



ELEVEN WAYS TO WAKE
THE WILD WITHIN



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1. SEEK THE QUIET

Your wild essence is hard to hear over the every day noise. Look into creating intentional quiet time to connect to yourself. Meditation is ideal, but any quiet practice will be beneficial (yoga, stillness etc.)

2. LISTEN TO YOUR BODY

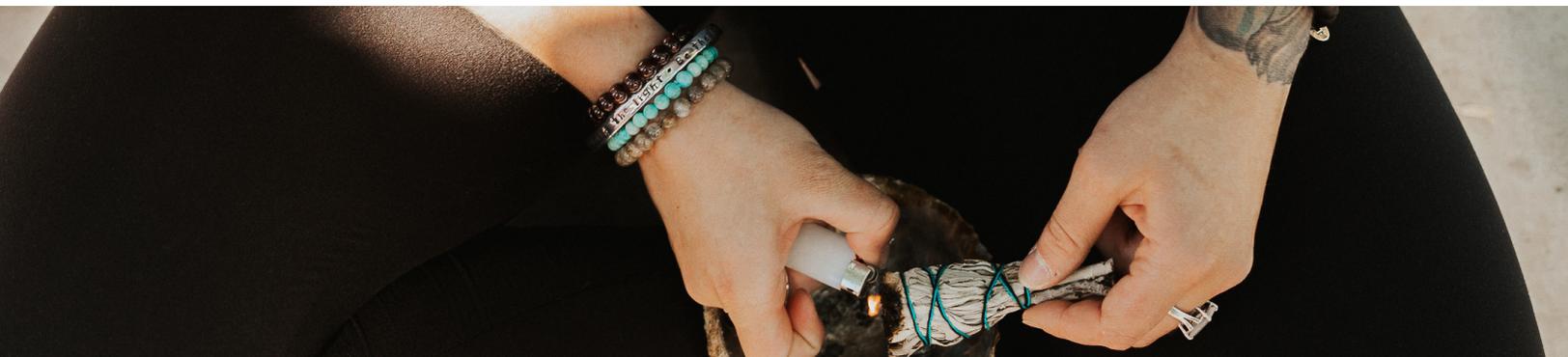
Your body knows what it needs. Tune inward and ask your body how it would like to be fueled, or what type of movement it craves. Listen for the answer. Follow the urges.

3. SPEND TIME IN NATURE

Nature really does nurture. When you allow yourself freedom from all the buzzing of cars, electronics etc, you are able to tune into the frequency within and hear your wild essence with more clarity.

4. WRITE YOUR HEART OUT

Daily writing is extremely beneficial! It gives you a chance to give all the thoughts in your mind a space to live. This will help welcome clarity into your daily life. You can do this in a written format or through emails to yourself. Whatever works best for you is perfect! Just make time to write.



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5. RELEASE RESISTANCE

Stop fighting and ignoring the urges from within. Your wild essence is within you to guide you. Have fun with the intuitive information you receive, and know that you have NOT lost your mind.

6. OPEN YOUR AWARENESS

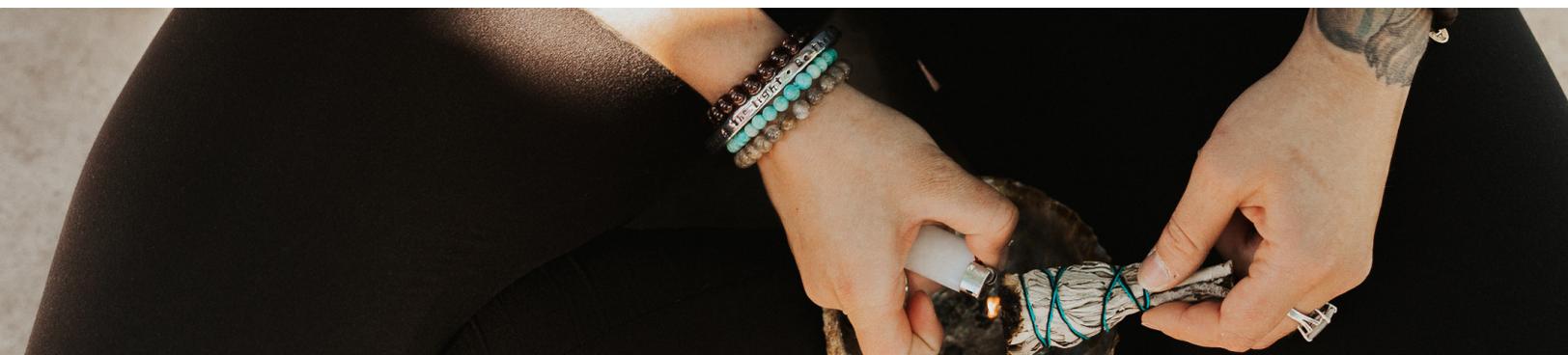
The wild within desires to guide you to experiences that expand your consciousness, but you must be aware.. Everything we see as "wrong" is simply an experience for us to elevate closer to our highest self. Trust that your intuitive abilities are part of a system that is working with the universe. Begin to open your awareness to limitless possibilities.

7. FIND LIKE MINDED PEOPLE

Get involved with groups, events or studios that offer spiritual classes. Surround yourself with others who are seeking spiritual expansion. Grow your tribe!

8. PRACTICE BEING PRESENT

Your wild essence can be clouded by getting stuck in the past or by worrying about the future. When you catch yourself drifting away from the present moment come back to your breath. Release the thoughts and welcome yourself back to the present. You are exactly where you need to be, so be completely there.



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9. CREATE A SACRED SPACE

Find a room or corner within your home that you can intentionally set up as your sacred space. It doesn't have to be extravagant. Adorn it with things that signal you to tune in to the wild within (crystals, incense, essential oils, affirmations etc).

10. SPEAK YOUR TRUTH

Part of awakening your wild is learning to stand in your truth, which means its time to speak up! Openly communicating what is going on inside is vital to clearing out energy that doesn't serve you. Speaking your truth (with love) and begin to establish new boundaries. Your voice needs to be heard.

11. PRACTICE GRATITUDE

Awakening your wild is a process that requires you to maintain a mindset that welcomes universal support. One way to do this is to give daily gratitude for all the miracles present in your life. This will help shift your awareness and develop your ability to hear the wild within.



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MISS OLIVIA

