



A FREE GUIDE · YOUR SUBCONSCIOUS BESTIES

From Seeking to *Being*

How to embody the life you've been praying for

A 10-minute reflection and four gentle practices
for creatives, founders and every soul in a season of becoming.

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A seed, not a quick fix

This guide takes about ten minutes. Find a quiet place, bring your journal, and read slowly.

Your effort matters. But human effort alone was never meant to carry you. Becoming is a relationship with God and with who you are, chosen again and again.

Along the way you'll find four short practices. Please don't skip them. They're where the shift happens.

01 **Notice the seeking.** Where are you chasing, waiting or proving?

02 **Settle your body.** Help yourself feel safe enough to receive.

03 **Embody the truth.** I am blessed. I am provided.

04 **Take one provided step.** Do one small thing as that version of you.

There is a greater life

It starts with a seed planted within you. Deep down, you know there is a much greater life than paying rent, filling your plate and holding down a job.

Something bigger than what social media keeps selling us: a false illusion of hope.

So your mind starts to wonder. How do I become the influencer with the yacht life? How do I get a million dollars in the bank, so I never worry about paying for this or that again? How do I find the career that feels like the purpose I was born for?

But it truly begins when you become aware of your own life, without the lies this world has been whispering to you.

That's why I created this guide: a way out of the endless cycle of seeking, so you can finally begin.

PRACTICE ONE

2 MIN

Notice the seeking

Write down three places in your life where you're waiting, chasing or proving. Be honest. There's no wrong answer.

1. _____
2. _____
3. _____

Waiting for the delivery

It means no longer letting your mind fall into the reflex of checking your phone, like someone waiting for their food delivery to arrive.

No longer chasing the fireworks illusion: *if I keep doing this "alignment thing", surely I'll be rewarded...*

Or: *after all the effort I've put in, I expect something in return...*

Instead, all of this becomes a continuous relationship between your future self, your current self and your mind.

PRACTICE TWO

2 MIN

Settle your body

Place one hand on your heart and one on your belly. Breathe in slowly for a count of four, and out for a count of six. Repeat five times.

Let your shoulders drop and your jaw soften. Your body needs to feel safe before it can receive.

Stop looking. Start embodying.

To step out of seeking means to embody the desire you choose to experience, within yourself, until your mind no longer harasses you and you are simply in alignment with who you are becoming.

Instead of looking for it, you live from it.

PRACTICE THREE

3 MIN

Embody the truth

Say these words slowly, out loud, three times:

I am blessed. I am provided.

Notice where your body softens as you say them. Then write:

If I truly believed I was already provided for, how would I show up today?

Faith, discipline and consistency

It requires a ton of faith in yourself.

Discipline.

Consistency.

And never looking back, only moving forward. As the Bible says, the Lord will make you the head, and not the tail.

That means the moment you get what you want, you don't stop. You keep journeying into who you are, moving on to the next destination God has called you to.

Consistency means showing up for yourself daily, creating a new repetition of how your future self shows up, from within.

Discipline requires strong emotional resilience: the capacity to meet experiences that seem to prove you wrong, and stay strong and steady in your belief about the story you can provide for yourself.

PRACTICE FOUR

3 MIN

Take one provided step

Choose one small action you can take today as the version of you who is already provided for. Make it small enough to do before tonight. Then do it, and let God handle the rest.

My provided step today: _____

The direction, the way, the action

God becomes the direction, the way and the action. And you recognise that you simply become a vessel of your dream, not your worth.

You begin to live from a state of ease, even while carrying a greater responsibility and purpose: the very things that were once a dream you wished for. The capacity to experience a greater level of what life can offer comes from aligning yourself with the spiritual realm within.

Yes, human effort, through discipline and consistency, will help you. But the outcomes themselves come from the invisible realm. It places you somewhere the fear and anxiety of "what if" no longer reach.

It simply becomes you showing up, and letting God handle the rest.

KEEP WALKING



This guide is a seed. Let's help it grow.

Becoming isn't a single moment. It's a relationship, practised day after day. If something in you said yes while reading this, I'd love to walk this journey with you.

The Embodied Founder is my 6-week 1:1 program for creative people and business owners who know what to do, but keep getting in their own way. Together, we make the version of you who follows through feel safe and familiar, not forced.

I'm opening three founding spots.

[Book your free 20-minute fit call](#)

yoursubconsciousbesties.com/pages/the-embodied-founder

With love, Liona



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