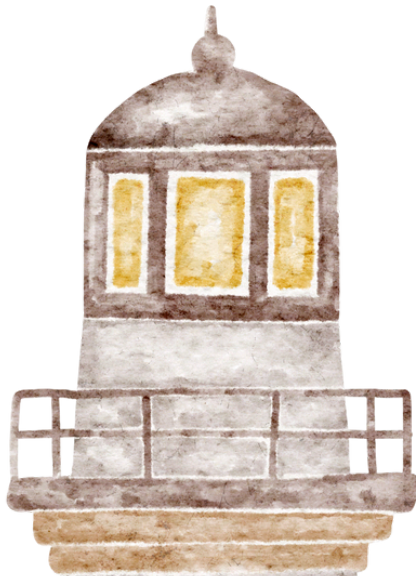
Energy Work

- Explore modalities like Reiki or Qigong to align your energy and strengthen your auric field.
- Visualize a sphere of protective, golden light enveloping you, purifying and empowering your energy.

Spirit Guide Communication

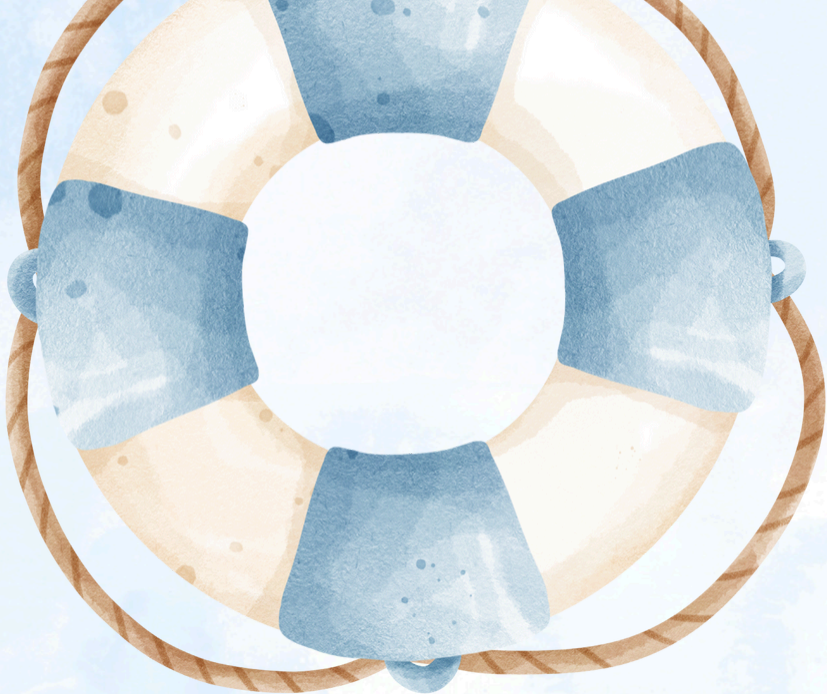
- Create a sacred space adorned with candles, incense, or crystals to welcome your guides.
- Speak to them as you would an old friend, asking for guidance, clarity, or simply sharing gratitude for their presence.
- Practice automatic writing, allowing their wisdom to flow through your pen.





DAILY AFFIRMATIONS FOR GUIDANCE

- Day 1: "I honor the sacred gifts within me and embrace my journey with trust."
- Day 2: "My energy is aligned with the frequency of love and divine wisdom."
- Day 3: "I welcome my spirit guides with an open heart and grateful soul."
- Day 4: "I trust the flow of divine guidance and allow it to lead me with clarity."
- Day 5: "I am a radiant expression of higher consciousness, deeply connected to all that is."



Beloved soul, this journey is an unfolding of your true essence. Each step you take brings you closer to the infinite wisdom and love that resides within you. There is no rush, only the gentle flow of divine timing. Trust yourself, lean into this sacred process, and know that every effort is a profound act of self-love.

You are not alone. Your spirit guides walk with you, whispering encouragement as you step boldly into the luminous path of your evolution. With every breath, you align more deeply with the universal light.

With love and infinite blessings,
Riz & Oriah Mirza