



This Magnificent Life

A journey into Joy, Vitality and Awareness

with Anna Loza

From my heart, to yours...

Life on this planet can feel confusing.
At this moment, humanity appears to be
emphasizing conflict and separation.

.....
It is a remarkable achievement to maintain
our perspective and our strength.

To just Be Here. Today.

.....
And here we are. It is now our possibility,
our birthright, to summon Joy, Vitality and
Awareness.

.....
Without these, we are carried on the tides
of the planet. With these, we are
strengthened. Awakened to possibility.

Aligned with our purpose.

.....
No matter where we are, it is our original
privilege, and our choice, to create our
Magnificent Life.

The time is now.

You Are Welcome Here...

The greatest gift is to know that you deserve to live a life full of **Personal Power, Freedom and Amazingness**.

I want to offer you something. The potential to increase your capacity for Magnificence -- that is, for the experience of **Vitality, Joy and Awareness** in your daily life.

Live the life your Heart and Mind create **together**. The life you are meant to live, as a human walking on this planet.

The life available to you, no matter your external circumstance.

I've spent over a decade cultivating my Magnificent Life, and **continue the journey daily**. It truly **can get better every day**.

I've always known that life can be **fun, exciting and amazing**.

Unfortunately, the current state of the planet does not completely support this recognition, and there are many activities in place which actually hold us back from **remembering and living our highest capacity**.

Too many people are **merely surviving**, and feel that this is life. True, challenges arise, and these challenges can feel deep and vast. That said, we have the examples of others -- humans -- who have walked before us, and have shown us that **life circumstances can be transformed**, our **loving hearts can shine**, and that we can serve as an example to others.

I want you to **thrive**. I invite you to this greater potential, it is **completely yours for the taking**, every day. Truly.

Starting Today.

Beginning where you are Now.

In Joy & Love,
Anna

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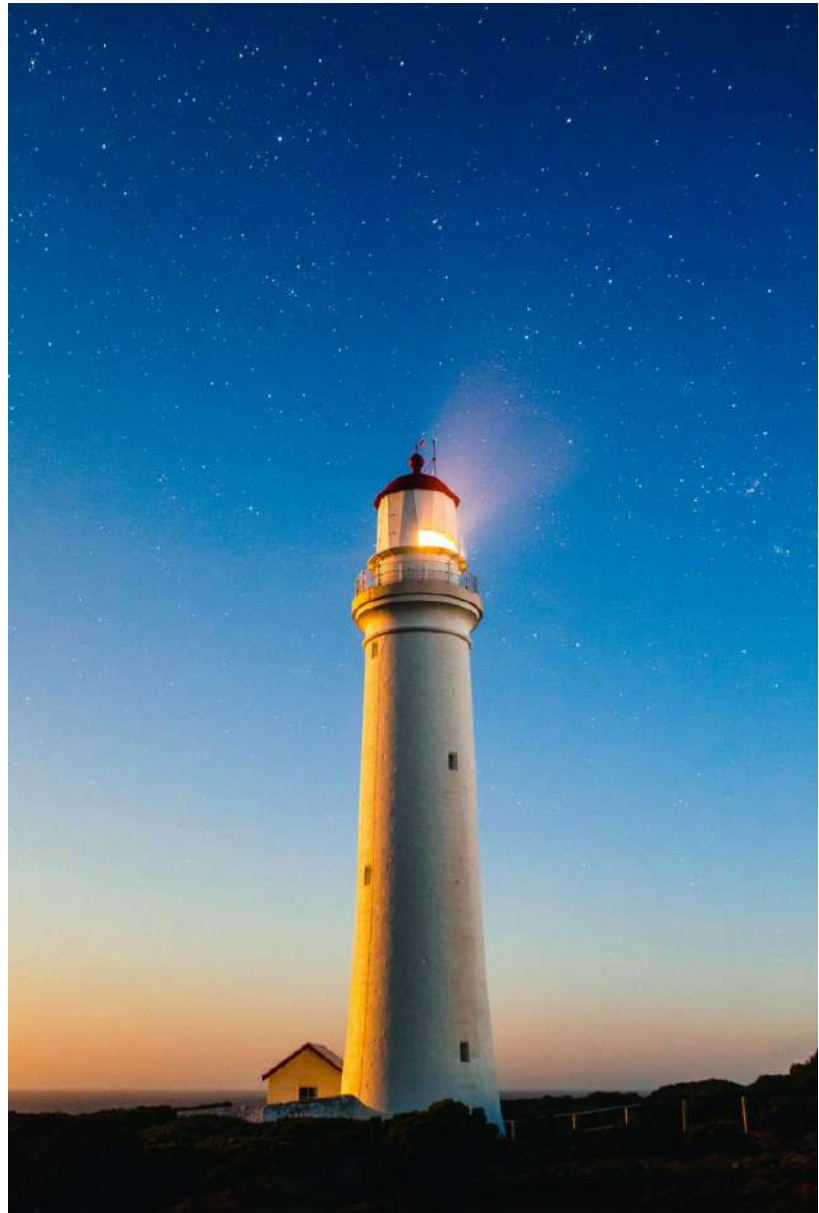
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Your Invitation

My intention is to give you everything you need to **step out of excuses and limiting beliefs**, and to **see** the infinite potential available to you **in every moment**.

Whatever it is that **you desire for yourself**, the following practices will support you in getting there. To create and live the life of our dreams, we must cultivate **personal power and sovereignty**. This is possible, and can be **simple as well as fun!**

I invite you to take up any one or all of these methods, to nurture your Joy, your Awareness and your Vitality, so that you are **fortified and uplifted**, as you recognize the truth of **This Magnificent Life!**

Below you will find three incremental practices for each skill (**yes, skill!**), and you will have the choice of beginning to experience these immediately.

As I walk this path, it becomes ever-clearer that to nurture only one aspect (such as Joy or Awareness), although in itself is **useful and powerful**, may not be enough to fully catapult us into an **amazing life**. It is my experience that we are best **supported to live at our fullest** when we nurture **all three skills**.



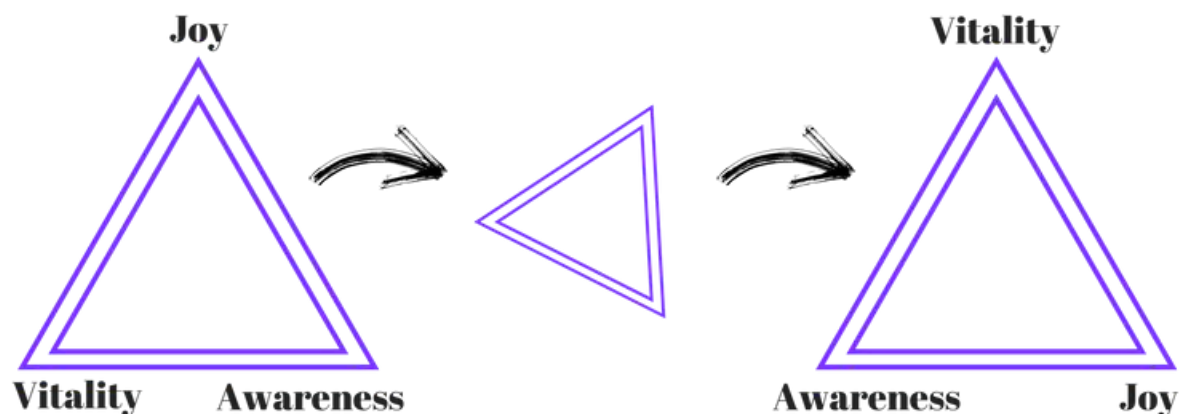
What Are These?

Joy may look like our **innate capacity to feel content** and at times even blissful, no matter what the world presents to us. We may enter natural cycles throughout the day, or months and years; that said, **Joy is always waiting for us** to return. Yes, this is truly possible, and is accessible to you, also. This is not reserved for just a few unique individuals -- you have a capacity for this **within yourself**.

Awareness is our capacity to remain mindful, present in the situation we find ourselves in. With **our resources of Mind and Heart** on-line with us. It can look like staying kind and compassionate in a situation which challenges us.

Vitality is the capacity of our physical body to **reach towards health** and an optimal state of existence, no matter our ongoing physical challenges. From the wellspring of our beating heart and flowing blood, energy is created for us to use in our day. In nourishing this, we nourish our aliveness.

These three aspects are combined into a **rolling triangle**, as each two *Roots* combine to nourish a *Flourishing*.



Finding Yourself

Take a **moment to journal** what arises here:

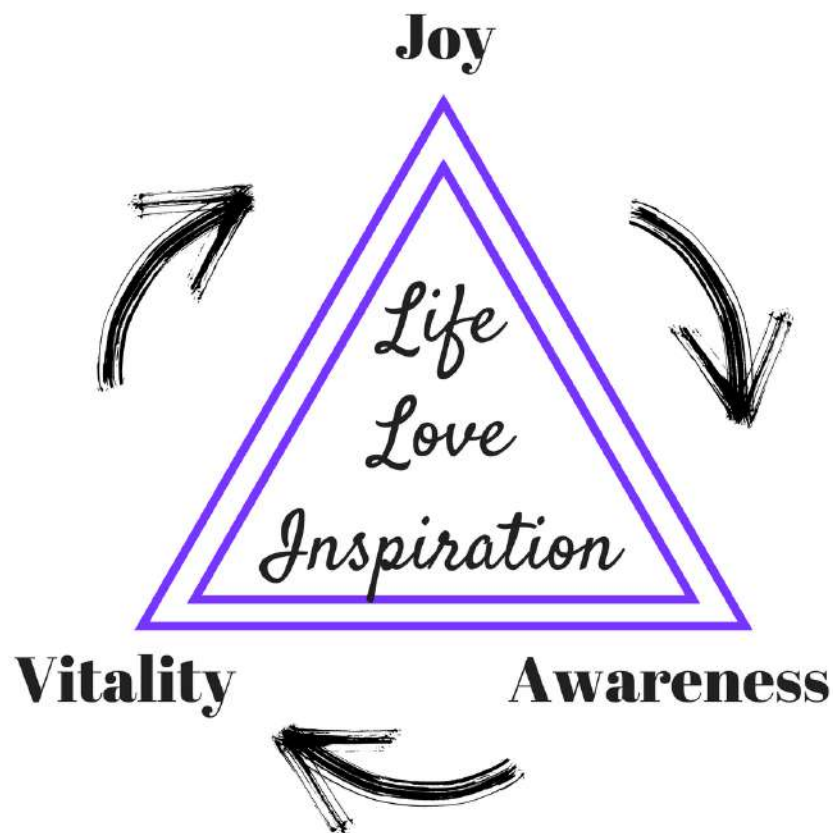
- How does an abundance of *Vitality and Awareness* give you the experience of **Joy**?
- How do *Awareness and Joy*, when combined, lead the way to **Vitality**?
- How does the experience of *Joy and Vitality* create an ease of **Awareness**?

These are three ways of Being that lead to your Dream Life. From here, anything is possible, because **your energy is stoked, your mind is clear, and your heart is singing.**

Is there a **dominant base** to your Triangle?

Are there any of these three which **you already excel at**?

What you see inside, happens easily when the three skills are strengthened.



Your Pathway

In this guide you'll explore **three incremental action steps** for each Root.

I love to **integrate and cycle** through all of these. You may choose to start slow, focusing on each segment for several days before moving on to the next section.

All of this is completely up to you, and I trust that you know what is in **your highest and best good**.

These practices are **effective**, they are **efficient**, and they will sky-rocket your experience of **This Magnificent Life**.

These are the tools with which **choice, resilience and sovereignty** are built.

All of these practices **interrelate** with each other. Doing just one will benefit all the others. I've ordered these to give you the simplest and most accessible ones first.

The invitations cycle through ***Begin***, to ***Cultivate*** to ***Live in Mastery***.

These are a pathway, so it's completely perfect if what you find under **Live in Mastery** is not possible at the moment -- that's why we start at the **Beginning**.

Here's to **Your Magnificent Life!**

Let's Dive In...

Joy

BEGIN: *One Breath Vacation* -- Here we learn to drop into our breath for refuge. At any moment, anywhere and anytime, we have access to this peace.

You may choose to close your eyes for this.

First, let's check in with optimal breathing -- as you **breathe into the stomach**, it expands, and as you breathe out, the stomach comes back towards the spine. This breathing technique is very healing to practice throughout the day.

Now the *One Breath Vacation*. As you breathe into the stomach, focus exclusively on **the sensation of the breath and the body**. Feel the body fully, and any currents that may be moving through it. There is only this breath, there is only this now; **everything else is paused**, floating.

Completely let everything go, just for this breath.

With time you will be able to truly **rest** in this single breath, and find **refuge** in this moment from anything that seems to be happening in the external world. This is especially useful during emotional interactions.

No one need know that you are doing this -- it is **simple, quick and easy**, and **completely accessible to you at any moment**.

You may want to initially practice this while listening to your favorite music, preferably without lyrics. This helps you to **ground the sensation** of this in your body for familiarity.

Joy

CULTIVATE: *The Inner Smile* -- Have you ever seen the smile of the Mona Lisa? A **gentle**, almost invisible expression.

From a place of relaxation, smile gently.

Feel a warmth emanating from this smile, and as you breathe, blow this warmth **throughout your body** and your **energetic field** (that area which we sometimes call “personal space”).

If you cannot summon a smile at this very moment, start with the *One Breath Vacation*, over and over, until you feel that you are capable of generating a genuine smile.

Practice this throughout the day; it can be combined with the *One Breath Vacation*.

This is a great practice to do as you are falling asleep, and you can use that warmth, seeing it also as **a gentle or a bright light of pleasing color**, and **wash your entire body** in this smiling, cleansing energy. This is a great practice for a better sleep.



Joy

LIVE IN MASTERY: *Seeing the Heart* -- We all have a physical heart; and that physical organ also possesses **a field of energy**, which science is regularly confirming.

As we cultivate the *One Breath Vacation* and *The Inner Smile*, we also **cultivate our heart's energy**.

As we move through our daily experiences and interactions, we can **focus on this Heart Energy**, and tune into it during times of challenge. We can also start to practice *Seeing the Heart in others*.

Focus your awareness and attention on the heart of people walking past, and during conversation. This does not necessarily mean to look at the heart with the eyes; simply **being aware that their heart is beating**, and that it possesses a certain field of energy, is enough.

With time, we can start to sense **the radiation of Love** in our own heart -- the Love which fuels all Life -- and in the hearts of others.

Try this practice throughout your day, and experience how this shifts your experience.

For an expanded discussion of this practice, please see www.annaloza.com/resources

Awareness

BEGIN: *The Great Release* -- with some practice, you can start to perceive an emotion moving through your body; it may also be a thought.

Try to catch yourself when you are thinking about something stressful, or rehashing some conversation.

In this moment, **relax all the muscles you can possibly identify.**

Pay special attention to **the muscles of your face**, and the muscles of your stomach. At first, do this while sitting or lying down.

Summon again the emotion or the thought, and keep finding more muscles to relax; you may even sense **deep muscles** inside your torso that you are able to release.

With some practice, you will be able to do this in any moment, even **during conversation.**

This is a critically useful practice to **release emotional tension** from our body, and also to clear the actual thought which may not be serving **our highest good.**



Awareness

CULTIVATE: *Hearing The Mind* -- There are a myriad of thoughts which may float through our mind on any given day. As we **begin to tune our attention** to these thoughts, we gain some valuable distance and perspective.

When you are able to **hear a thought passing through**, or perhaps you suddenly realize that you have been participating in some internal dialogue, **take a pause**.

Ask yourself: “**Do I believe and agree with what I am hearing?**”

The knee-jerk reaction may be to feel that of course you believe what you're thinking. Take another moment, and **really examine** what you're *Hearing*.

Is it helping you to live **a more relaxed life**? Is it serving you and others in **experiencing kindness and acceptance** of one another? Is this thought simply taking up your time and your **mental space**? Come back to the *One Breath Vacation* (see *Joy; Begin*) to assist you in releasing any attachment you may hold to this thought.

With time you may come to see that a majority of the thoughts we have during our day are actually recorded “**programs**”, passing through to reaffirm our **previously taken-on** self-limitations or judgements of others.

What would happen if we used *Hearing The Mind* and the *One Breath Vacation* to **free up this mental space** for something else? **What would you choose** to experience and think about if these particular thought-forms were no longer taking up your time?

Awareness

LIVE IN MASTERY: *Abiding as the Observer* -- As we cultivate our Awareness, we begin to **be truly present** during more and more circumstances.

Whereas we may have previously “lost ourselves” during moments of high-intensity emotions, with time we can **stay in our bodies**, looking through our eyes, breathing through our lungs, and remain here, **no matter what**.

As you feel your capacity for this build, being to play with *Abiding as the Observer*.

In this practice, we enter into interactions with others (admittedly the most challenging time to remain totally present) with the **intention of staying completely aware**.

After talking to that cashier, try to recall what color their eyes were; what were they wearing? Do this immediately after walking away, and see if you really took the time to stay **present** in the interaction.

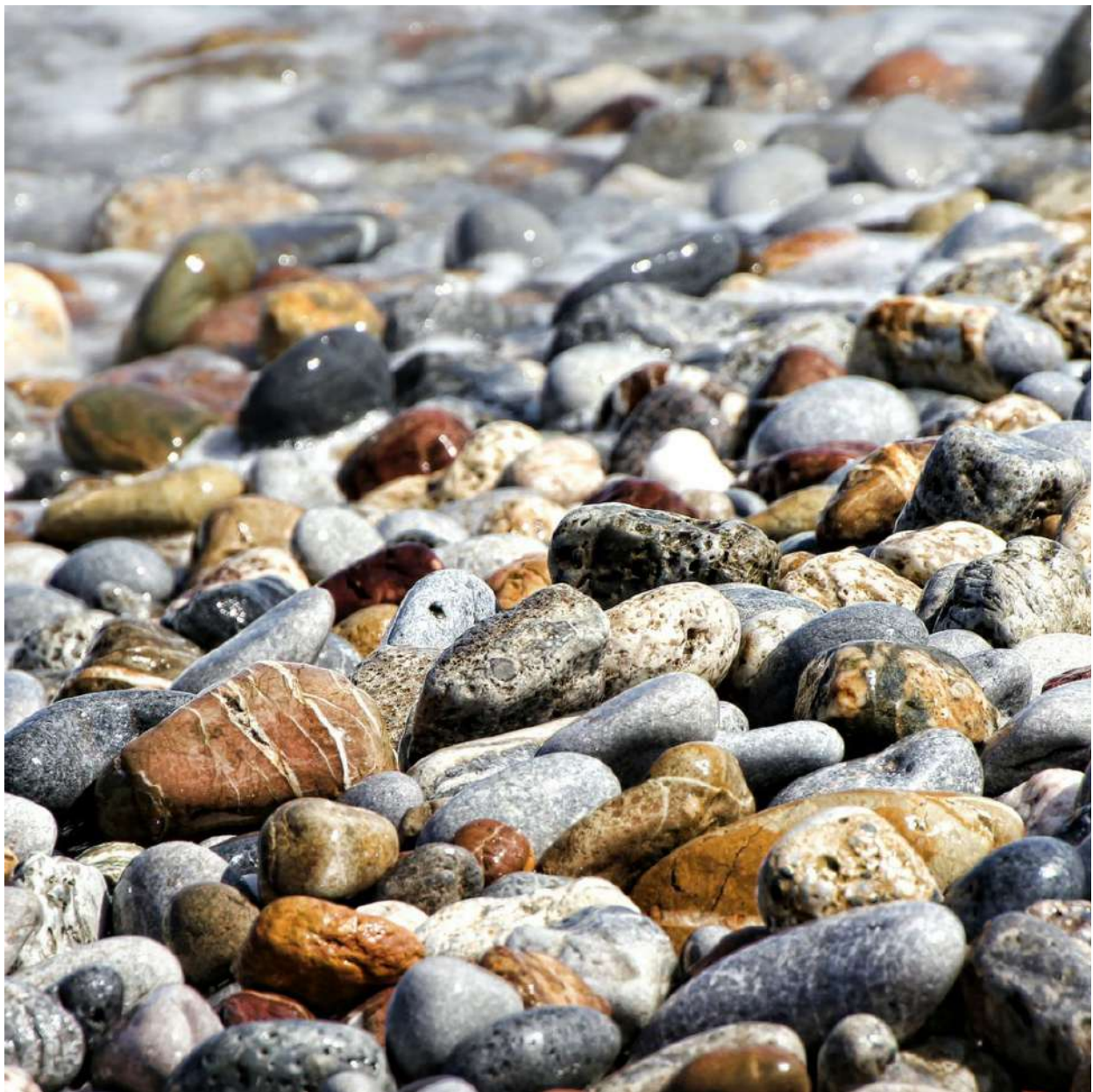
This does not mean that we take a roster of physical features while ignoring the conversation or interaction being had; it means that we are **so deeply available**, that no part of us is somewhere else, lost in thought, while our body is “going through the motions”.

Bring awareness to **your feet touching the ground**, the way you may be leaning on something, the texture of what you are holding. **Hold as much as possible in your field of awareness** at once.

Build this incrementally; I love to **experience this as a game**, as if I will need to relate all these sensations to another. Find your own Joy in this, and experience your Awareness blossom.

With time, we begin to try this **during emotionally-charged moments**, as well.

You may see that you cannot always recall all the details and that is totally alright; the point is continued practice, and continued **fun!**



Vitality

BEGIN: *Setting the Stage* -- Start your day by easily attending to your body in a simple manner.

Upon waking, choose to **drink some water** before anything else. Choose the best quality of water you can, spring water being optimal.

Squeeze some **lemon or lime** in, if available, to enhance the experience while adding some valuable effects; citrus will **help your liver awaken** and gently cleanse.

Alternatively, you may choose to add in a small pinch of high-quality salt (like Himalayan), to **add minerals and electrolytes**, as well.

The amount of water is **that which feels good** to you -- the point is that you reach for this option as often as possible.



Vitality

CULTIVATE: *Nourish Energy* -- A moderate amount of exercise will increase our energy throughout the day, and allow us to tackle life and projects with more ease.

Try including some **movement throughout your day**.

Throw in 10 squats just before lunch time, or something more aligned with your body; some potential options are knee raises, wall push-ups, or jumping on the spot. Find something that works for **your unique body**, and gives you the chance to challenge yourself a little.

Just 10 reps will make a difference in **your breath and blood circulation**, increasing your energy. Find the unique way that your body can get some **blood moving and lymph pumping**, and give yourself a moment of this daily. You may also enjoy a chest-opening stretch or forward bend.

Another great alternative and stand-alone practice is **The Shake**. After an hour or more of sedentary or repetitive experience, get yourself a little bit of space and start to **bounce, shake and wiggle your entire body**.

Your goal is to activate your energy, get **lymph flowing**, and use the breath to **restart your system**.

Complete this practice with whatever stretch is available to you in the moment, and use this consistently to up energy **throughout your day**.

If your body is not able to perform anything like this, yet or ever, just skip this -- there's something else we can do to *Nourish Energy*.

Vitamins and minerals are key to supporting our body in functioning at its **most optimal**, and natural sources of these are most **readily absorbed and utilized**.

A tea brewed with a safe and gentle herb that is **high in nutritive value** is a simple way to up our nutrition.

Try **nettle**, which is a powerhouse of minerals -- pour hot water over a fistful of the dried leaves to brew a strong infusion, which can be diluted or imbibed straight, taken with you throughout the day.

If you don't have access to nettle, explore your stores and ecosystem for the nutritive plant that is in your region -- **yerba mate, cilantro** and **fresh coconut water** are some other options to easily enhance your nutrition.

Do your research to make your own choice about consuming any of these for your body, and get creative -- nature, in every region, **provides us with nutrition** -- you may need to see your stores or backyard with fresh eyes, to select an **easy and nutritious** drink or snack for yourself.

These are simple ways to cultivate Vitality on an **ongoing** basis.



Vitality

LIVE IN MASTERY: *Stretch your Edges* -- If you regularly consume sugar, caffeine or alcohol, try going a week without.

Another way to describe Vitality is **sovereignty without dependance**.

Do you have any addictions? Usually, the answer is Yes, even if we wouldn't prefer to call them that.

When we feel that we **need** that cup of coffee or sugary snack, we are giving away our power of choice and discernment. Even going **a single day** without these "comfort addictions" can be **incredibly empowering**.

Remember, this is a tip for **Living in Mastery**, it's alright if this action is not available to you right away -- it's something to move towards and keep on your radar.

To make this experience easier, choose a week that is *less* loaded than others, and **research some nutritious alternatives** to have on hand, like yerba mate or matcha for gentle caffeine, or organic baked sweet potatoes, in moderation, for a natural sugar experience.

When you have **choice** about your desires, that is a place of **personal power**. A Magnificent Life is built on nothing less than the recognition that **you are your own Master**.

I honor your journey, and believe in your capacity; this is our birthright.

You Are Capable!

As you move through these practices, **celebrate yourself**.

When you notice completion or improvement in any way, allow yourself to **fully acknowledge** what you've chosen and achieved, and find a way to reward yourself.

Share your success with friends, or **take yourself out** to do something you love!

These practices are **applicable at any stage of life**, so if you feel inspired to do so, discuss what you've been learning. Others are usually happy to hear an uplifting message.

As you walk the path of beginning, cultivating and mastering Joy, Awareness and Vitality, you will **see your capacities increase**.

You will naturally attract perspectives which show you **the amazing possibilities of this life**. Challenging situations will have touchstones of clarity, and **your internal compass** will be dusted off and strengthened.

I believe in your innate capacity **to know your greatest happiness**, and in your capability of creating a life aligned with this, **no matter what**.

We deserve clarity, health, and contentment, no matter what we see as our cultural narrative.

You're now well on your way. And **the road is clear**.

I honor your journey.

Want to Go Deeper and Higher?

Life is meant to be **grand, amazing and fun.**

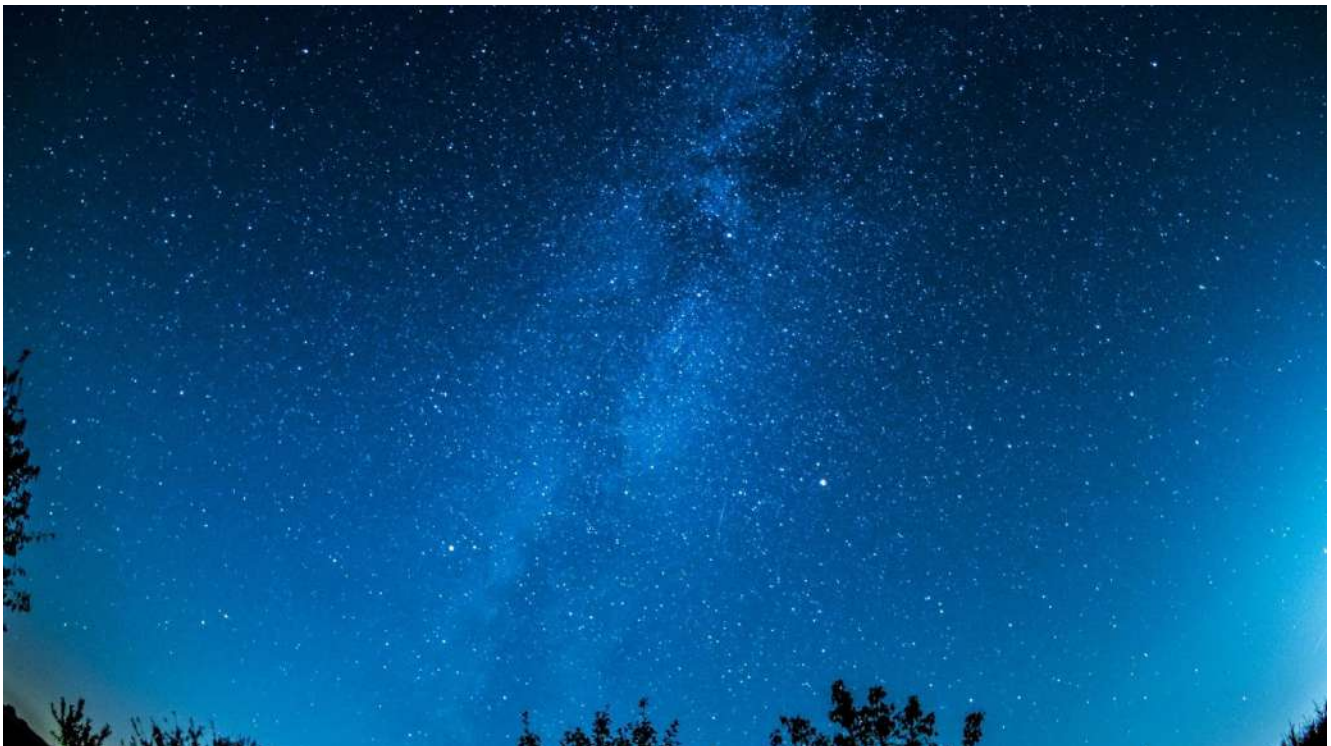
There may be dips and curves in the road; that said, with **strength, will and perspective**, you always have what it takes.

By **consciously and continuously** cultivating the skills of Joy, Vitality and Awareness, you **claim your Magnificent Life.**

If you would like **personalized support and unique tools** tailored to your specific life, come work with me.

It would be my pleasure to **facilitate your capacities** for A Magnificent Life, and **fast-track your experience** of living it every day.

Head over to **www.annaloza.com/work-with-me** to book a free alignment consultation.



About Anna


As a lover of life and an intuitive healer, Anna fuses a background in Psychology and herbal health with grounded spiritual practices for an optimal human experience. Anna consistently creates a bigger-picture perspective to facilitate a lifestyle transformation;



she knows that every human deserves to live happy and free, navigating their highest potential in alignment with their heart.

Anna consolidates integrated and inclusive approaches focused on the natural capacities of the human organism and the heart-mind connection. Her work is dedicated to stoking the natural spark of the love of life which exists within every heart, and to nurturing the greatest and deepest potential of humanity in service to all. She is dedicated to being an instrument of the Divine.

Anna offers talks, workshops and programs, as well as custom one-on-one coaching and free alignment sessions.



*Faith is taking the first step,
even when you don't see
the whole staircase.*

- Martin Luther King Jr.