

HOW TO PRACTICE THE LESSON OF BECOMING YOUR BEST VESRION (BYBV)  
/CONSCIOUS LIVING MOTIVATION TIPS/



“You can do anything you want in life for yourself and to yourself.”

Pravda

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## Introduction

I would like to share with you part of my personal and professional experience in the field of women' stress management and women' motivation to deal with it.

Stress is a great challenge we all have to deal with right now when the entire world is shaking with this global disease called Civit19, and it brings us different modern diseases and disorders when we have to stay at home almost all the time.

Reducing daily stressors and learning how to manage stress throughout the day is not an easy process - it requires motivation and daily efforts to be consciously done, which will certainly result in a better and healthier life.

All our actions directed toward reducing daily stressors should become new habits in our life, because we have to be motivated to do them regularly and let go of all old patterns and beliefs that no longer serve us.

*Motivation is the foundation of change - it contains those stimuli which harness your desire and energy to do the change.*

*Conscious Living on the other hand brings us the awareness that we all have choices in each and every moment of our life.*

We all have ups and downs in life, so we know from practice that we must change ourselves. If we are motivated on a deeper inner level to develop and transform, it is much easier for us to make the first steps in this direction and consciously change our attitude to life.

Life will never be the same after this global disease, right?

Not to mention the new economic changes and challenges, aha transformations, that will come after it.

We know very well that right now is the best time to act and make our dreams and projects come true due to the global changes that are happening now.

So let us be present here now and do with motivation these simple tips which will certainly help you live the life of your dreams no matter of the issues with Covid 19 we all have to deal with.

There are many ways to bring your focus onto the present moment, but the things that I will recommend you are really very practical and served me every time I felt confused, angry, overloaded or exhausted.

The first thing you can do as a remedy for stress relief is to start breathing deeply, because the habitual swallow breathing is connected with all negative emotions and fears.

The second helpful practice is to pick up a word and repeat it throughout the day as a mantra. I highly recommend you to use powerful, meaningful words such as "LOVE", "GRATITUDE" and "APPRECIATION", because words are energy and the way you think, feel and speak creates your outer world.

And the third tool you can apply in order to raise your consciousness and reduce your daily stressors is to write down a list of what you want from life using positive statements in present time as if it is already actual, because in this way you tell the Universe that you are already committed to do what is needed for creating your new dreamt reality. These written statements raise your awareness and help you state clear

intentions declaring that you are now ready to co-create your life and master it for better health and wealth.

You can start right now practicing one or more of the above mentioned tips to see in real how it will improve your energy level and will make you feel better. Raising your vibrational level, you will begin to attract more favorable circumstances and influential people into your surroundings and your days will be filled with fun and joy.

Remember to do the chosen practice for at least 21 days and do it with purpose, passion and delight.

## Physical Activity

Having worked with women for many years I found out that stress was the greatest issue they had to deal with if in order to live a balanced and happy life.

It is difficult for women to find the right balance between the masculine and feminine, spiritual and material, personal and social sides of life. They need to harmonize their own specific needs with those of their family members (children, parents, relatives, partners), friends, neighbors, employers and colleagues.

Although women are more flexible and creative in trying to accomplish all these duties successfully, they usually end up feeling tired, depressed, exhausted and over stressed as a result of the excessive daily responsibilities and shortage of time to embrace their own needs.

After many years of professional experience in the fitness industry I had the chance to work with hundreds of women and found out that they all think pretty much the same way and struggle with similar problems.

Based on my own observations both personal and professional I discovered that one of the simplest and most effective ways to reduce daily stress is to do some physical activities throughout the day.

Some women think that if they eat less they will lose weight and that is true, but the results will not be optimal.

My experience shows that if you do some aerobic exercises and eat less, you will have better results.

But in fact the best results come both from weight training and aerobic workout combined with proper eating and that complex systematic approach could change the shape of your body.

Regular training burns fat. It also challenges the physical body to be not accustomed to regular training.

If you do also sport activities from one or another type as I did in the first years of my career as an instructor, you will have certain results, but after some time the body is used to the well known regular activity and has no challenge to deal with it, so it stops to react on it, because you repeat the same training again and again throughout the week and month.

When it comes to total body transformation you need to go through different kinds of training, including all well known women's sport activities.

You can use aerobic and callanetic exercises as well as weight lifts in order to reshape your body in a more powerful way.

I have worked for many years as an aerobic and callanetic instructor and have helped many women to create their desired healthy bodies, but the trainings were very hard and long, moreover, they could be done only in an aerobic hall with the suitable equipment.

Like almost every woman I thought that weight lift should be done in small weights and only as a part of the workout, preferably in the warm up at the beginning of the session. As an aerobic instructor with many years of practice, I especially liked the cardio workout and its good effects.

I was very careful with the weight lift and preferred to do callanetic exercises with my trainees.

As you may already know, it is better for us to work not only on the physical, but also on the energetic level. I knew it before and had experienced it personally, so I highly recommend it to you.

Nowadays Zumba classes may be watched online.

And Zumba is the same as Funk Aerobics of the past.

You can have your Zumba workout at home.

We are energetic beings in the core of our nature, so we all have physical, emotional, mental and spiritual energies within us.

And if we want to live a life without stress and depression, it is obvious that we should keep our energetic system in balance.

Mental work is a part of the game, but to succeed in this part, we have to play, move, dance, do physical activities to keep our body healthy and fit.

We need to harmonize all our energies, if we want to be more balanced and focused in our work and live a happier life.

All great athletes and sportsmen knew how to train themselves both mentally and emotionally, because the mental self-work predetermines to a great extent the physical results in the end.

And I found out that the best and quickest way for harmonization is to start doing some physical exercises throughout the day.

So how can we deal with stress on a daily basis and live a more balanced life?

Instead of doing hard workouts you can start with some gentle movements that will improve your posture and joint mobility.

1. You can do some stretching exercises - stretching will help you transform your negative issues and attain a more positive attitude to life and to people around you.
2. You can also dance the figure eight with your hips for 10 min daily, preferably in the evening after work with the aim to clear up the stress accumulated through the day.
3. Go to do Latin dancing. You can have your own dance lesson online.

Right now you can start applying one the above mentioned tips on a daily basis and observe what changes will come to your life.

Pick up that tip which will serve you best and start doing it regularly for at least 21 days. Be open-minded and see what new trends will appear in your life.

Remember to do it every day and do it consciously and joyfully, if you really want to feel better and live a more peaceful life.

## Water as a Remedy for Stress Relief

Let's talk about water as a simple but powerful means that usually helps almost every woman to feel well and stay on the track no matter how life treats her in the flow of various situations and how many stress triggers she has to deal with.

This is one of the most important necessities, when it comes to the life essentials and how to stay alive.

I have in mind drinking structured water as a simple way to be healthy, feel vital and powerful, and stay on the track.

We lived in a liquid environment many eons ago, when there was only water in the Universe or the so called cosmic humidity. We know it on conscious and subconscious level that water is more important than food for our life.

Water not only nourishes our physical bodies, but also washes away all mental, emotional and psychic pollutions and negativities from our daily life.

Water helps the cellular processes flow and brings out all trash from the cells.

Mineral water not only purifies our body cells, but it is like food for them as it supplies them with different elements.

Spring water on the other hand, brings freshness, purity and vitality into our lives.

So, it is very important for us to find a practical way for cleansing and nourishing our body cells and I recommend you for this to drink enough clean water, which will help us maintain our vibrant health and life power.

Water is a liquid crystal which is affected by the surrounding energies and is very easily programmed, as it has its own memory.

Therefore, the way you feel and the thoughts you have when you are drinking a glass of water affect this water on an energetic level and resonate with its molecules in compliance with the law of attraction (like attracts like).

In this way, when you have negative or troublesome thoughts and feelings, you emit these lower vibrations nevertheless if you are aware of it or not, and charge the water you are going to drink with them. After taking this water, your negativity returns back into your body magnified by the water.

Thus the stress you have deposited deep in you is being emitted to come back into your body magnified in one or another way.

So how can we use water as a stress relieving remedy?

I know from my own experience that it is not an one act activity, but a process.

You know it could be easier, if you decide to be aware of your thoughts and feelings when you want to drink water. You may hold a glass of water in your hands and charge it with your positive thoughts being more optimistic and really grateful.

For example, you can bless your water before you take it, thank it for its gifts and ask it to pass them into yourself.

You can also charge it with positive energies, saying good words, mantras or prayers to it.

You can also "structure" water with colors. Just leave a colored bottle of water on the window still and solarize it for 20 min.

Drink it and charge your body with the energy of the Sun and the color of the bottle.

Solarized colored or uncolored water has the highest possible vibration and helps you be more positive and optimistic transforming all your negativities and supplying you with new life force and cosmic blessings.

At the beginning of this book I mentioned that I had worked in the fitness industry, where it is very important to drink enough water, so I can give you a professional advice to take a plenty of “structured” water on a daily basis.

I drink structured water for myself on a daily basis. I highly recommend you to use iced water like I did with all my trainees, because this is a way to give your cells clear new memory.

It is very useful to use iced water, for example, when you do your workout routine. This is a simple and powerful way that will help you reduce stress and have a healthy good looking body.

So, how can we avoid negativities in our thoughts, feelings and words and begin to think positively when drinking water? Consciously charge your glass of water with all good feelings and affirmations of how great this new coming day in your life will be.

I suggest you to “structure” your water in a way, which corresponds best to your needs and desires.

Do this as a first thing in the morning before rushing into your busy day and see how life will change.

Remember that water has memory and all trash you want to clean from yourself, simply transfers into its molecules and then goes back into your physical body back again and magnified by its crystalline structure. This is also true for the positive energies you transfer to it, they will enter your body magnified and ennobled by it.

It is simple and easy to take a glass of water, concentrate for a while and “structure” it with your love and gratitude for all things you already have in life.

You can also speak to water and ask it for support. You can sing to water and bless it. I advise you to think positively every time you have a drink or liquid food: be it a glass of water, a cup of tea or coffee, or soup.

For example, I sing to my soup in order to nourish my cells with more love, confidence and high vibrational energies.

Right now you can use this simple healing and transforming remedy every time you feel you are off track.

Take a glass of water into your hands and say thanks for all the things you have in your live here now.



## Doing Daily Workouts to Release Stress

Let's talk about the easiest way to transform your negative emotions and feelings into positive ones.

Some simple physical exercises or a daily routine that you can apply at home or in the office is one of the easiest but most powerful ways to reduce stress on a daily basis.

As a fitness instructor I helped many women to attain their desired bodies. I know from my own experience how refreshing it is to do some light physical activities every day to simply get rid of stress and improve your health.

As an aerobic coach with many years of practice I know from practice how useful cardio training is and how powerful its effects are on our physical bodies.

I personally like cardio workouts but use also a cross trainer at home for change, not every day, but from time to time.

I was very careful with weight lifting with my trainees and preferred to do callanetic exercises with them.

In my practice before I always did all cardio workouts combined with the basic muscle training.

The only thing I was worrying about was how to calculate the optimal weight lift for the average woman.

I was afraid of the chance for muscle gain and not becoming bulky was the only question I had in my head.

I passed many dance classes to find out that the best way for me was to do intensive workouts instead of simple dance movements, but as we know we are all different and different things are useful for the different types of women.

Based on my experience I found out that the easiest way to choose the best for myself *was to observe how I felt when I tried something new*. Observe your first feeling or your gut sense about whatever you undertake in your life. Your intuition will not mislead you. You may also ask yourself whether some new activity, course, book, project is suitable for you or not, and wait for the response from within. If you feel uncozy, confused or hesitating, that is not for you. If you feel pleased, joyful, energetic and your heart expands in love and appreciation, congratulations: - you are on the right path! Your heart truly knows what is best for you.

If you feel you are not capable of doing workouts, then go walking or do some stretching movements for attaining good posture, excellent mood and joint mobility.

A simple way to improve your health is to do Latin dancing or inspired dancing movements on your favorite music.

This is the easiest way to improve your mood and raise your vibrations after your busy day.

Right now it is time for you to act and introduce some changes in your daily routine, if you want to live a better life and reduce your daily stressors to minimum.

Choose one of the above mentioned suggestions and apply it in order to see how it works for you and what results it would bring you.

Do it for at least 45 days and observe the forthcoming changes in your life.

## Nutrition

Let's talk about healthy nutrition as an approach toward a better and happier life. Proper eating for reducing stress and enjoying as well as sharing our life journey is essential for our well being.

Considering the needs of your physical body and understanding what food and food supplements correspond and resonate best to you and your perfect health is the key to your inner paradise, and will contribute to keeping your body fit and maintaining a good and healthy lifestyle.

For the human body food is like the sunshine for plants. In fact food is a form of condensed and transformed solar energy accumulated in different ways.

If your nourishment is not proper, it would result in weight problems and in some cases in belly fat gain. People become under or overweight, stressed and imbalanced.

Some women think that provided they do physical activities on a daily basis it does not matter what and how they eat.

This is in fact a big misunderstanding because when you do workouts regularly, when you train and load your body cells intensively, it is really important to provide the proper nutrition for yourself.

Nowadays when we are in a pandemic state we have to stay and work at home. This could be a real challenge if for example, you like to cook and have time to do, it on a regular basis.

*Overeating may cause you many troubles no matter how healthy and small the meals could be.*

I assure you from my practical experience that nutrition is even more important when you do increasingly intensive physical trainings.

It does not matter whether you are walking or running, swimming or dancing, lifting weights or whatever, without the optimal amount of nutrients needed for your body, you will not have the results you are looking for.

I do not mean that you have to count your entire daily intake in calories. I have in mind that it is better for you to eat 5-6 small meals daily and drink enough water that you might "structure" with your own positive thoughts, the image of your desired perfect body, or a statement of what your goals are.

Accepting the fact that the optimal nutrition is as important as the regular physical exercises, gives you a better opportunity to achieve the success you really want.

Food and water are crucial for our survival as we exist in physical bodies, that is why from ancient ages until now we maintain our life through eating food and drinking water and we use the energy received this way as our main life-source.

Our physical body is an intelligent and very fine instrument and if we are consciously aware and awake for its signs, *which is the foundation of conscious living and BYBV*, we can live happily and gain better results with everything we do. If you can simply detect and understand what your body tells you, you will take action on time and supply it with what it needs more efficiently.

If you are aligned to the real wants of your physical body and satisfy them successfully, you will have a vibrant health and an optimistic approach to life no matter what situation you are in.

Sometimes in our busy daily routine we eat fast food and nourish ourselves on an auto-pilot, just for the survival mode. It is not a wise decision to eat and drink whatsoever, when we are under pressure or in a stressful situation or when we are surrounded by outer stressors. However, if the stress is our companion most of the time, the better

solution is to be more conscious of the process of nourishment and more aware of what food we eat.

Food is our body fuel and we need to choose and use good fuel, so that to be healthy and fit.

But taking big meals or fast food (like chips, pizza, burgers) is not a good choice for us. Doing it regularly, we gain weight and as a result we begin to feel depressed and discontent.

Suppressed emotions, especially the negative ones, are the main reason for women' overweight and belly fat.

Eating bigger meals or overeating gives us the feeling of protection. We feel as if we are protected and nurtured no matter how life treats us. Also, we feel happy when we eat more chocolate and sweets.

I remember what happened when I decided to work with men in the bodybuilding industry. I decided to follow the recommendations of a book recommended by one of my teachers. I had a lot of troubles to find out which nutrition plan works best for me. I had to learn in a hard way that not everything generally recommended corresponded to my own body needs and resonated with my individual requirements.

I asked for support a friend of mine- a doctor and nutritionist - who made my individual diet which I had to make during my trainings.

The difficult part for me was in fact to observe the eating plan, not to do the real workout, but when I finally balanced my daily food intake, the feeling was amazing and it was reflected on my appearance, too.

I read many books, did a lot of workouts and as a result I found out that what really works for every human being *and it is the conversation and relationship one has with their physicality.*

If you honor and respect your body, if you satisfy its needs timely and if you ask it every time what to do for it, you will be really surprised by the results.

If you give your body with good fresh food, your body will always support you and you will be in fit and healthy.

Remember that you may solve such issues as overweight and belly fat, which are common for our modern world, just by changing your daily diet to be more balanced and suit your personal needs. Remember that this is mainly related to women, who wear different hats, play many roles in life and work more than men on a daily basis.

After many years of fitness practice I can assure you that finding your specific diet and following the nutrition plan which corresponds best to your individual needs is a very useful decision you can make with the aim to live a better life and provide more time for proper nourishment which will make you enjoy life and its goods and will make you grateful.

Every time when you feel you are losing control over the process of eating or you overeat for one or another reason, it is advisable to mentally ask your body what is the best thing for you to do.

A simple technique which I use when I am very hungry and want to eat immediately no matter what and not considering whether the food matches my needs is to say mentally to my body: "Just wait for a while please and I will give you an excellent food in an hour or so".

Right now it is time for you to take action toward changing your eating patterns that will help you have a better and more balanced regulated life.

I can assure you that the abovementioned simple tips work and I use them a lot, so that I could better understand the mind-body-heart connection applying the best eating schedule for my day.

## About the Author

After many years on the path of personal growth I found out that all techniques and practices, which I shared in this booklet, were helpful for almost every woman I worked with. I personally tried them all and can verify their positive effect on reducing the daily stress in my life.

I have been engaged for many years in the fitness industry and from my own experience I learned that every woman is unique, so I recommend you try all these simple, but effective methods and devices in order to see what is best for you.

As an aerobic and callanetic instructor I know that the most natural way to get uplifted and motivated is to work on the physical level and observe the results. This is also the best way to transform and release all your negativities and low vibrational energies in a gentle, but powerful way.

I challenge you to follow my guidance and do at least one of the techniques shared and for sure, you will begin to enjoy your life journey and celebrate with me!

## Conclusion

Now at the end of my book I want to suggest you to start first with one of the presented tips and practices choosing to use that one, that resonates best to you and suits best your present situation.

Remember you are not the same person you was when you start reading my book, because everything and everyone changes no matter if we can understand it or not.

*In the new human era, while facing the Covid19 issues, we manifest everything in life in a shorter time and our level of consciousness determines the things we create in our reality.*

Every person is unique and she is at a different stage of development, so every woman reacts on stress differently. Therefore there is no a magic pill for all of us.

I can assure you that no matter whether you are in your 18-teens or even mid 20-ties, motivation to deal with stress triggers you to do many things for you on a regular basis.

*Conscious Living is a process and a state of living where you can have everything you have desired and planned in your life not by perfection but with willingness and motivation to do your self work in order to BYBV.*

After some times and practice you may notice that you want to try a new practice or a combination of tips, which you feel are most applicable and will help you to live a happier and harmonious life.

Feel free and try them, but do this regularly, consciously and be motivated, so that you can reduce or eliminate your stress level.

Write down the thing you choose and put it on a place that you can see it every day.

Do it for at least 21 day and see what happens in your life.

Write down the results in your diary.

Finally find out that tip that serves you best and will be your favorite one.

If you wish, share it with us.

You can find more relevant information on our website [www.pravda-antonova.com](http://www.pravda-antonova.com)

Do not forget to join the mailing list and receive fresh updates about new stress relief methods that will help you learn and practice the lesson of BYBV /Becoming Your Best Version/ which is far more useful than everything else now.

To your healthy and balanced life,

*Pravda Antonova*