

# MIND *body* spirit

*By mixing the ingredients of attitude and action, we can change the flavor of our own lives. Learn to nurture your body and soul to lead a more balanced life.*

## ALL in the GROOVE!



After taking steps to connect my mind, body, and spirit I finally have clarity and reconnection to my purpose. My feet are once again connected to the earth (except when they are dancing).

Are you struggling to connect with your mind, body, and spirit? If music and movement fill your soul, then take the first of many steps and go out and get your groove on!

I LOVE THE THEME of this month's issue so much! "All in the Groove" takes me back to the 70s when we were grooving to many things in pop culture.

I smile with fond memories of the time I spent in the discotheques wearing my Danskin skirt and platform shoes, grooving to the Commodores, Earth Wind & Fire, and the Bee Gees.

The 70s was and still is my favorite era. The music speaks to my soul. The uninhibited dance moves could be compared to a whirling dervish, but they contributed to our overall health and wellness.

Recently, my husband planned an at-home date night and he informed me that we were going to watch PBS Hits of the 60s and 70s. To us, a couple hours of listening to old music and seeing entertainers with big hair, loads of sequins, coordinating leisure suits and smooth, carefully choreographed dance moves was what we needed to get our groove on.

I thought it was the greatest gift he could have given. At the end I was full of energy and my soul was refreshed. This date night was especially important to me because recently I, like many of my clients and possibly many of you, have felt a disconnect between my mind, body, and spirit. For about ninety days I pondered my health and wellness and how I could regain my overall mental and physical health.

### SOME OF THE STEPS I TOOK TO REGAIN MY GROOVE INCLUDED:

**1** I allowed myself to feel the disconnect and discomfort ... Let it be; embrace the moment; be open.

**2** I coached myself using The Model (a tool I learned through The Life Coach School) that reviews the sequence of CTFAR.

- Circumstance
- Thoughts *(there were many!)*
- Feelings
- Action
- Result

**3** I hired a coach with the goal of discerning my thoughts about the last 12 months and the story I was telling myself that I was disconnected from my mind, body, and spirit.

**4** I booked an appointment with the amazing Dammah Debbie Chisholm for a Reiki and Intuitive session which helped move the energy in my body. Debbie shares that "when you activate the energy of the heart, you activate the energy of all things possible great and small. Breathing new life into all that you do and all that you are."

**5** I made it a daily habit to turn off Facebook, podcasts, books on tape and hit shuffle on my Apple music instead.



*Nancy Beard is a certified life coach who works with women to help them "Find Their Joy." Connect with Nancy to learn about individual coaching or motivational speaking at [nancybeardcoaching@gmail.com](mailto:nancybeardcoaching@gmail.com) or at <https://nancybeardcoachingllc.com>.*