



**4 Simple Rituals to
Calm Overwhelm
& Ease into Flow**



Nicola Walker

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Think of a time when you were in the flow. A time when everything unfolded effortlessly and what you needed just appeared. Clients, jobs, friends, mentors, resources, thoughts, words, ideas, homes, clothes, vacations. Life flows when we know what we want and feel the joy of having it, giving thanks before it arrives.

Birthing and evolving a business, or a creative project, is easier when we get into the flow. Every moment of every day is pulsating with possibility. Often, though, because we're handling multiple aspects of our lives, we can sometimes feel stretched to the max. The pressure builds if we push ourselves to achieve and struggle against limiting beliefs and old conditioned patterns that slow us down. Then, our nervous system gets out of whack and overwhelm sets in.

The good news is that we have an innate brilliance, that most of us are barely aware of, along with the incredible power of inner guidance, which leads us to live our bigger vision when we listen and trust. Life isn't easy, but when we choose ease, we can transform our experience each day.

Here are four simple rituals that help to calm overwhelm, so you can ease into flow.

Key #1 Begin your day by grounding and opening your heart

It is really helpful to get into an optimal, aligned state at the start of the day. You want to get grounded and centered in your heart. Grounding stabilizes your energy and sharpens your mental faculties. Centering yourself in your heart, rather than being overly caught up in your head, helps you to calmly respond to life with love and wisdom.

Here is a meditation that you can do each day. You'll notice how grounding and opening your heart in meditation has a calming effect in your life.



Grounding and Heart Opening Meditation

Sit somewhere quiet and comfortable and close your eyes. Take several deep breaths from your belly.

A simple way to get grounded is to feel your feet on the ground and imagine a hollow column as wide as your pelvis, coming down from the base of your spine, down deep into the earth. You can imagine roots coming out from the bottom of the column and attaching themselves to rocks in the earth.

As you breathe, you may start to notice energy coming up into your body from your connection with the earth. This is a good sign that you are nicely grounded.

Become aware of the space all around you. Continue to breathe, allowing your energy to expand and your mind to grow quiet.

Now, turn your attention to your heart. Put your hand on your heart's energy center (heart chakra), which is slightly above your physical heart, in the center of your chest. Think of something you feel grateful for. Feel the gratitude in your heart. Imagine the gratitude turning to light, filling your heart with light and the space all around you with light.

You can also listen to my meditation, Centering (6 mins) that gently guides you into a calm and balanced state of being. <https://nicolawalkercoaching.com/bonus-mp3-centering-meditation/>

Key #2: Drop deeper into wisdom

Notice when overwhelm or fears have slipped in. Both affect the nervous system, so become aware of physical signs such as:

- Holding your breath or shallow breathing
- Hard to think clearly, tension in head, even brain fog
- Negative visualizing - imagining worst case scenarios
- Feeling low, depressed or frustrated



A good first step is to move your energy. Rest, go for a walk or dance. Do whatever works for you to loosen things up and feel your breath flowing freely again.

If fears and overwhelm are still there afterwards, you can communicate with them to find out what's going on.

Some of us are more prone to overwhelm. Make peace with yourself. It's perfect that you feel whatever you feel, because what you feel is happening now.

When we ignore or push down what is real in any moment, in favor of what we think we ought to be feeling, or want to feel, then we create a disconnect. Love where you are and who are. As you embrace yourself, rather than judge yourself, your nervous system will begin to relax and your innate knowing can ripple into life.

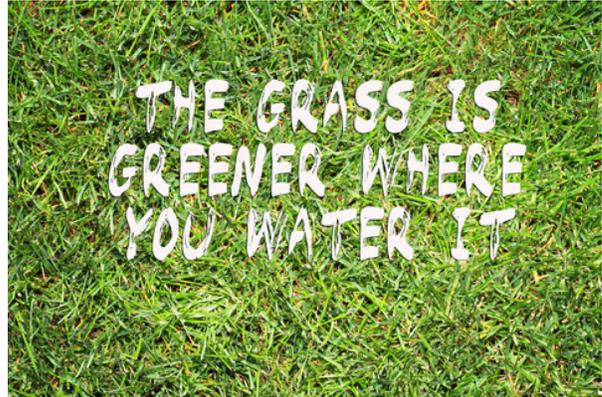
Self Inquiry

1. Notice where the tension (fear, overwhelm) is in your body. Breathe into it.
2. Embrace yourself with compassion. It's ok to feel these feelings.
3. Speak to the fear, overwhelm, or whatever feeling or emotion is present
4. Ask it questions like, "What are you afraid of?"
5. Breathe after each question to fully receive a response. The response can be quiet, or may come in the form of an image or sensation in the body. Listen and write down what you hear, see or notice.

If needed, continue the conversation with this part of you. Listen and write down the responses. Questions like, "Is this really true?", are very effective at helping you to drop down into your inner knowing.

Key #3: Choose ease and practice self care

Ease may sound like a long shot. After all, life can be hard, and a business or creative project is a lot of work. Self care takes time, and often you're juggling a lot and don't have the luxury of extra time.



All the same, our thoughts and beliefs create our experience. The only thing stopping you from creating ease and joy, as you follow your calling, is you. We have a choice in

how we show up and how we want to experience our day. Even when we have a tough situation that we're dealing with, we can experience more ease than we might think.

A commitment to ease and self care is like creative fertilizer. By choosing ease and self care, you can think more clearly and trust your intuition, often achieving your goals in less time than it would take if you were tense and pushing yourself. You can also handle potentially stressful situations and uncertain times more easily, as well as loss and unexpected changes.

Here are a couple of simple practices you can do for ease and self care. Catch when you start to become tense or contracted. Then, give yourself a break to let yourself unwind.

Take a short rest. Lie down on the bed or sofa. If you are somewhere where you can't lie down, sit in a comfortable chair, tune out the rest of the world and give yourself some quiet time. Within a few minutes, you'll notice that suddenly your body is breathing more fully — a key sign to look out for, as the freedom of your breathing patterns are your body's way of communicating valuable intuitive information with you. You'll notice that you are feeling more relaxed and more open than before.

Or, if you prefer to be active, go for a short appreciation walk in your neighborhood. As you walk, you will start to naturally breathe more fully. As you walk, find something that gives you pleasure to look at, such as a tree, flowers or a view. Stop and gaze at the beauty, appreciating all the intricate details. Appreciation drops your firmly into your heart and the fullness of the present moment.

Key #4: Awaken your joy

Joy lives inside us all. Think of a baby's eyes as it gurgles with joy and laughter. Many of us lose a connection with our joy as a result of trauma, harsh conditioning or deep grief. We are going through a tumultuous period in our world. Sometimes, we need to focus on healing before we can feel the freedom and openness for joy to bubble up again.

Joy is a high vibrational state of total presence. You are immersed in the moment, enjoying life for what it is, without needing anything to be different. Joy isn't a constant state, any more than any other emotion, yet it is possible to enter a state of joy more frequently than you might realize.

Many people think that they need certain ideal outer circumstances to feel joy, such as being in love, getting an exciting, new client, winning the jackpot or a dream job. You could easily feel joy in such a situation, but the joy I'm talking about is a deep, expansive joy and sense of freedom, which fills you when you are very present and in deep appreciation over something simple.

Immerse yourself in simple pleasures such as being alive, a blue sky, biting into a fresh, sweet strawberry, a breeze blowing across your face, or a sunset. Know what you love and enjoy it often. Your joy is your pilot light. If it goes out, life is harder and the world becomes a duller place.

Joy is infectious. When you feel joyful, your heart is so open, that your joy spills over, lighting up the lives of those you come into contact with through your words, your smile and your actions.

As you awaken your joy and keep your joy alive, the more you magnetize good things to you. It just happens. There is something about raising your vibration and being in appreciation with your mind free and open, that aligns with unlimited possibilities, synchronicity and flow.



Your Next Step

Let's go deeper to find out whether we are a match for you and your situation. I invite you to sign up for a **free 45 mins Live Your Vision discovery session** (over Zoom, Skype or phone).

You will get:

- Renewed focus on your dreams, goals and yearnings
- Insight into what gets in the way of you living your bigger vision
- Clarity on the right next step for you

To sign up, send an email to Nicola@nicolawalkercoaching.com with your name, best email, cell number with country or time zone. Or, book now <https://calendly.com/nicolawcoaching/discovery-session>

About Nicola



Hi, I'm Nicola Walker. As an inner freedom coach and hypnotherapist for over 20 years and creator of The Ease Experiment, I work with women, who are birthing and evolving a business or creative project, and find it's harder and more overwhelming than they expected. I help them to harness the power of flow, so they can live their bigger vision with ease.

I also lead classes for women to deepen confidence with their authentic voice and message as a WomanSpeak circle leader. I am the author of the forthcoming memoir and self help book, *Joy in the Middle of the Mess: An Evolutionary Adventure on the Quest for Success*.

One of my greatest joys is to walk and hike in the hills and along the beautiful California beaches, near my home in the San Francisco Bay Area.

<https://nicolawalkercoaching.com>

"I am so grateful to have found someone with the skills and inspiration of a spiritual teacher, and life and business coach, all rolled into one."

— F. Carbonaro, vocalist, Sebastapol, CA