

ALIGN YOUR LIFE IN 2015

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Every year brings new energy and this year is no different. It is finally time to let go of the old life and welcome the new, says wellbeing practitioner Shivani Adalja. You need to take stalk and realign your goals.



It is hard to be focused on what you want to achieve with mounting stress and pressures of hectic life. So why not start 2015 by creating unique yet fulfilling set of 15 goals? Each of the mentioned activities will not only create a suitable energy within your surroundings but also help you to balance your inner turmoil.

- 1. **Clear the clutter.** If you don't fit into your clothes, it is best to give them away. Old books, cds, shoes, and broken remote, extra batteries – everything must go. By letting go of the old junk, you are opening up space in your home for something bigger, better and brighter to enter your life.
- 2. **Emotional cleansing is the way to go.** Clearing the clutter from your environment is not enough. You also need to let go of the negative emotions that are holding you back. Toxic relationships occupy the mind and create emotional and physical imbalance in your life. So say goodbye to someone who is not good enough for you or forgive the person who wronged you in the past. Moving on in life is only possible when you let the excess baggage fall off.
- 3. **Say goodbye to stress.** Take up a hobby, go for swimming or take a nap. Do what you need to do to tackle stress. Sometimes small steps can reduce stress.
- 4. **Learn to meditate.** A calm mind can conquer mountains. Meditation not only manages stress, but also helps in improving blood pressure and stabilises blood sugar. Stress related headaches and body pain could also be tacked with meditation. Practicing meditation for only 20 minutes daily can improve the quality of your life.

5. **Balance your chakras.** There are 7 energy centers within your body known as chakras. They are responsible for your emotional, physical and spiritual wellbeing. Extended periods of stress and negative emotions can create blockages within the chakras, which in turn manifest into physical ailments. There are specific meditation techniques that focus on chakra cleansing and balancing.

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6. **Create your vision-board for 2015.** The best way to focus on your goals for 2015 is by creating a vision-board for yourself. Start by picking up a medium-sized cardboard or foam. Now proceed to fill it up by placing images and photographs of your goals. This will help keep your mind focused on your goals and will also act as a visual anchor.

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7. Implement Feng shui in your home. Feng Shui is an ancient Chinese science of energy management that helps in balancing your environment around you. Implementing this science can help balance your life and attract good opportunities. Small changes in your home will make a huge difference in the New Year.

8. Try a Hypnotherapy session. If you are addicted to smoking or find it difficult to lose weight, then Hypnotherapy is your answer. Most of your habits are formed and stored in your subconscious mind. Hypnotherapy takes you deep into trance and then eliminates the problem from your subconscious mind. Hypnotherapy can also be used for emotional problems or for pain management.

9. Yoga all the way. Unlike popular belief, yoga was invented for balancing energies within your body. Daily practice of yoga helps with weight loss, managing stress and improving focus.

10. Journal writing is good for health. Jotting down your thoughts can help you to remain focused and grounded. Journal writing helps when you have emotional baggage that you don't wish to discuss or share.



11. Try Shirodhara for better sleep. Shirodhara is an ayurvedic treatment focuses on dripping healing oils on your forehead for an hour. This treatment is used mainly for sleep problems and migraines.

12. Don't use technology for a day. Using technology takes time away from your family and loved ones. So why not dedicate one day every week to outdoor activities and switch off your phone?

13. Let go of a painful memory. We all have that one painful memory that holds us back in our lives. Death of a loved one or a broken relationship – it simply brings tears to your eyes. It is now time to let that memory go. Write down about the event that is evoking emotions. Take the paper to the sink and burn the paper. Fire is a strong suggestion to your subconscious mind. By burning the memory of the past, you are giving a strong suggestion to your mind that the painful memory is indeed destroyed and you have moved on.



14. Take deep breaths. We are angry all the time. In traffic, in malls, handling the children, at work.....the list is endless. When you are angry, your breathing is faster and that escalates the blood pressure. By slowing down your breathing, you can control your anger and calm down quickly. So next time you feel the anger building up, simply breathe at the count of 8 and breathe out at the count of 16. This simple technique will not only control anger but also stabilise your moods.

15. Clean your aura regularly. The energy field around our body is known as aura. Stress is absorbed by the aura and as a result it can become heavy and dull. In extreme cases it can also leads to physical illness. Cleaning your aura regularly will help you to lead a healthy and happy life. Having a salt-water bath or going for swim in the ocean helps in cleaning the aura. Regular practice of meditation and yoga also helps in maintaining a healthy aura.

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