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# fierce TRUTHS

SPIRITUAL MAGAZINE

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# CHANGE YOUR **LIFE** with SIMPLE *Bedtime Routine Hacks*

By Pallavi Prasad

I want to ask you...What is the last thing you do before bed? Do you watch your phone, tablet or TV? Do you read books? Do you journal?

Nearly nine out of ten adults look at their phone/tablet before bed. New research suggests that nearly one in four UK adults have trouble sleeping because they spend too long on their phones before bed.

Did you know that your subconscious mind is always active, even when you are sleeping? The last thing you think about before bed is imprinted into your subconscious mind and works its way throughout the night, to bring it to your reality.

So why not give it a positive and happy emotion to work with? You could change your entire reality with just a few simple bedtime routine hacks.

## **But first, what's Reality shifting?**

Our current reality is what we live today. We may be earning 2K/per month, which is our current reality. But we may want to earn 10K/month, which may be our desired reality. But did you know we constantly shift into different realities and others' realities by just feeling it? Every thought and emotion vibrates at a certain frequency. But just by tuning into this frequency, we can bring those emotions into our life.

Have you noticed when someone talks to you passionately about their dreams or desires or even a bad experience? You jump into their reality for a milli-second and feel what they feel. Sometimes you can visually see where they were and how things unfolded, as though you were there with them or were them!

So, I am going to break the ice and tell you that if you can deliberately visualise your desired reality over and over again and tap into the feeling that comes with it, it becomes your reality! When we show our subconscious mind the images of our desired reality from time to time, it cannot differentiate between what is real and what is not. So it brings into reality what it thinks and sees (over many times) is real.

This is a proven science, and it is easy to adapt to our everyday life.

We sometimes think that we feel happy when we watch funny videos before sleeping. But the truth is we can be happy only when we connect with ourselves. The more we connect to our devices, the more we disconnect from ourselves.

Here are a few things you can do before bed to help train your subconscious mind and help you practice positive bedtime habits. They are based on the principles of the Law of Attraction and Law of Vibration.

The more you practice these, the more you create your desired reality:

## 1. GRATITUDE

Gratitude is the most powerful tool to build your mindset. The more grateful you are, the universe will give you every more reason to be grateful for. Take a few moments to think of at least three reasons to be grateful for. It can be a small thing, such as the sun shining bright today, or bigger things, such as good health and job security. Close your eyes and feel grateful from all of your heart.

## 2. USING AFFIRMATIONS

When we think positive thoughts, we attract more of them into our lives. But how do we train our minds to think positively all the time? The answer to this is affirmations. Repetition can shift your emotions, which can shift your reality. Using powerful affirmations that resonate with your life triggers the emotions that you genuinely want to be in. Practising to be in this positive emotion every night becomes your habit.

## 3. PRACTICE LOVE

Love is the most powerful force in this world. So why not think of three people who truly love you and three people who you love. Yes! Being loved and loving someone can be different, although it can overlap. Knowing that you are surrounded by love is the coziest feeling in the world! When you feel love, you can attract and give more of it to others.

## 4. MIRROR TECHNIQUE

Self-love is also as important as seeking love from the outer world. Only when we can fully love and accept ourselves can we love others. When we have love for ourselves, and we free ourselves from judgement, we have unconditional love to offer to others.

Take a few moments to observe yourself in the mirror. Do not cuss on your flaws. Start noticing how you smile and how your eyes light up as you feel happy. Take time to appreciate yourself – your hurdles and how you overcame them. Remind yourself of your strengths, accomplishments, and virtues. There is only one soul like you in this world. You are special! Feel it, and remember to keep smiling!

## 5. OBSERVING IN SILENCE

The most amazing discoveries are made when you quiet your mind. Only when you quiet your mind you can hear what you truly want to hear from yourself. Close your eyes, place your palms on your chest and observe your breath for a few minutes. Observe how your body raises and falls with every breath. Notice the rhythm, like the waves of the ocean coming in and going back. Observe the body and mind being calm as you connect with yourself.



Last but not least, remember that whatever your day might have brought you, you have the power to change or enhance this experience. You don't need expensive devices or apps to train your thoughts. All it takes is you.

Every one of us deserves to be happy and live a fulfilling life that does not involve temporary and screen-led doses of serotonin.



Pallavi Prasad is a Manifestation and Mindset Coach. She has been practicing manifestation techniques for more than 15 years and helps heal physically, mentally, and spiritually with soul-led coaching. Pallavi's principles are mainly based on the Law of Attraction, Law of Vibration, Reality Shifting, Energy healing and raising vibrations with nature.

Visit Pallavi's website [www.positivepowercoaching.co.uk](http://www.positivepowercoaching.co.uk)