



EVOLVE THE SOUL
HOLISTIC HEALING

Celina Fato Presents

Inner Wellbeing Made Simple

Welcome

Hello Beautiful Soul,

Here you will find a simple introduction into creating inner wellbeing with a 'wholistic' approach to life.

We are constantly being stimulated by external stimuli, living in a state of constant stress & dis-regulated nervous systems.

Our energy fields are constantly absorbing thoughts, emotions, feelings & sometimes it may not even belong to us but we carry this as if it is so.

In this introduction guide you will find practical tips & tools to help you get started on creating inner wellbeing, balance & alignment within, allowing yourself to come home to your heart space, your centre!

“GROUNDING / EARTHING”

1

“Grounding is coming home to yourself.”

1. Stand tall, arms by your side, head aligned with your spine & place bare feet on the ground. (Grass, soil, sand, whatever is available to you)

2. Bring your awareness to your breath, the inhale & exhale, the rise & fall of your belly. Then direct your breath to your feet, feel the ground beneath your feet, supporting you as you stand tall.

3. Inhale through nose, into belly, & exhale through nose or mouth if easier.

4. State this to yourself as you ground,

I AM SAFE

I AM SECURE

I AM SUPPORTED

I AM HELD

I AM NOURISHED

I AM ROOTED IN DIVINE EARTH ENERGY



“THE BREATH”

2

“Your breath is the anchor that brings you back to the present.”

1. Stand / Sit, head aligned with spine, back straight.
2. Place one hand on your belly, & one on your heart centre (chest). Then bring your awareness to your breath, the inhale & exhale, the rise & fall of your belly.
3. Inhale for 5 seconds through nose, into belly & exhale for 5 seconds through nose or mouth if easier. - Repeat 3-5 times or for a few minutes.
4. State this to yourself as you breathe,

I AM PRESENT

I AM HERE

I AM ANCHORED IN THE NOW

I AM CONNECTED TO MY BODY

I AM SAFE



“SETTING UP YOUR DAY RITUAL”

3

“Set up your day with gratitude, presence, clear intention & the rest will fall into place.”

1. Stand / Sit.
2. Take 3-5 breaths, inhale through nose & exhale through nose or pursed lips if easier.
3. Sip water, stretch, touch the earth, set your intentions for the day, nourish with wholesome food, begin.
4. State this to yourself as you tap the centre of your chest,

“TODAY IS A GREAT DAY... I AM GROUNDED,
ALIGNED & FULLY IN MY POWER... I TRUST &
FOLLOW MY INTUITION... I AM CONNECTED TO
MY HIGHEST SELF, GOD (or whatever resonates)
SHOW ME HOW GOOD IT GETS TODAY.”



“ENDING YOUR DAY RITUAL”

4

“End your day with thanks & gratitude, allowing the rest to be carried by the night.”

1. Sit / Lay before bed.
2. Take 3-5 breaths, inhale through nose & exhale through nose or pursed lips if easier.
3. Shower, dump your day in your journal, write down 3 things you are grateful for. Drink herbal tea.
(lavender, peppermint, chamomile)
4. State this to yourself as you tap the centre of your chest,

“I RETURN ALL ENERGY THAT IS NOT MINE WITH LOVE & COMPASSION BACK TO WHERE IT CAME FROM... I CALL MY ENERGY BACK TO ME... I AM MY OWN SOURCE OF POWER & VITALITY.”



“Energetic Release”

5

“Not everything you carry is yours to own.”

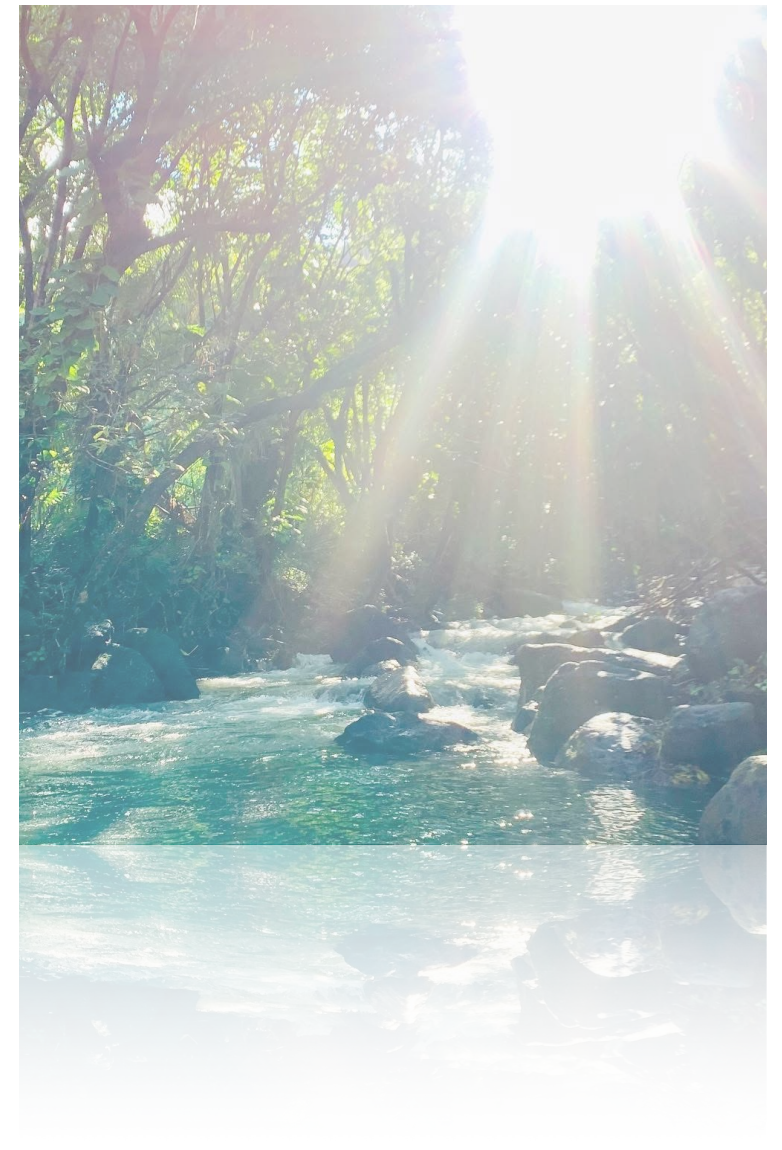
1. Stand / Sit.

2. Take 3-5 breaths, inhale through nose & exhale through mouth.

3. Using your hands, sweep the body as if you are brushing it off.

4. State this to yourself as you sweep,

“I RELEASE ALL ENERGY THAT DOESN'T BELONG
TO ME & SEND IT BACK TO WHERE IT CAME
FROM WITH LOVE & COMPASSION.”



“Golden Shower”

6

“Let the golden shower cleanse you, washing away what no longer serves.”

1. Jump in the shower.
2. Take 3-5 breaths, inhale through nose & exhale through mouth.
3. Visualise, sense or feel a golden white light showering down on you, washing away all energy / thoughts / feelings / emotions that no longer serve you.
4. State this to yourself as you stand under the water fall,

“I RELEASE ALL ENERGY THAT DOESN'T BELONG TO ME & SEND IT BACK WITH LOVE & COMPASSION... I CALL BACK MY ENERGY AS I AM MY OWN SOURCE OF POWER ENERGY & VITALITY.”



THATS A WRAP

You made it!

You have learnt & gathered a few tips & tools to start creating inner wellbeing.

A way to connect with you, bring it back to you, own your energy & power.

If you implement these daily, I can guarantee you will notice the difference within.

 Ready to keep learning, growing, evolving?

 Want to explore what a holistic space can offer you?

Explore more with me.

ABOUT ME



You can find me here 📍

Instagram:
[_evolvethesoulholistichealing](#)

Website:
www.evolvethesoul.com.au

Contact:
evolvethesoul@gmail.com

Hello Beautiful Soul,

I'm Celina, Holistic Therapist & Energy Healer. Founder of Evolve The Soul Holistic Healing.

We understand that life can leave you feeling lost, overwhelmed & disconnected.

We specialise in an integrative holistic approach that promotes healing from within to help you navigate stress, trauma, depression, anxiety or any of life's challenges to create lasting change.

Offering a sacred, safe, nurturing, judgment free & unconditionally loving space met with compassion to help you reconnect with your true self & move forward with grace, confidence & clarity.

If you're seeking personalised, holistic healing support, please don't hesitate to contact me to learn more about how we can work together to achieve your inner wellbeing goals.

Love & Light
Celina Fato
APHC, APCT & APSC

