

Claim Your Space in Our New World

In dedication to all light warriors, thought leaders, creators, and agents of change in this new powerful wave of consciousness.

Biztuition ™
Intuition at Work



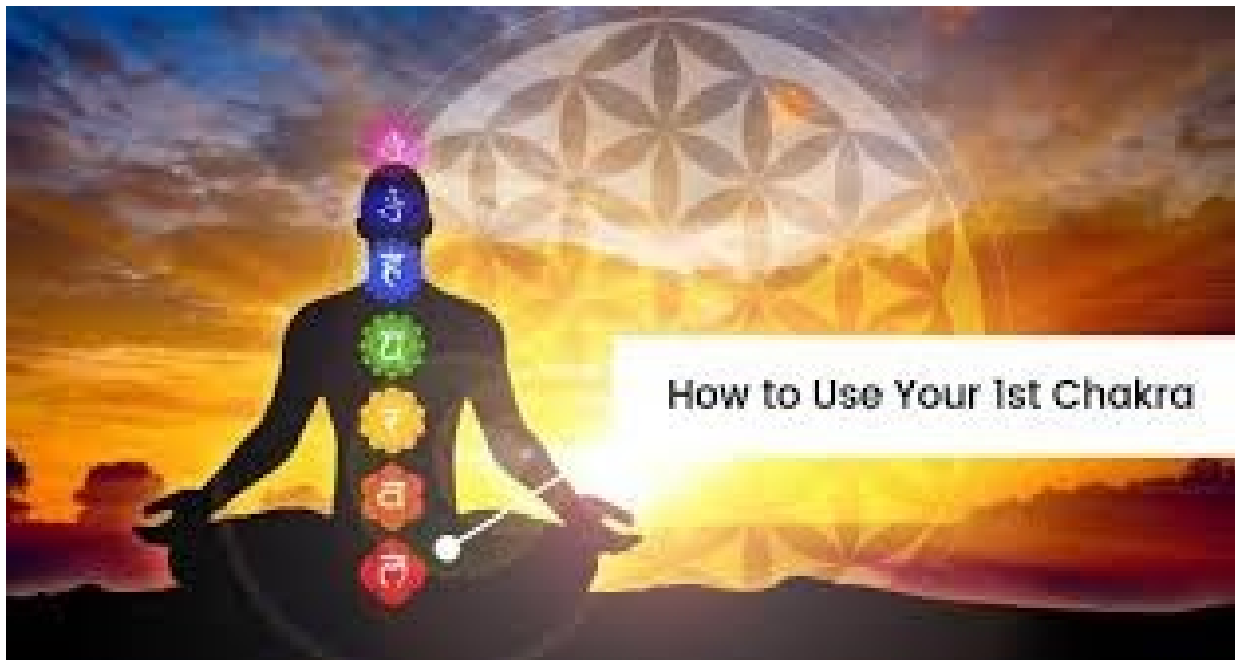
**By Julie 'Juju' Christopher
CEO & Creator of Biztuition**

Claim Your Space in Our New World

"At the end of the day, we are all humans longing for the same goals, a sense of peace and safety for ourselves and our family. No matter what our belief systems might look like we are all trying eventually to belong, to be loved, and appreciated at our very core."

~Juju

1. Find your center and stay grounded.



Would it be fair to say that in these times of uncertainty you are experiencing an extreme state of stress and maybe panic? Like some of us right now?

I am excited to share with you what I discovered years ago about our root chakra and how we can stay connected and grounded when we are experiencing changes and uncertainty in our lives. Once you learn about its powerful function, you will be captivated and you will want to share this information with family, coworkers, and friends.

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Let me start with this simple explanation...

Our 1st chakra is about our deep-rooted sense of survival and pure basic instinct. It really is the foundation of our "temple"... our body. It governs our most basic inner relationship between the basics of life, like water and shelter. Our physical and mental health depends on a balanced root chakra! A damaged 1st chakra can be the cause of a multitude of problems in our lives and in our business.

Common psychological symptoms of an unbalanced root chakra: loneliness, insecurities, feeling ungrounded, unconfident, abandoned, indecisive, depressed, anxious, addictions, phobias, and unhealthy obsessions.

Common physical symptoms of an unbalanced root chakra: lower-back pain, sciatica, varicose veins, constipation, diarrhea, rectal/anal problems, impotence, water retention, and problems with groin, hips, legs, knees, calves, ankles, and feet.

Balancing and opening the root/base chakra allows negative emotions to be released, regenerating confidence and your will to move forward in life. A healthy root/base chakra promotes feelings of security and encourages exploration to find your life's purpose and achieve success.

When a root chakra is overactive our all perception and behavior can range from living in a state of fear, greed, paranoia all away to poor diet resulting in disease. In this guide, I will share some very simple ways to to calm your nerves, get grounded, and to boost your mood. When we are grounded, we are calming our overstimulated nervous system that causes us to activate stress hormones like cortisol.

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Our mood plays a serious role and affects our decision making.

Mastering your breath takes time but it is a great way to upload a new positive habit in your subconscious. As you become a better breather you will gain more confidence, patience, better memory. You will notice that your mind we'll be clearer and quicker, a great way to accomplish tasks and feel accomplished! One of the great side effects is that our physical body is more vibrant, more charismatic!

Stress can also trigger the "fight, flight, freeze" response in certain dangerous situations which in this case could totally save your life! But non-dangerous and on-going stress is the one that blocks us from moving forward and preventing us to take initiative. A life of stress is definitely detrimental to our health and adds to accelerate the aging process. Who wants that?

However, the short stress period of stress could be seen as an intuitive tool and response system to move in a different direction and be used as a motivator to get things done!!

You are about to find out in an easy way to find your center and stay grounded in this next section. *Would you like to know what works best?*

2. Why is connecting with Mother Nature so critical?



"You reconnect with nature in the most intimate and powerful way by becoming aware of your breathing, and learning to hold your attention there, this is a healing and deeply empowering thing to do. It brings about a shift in consciousness, from the conceptual world of thought to the inner realm of unconditioned consciousness." ~E.Tolle

Have you noticed how much better you felt walking barefooted on the earth? Or after going for a long walk in nature?

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Recent research has shown that the magnetism of the earth supplies a significant amount of energetic electrons simply by being barefoot in contact with the earth. It is unfortunate that the use of other non-natural processes of living resources has got us to have forgotten the simple ways of health.

By sitting, walking, or even laying down on our beautiful peaceful Mother Earth, you are charging your body with an antioxidant energy buzz, therefore boosting your immune system from the outside in. "Earthing induces peaceful vibrations around our own physical field."

To have a balanced alkaline body we must every day absorb a negative energy charge from the earth. Not only is grounding a cure for stress management but also activates through our parasympathetic and sympathetic nervous system.

For example, take the power outlet in the wall, the ground wire is the path for electrical current to return to ground without any danger, in that way the method of being grounded in your body is very similar.

With Biztuition we teach and educate how to experience and extend our sensory knowledge and perception so we become a portal for success!

3. Breathe to Thrive

"In every breath, you get to choose your new beginning." ~Juju

Through my years of teaching meditation and yoga, I have observed that the most challenging part of the practice for most people is the ability to be still for a moment and to tune into their own breath.

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Listening to your breath is absolutely essential for clearing one's mind. Without the effort of taking the time to do so, life as a business leader can accumulate stress without any relief.

To consciously relax is to pay attention to the inner part of your being, the only way to develop your skills of Biztuition... Be patient with yourself, meditation brings a different experience for everyone!

It's in your own breath! Don't fight it..embrace it!

Do you remember your very first breath?

Imagine going back to this very moment! What a rush, right? What if you knew of a simple process that you could practice to help you remember how you felt?

The mind and the breath (prana) is intimately interconnected at all times, the activity or cessation of one affects the other. Practicing arithmetic breath control alleviates physical, mental pain and helps us to find a feeling of inner peace.

This self-study teaches how to lead a team or organization from a deeper place of personal authority. The breath acts as a filter system for all the various inputs given to make a decision.

Your intuition can be improved upon and refines just being mindful of your breath. The deeper the breath, the more connected and peaceful you'll get. Mastering your breath in business is a gift that you owe to yourself.

"Listen to the silence and know the beauty of all things." ~Juju

4. Be a warrior of peace.

Inspiration literally means to breathe in...

Simple breathing meditation visualization techniques bring great clarity to the mind and provide a unique sense of self-awareness.

When you are engaging with your breath you will experience a shift both on the conscious and unconscious level. Your breath is a great anchor for your intuition and self-realization. As I like to say: "Show me how you breathe and I show you who you are."

When you control your breath you control your nervous system, and quite frankly I boldly claim that your breath controls your destiny! Problem-solving through breathing exercises can be a tremendous asset to your business. Creativity remains open when we breathe consciously. Breathing is simple, free and super effective.

The constant noise in our life is a reminder that the only thing that we really can control is our breath.

Breathing has to be cultivated like a muscle at the gym. Only the breath has the power to sharpen your mind and your destiny. A mind that is not peaceful can not concentrate. Finding the warrior of peace within yourself is a skill that all entrepreneurs should cultivate in order to achieve greater success.



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In our breath, there is a new beginning, a new opportunity. Being aware of how we are breathing is an essential KEY element to keep our body pure and to ensure the release of toxicity.

The yogic art of breathing is called Pranayama, meaning the extension of life force, Prana.

This is the discipline that brings the mind and senses under control, as well as developing a strong sense of self, will power and sound judgment. When one concentrates on a single focal point, he is able to give all of its attention his task and the mind stays unruffled.

This is why this remains a secret weapon for thousands of years and still to this day. The breath stimulates an inner awareness that frees the person from tensions.

Meditation is an experience that can only be experienced to really be understood. We are all in different stages in our lives and It would be my honor if I could inspire you to find your meditation practice, the hardest part is just to get started! That's all!

I remember feeling silly as well as sitting and meditating for the first time, but it was one of the most transformational, life-changing experiences! Meditation saved my life... literally.

I began to connect with a much deeper part of myself, more like my higher self. A place that I could feel loved. Letting go of your past hurts and is not easy, but to hide or run from it makes it even worse... a lot worse. Hiding and running from our feelings causes self-abuse and self-sabotage. We can only free ourselves from the outside-in. Self-love is the greatest love and self-acceptance is finding the light-being within you is a gift that everyone should seek in life and surrender to.

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Give it a try right here right now!

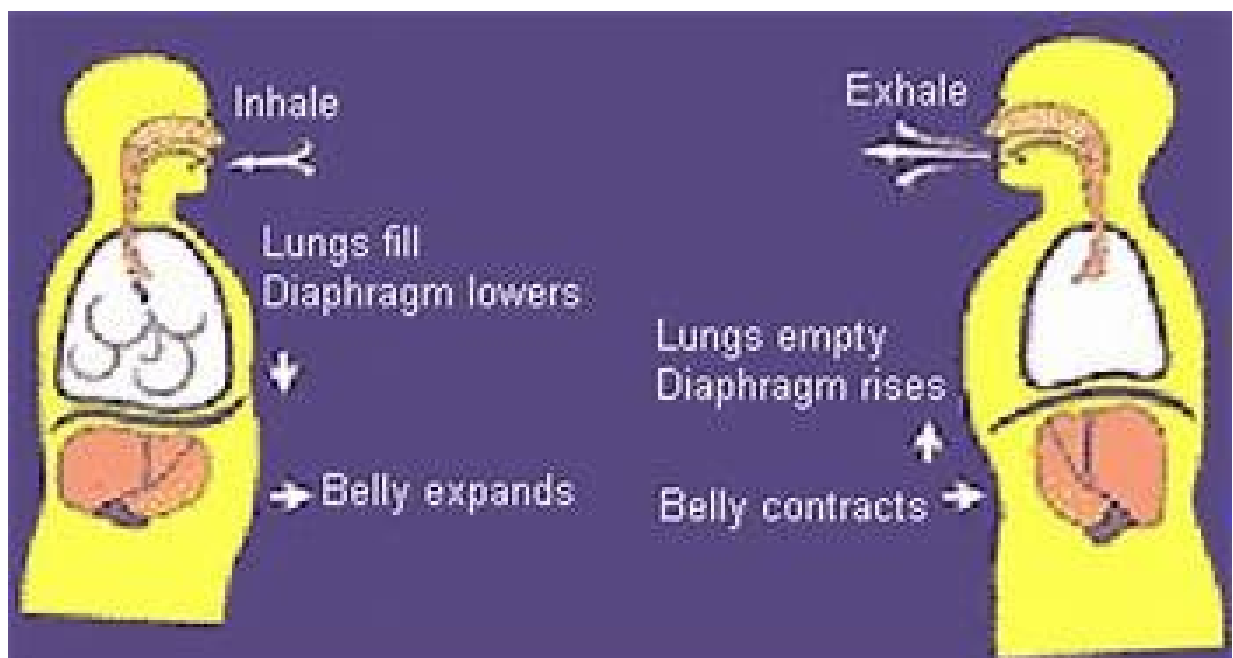
Close your eyes, tune in to the sound of your breath and how it makes you feel..Try to keep the focus on your whole body and breath for just a moment... relax and keep following your breath as a circular repetition motion. It's important that the focus stays on the sensations rather than just the "act" of breathing.

Gather your focus in your heart space.

As you breathe normally and through your nose consciously observe and feel the flow of your breath throughout.

Send your breath in your abdomen and let your belly expand as your breath flows through the nose.

Where you focus you feel. Focus enhances clarity and concentration. The power of your breath connects you to your emotional landscape and ensures a more positive outcome.



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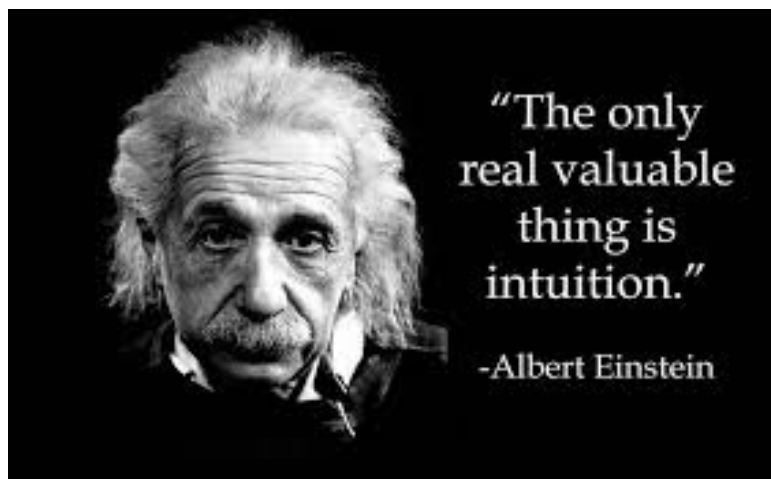
As you become a better breather you will gain more confidence, patience, better memory. You will notice that your mind we'll be clearer and quicker, a great way to accomplish tasks and feel accomplished! One of the great side effects is that our physical body is more vibrant, more confident!

5. Fear or Intuition?

Are you in a state of fear or in a state of ease? It's extremely important to know how both feel and it can be very handy at times. Get familiar with this simple exercise. It takes time to develop intuition so be patient with yourself. Intuition is just like a muscle that you need to develop over time. Explore and have fun!

Implementation Exercise:

1. Fear-based instinct: Close your eyes. Imagine yourself shrinking, not getting what you want or think for a second about a negative experience from your past. (gut feeling)
- 2- Intuition: Close your eyes. Gather your energy at your heart space. Get a clear visual in your mind's eye of peaceful surroundings, a loving friend or a pet and feel yourself expanding.



Here is something you should know- The mind has two categories- the pure and impure. A mind that is completely free from desires is pure. A mind that is united with desires and distractions is a suffering mind. In the time of a peaceful state of consciousness, you can harness your intuition and let it guide you to the highest logic where true knowledge is kept.

6. Acceptance...

Imagine for just a moment accepting all things as they are.

Take a moment now and imagine the entire universe thanking you for allowing everyone to be who they are and all things as they are, not the way YOU want them to be...

Focus on feeling grateful for this very moment as you read these words.

Hopefully you experience this amazing feeling where nothing needs to be fixed and controlled.

This is called the law of divine order, the law of acceptance. Feel the peace of this moment... In this moment, all is perfect and well in your life; the more we accept this divine order, the more we feel supported.

In my experience with experimenting around this state, I noticed that it is only the fear of letting go that keeps us hostage, from being happy, and in the flow.

The distraction of stress pushes against it and creates an invisible resistance too dense to combat. Have you ever felt squeezed against the current with no one around to save you?

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Gasping for air, the only choice here is to let go and have faith in life. It takes courage to let go of everything we know.

Choose love.

When we buy into the drama of society, we get cut off from our divine source and operate from an empty shell.

Choose responding over reacting.

It takes a different type of understanding to live life and make decisions as a spiritual being having a human experience. We must trust with our body, heart, and soul that everything is exactly where it's supposed to be. The doorway of acceptance is trust.

You are the key.

I am inviting you to reach out to me for guidance for this is a time to empower and encourage each other... would you agree?

All my divine love... Juju

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Julie 'Juju' Christopher - CEO of Biztuition, Speaker, Author, Entertrainer

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