

...muselan...

presents

~Ignite Your Life~

...what are you waiting for?

Just Feel Good



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Ignite Your Life with Laura Erdman-Luntz

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*"We are always getting ready to live but never living."
- Ralph Waldo Emerson*

It is time to start living!

Congratulations on taking this important step in your life.

I look forward to sharing this journey with you.

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Just Feel Good



Remember the hippy population talking about someone having “good vibes”? You know what? They knew what they were talking about. We are talking about “vibration” again but what is it exactly?

First we need to take a step back to our high school physics class. Remember learning that everything is made up of atoms and all of those atoms are moving? I remember being shocked realizing the walls, concrete floor, and even my desk was moving. It seemed so hard to conceptualize. What may seem even more amazing is we are made up of those very same moving atoms. We aren't solid either. We are moving.

What quantum physicists have also found is not only are we moving, we are 99.99% energy! When they looked very closely at atoms, then quarks, then further, they realized that all there was left, at the tinniest level, was energy. So, our physical bodies, are really vibrating, energy bodies. The vibration of our bodies gives off energy waves, waves that can be scientifically measured and *felt by others*.

Now here is where it gets really exciting. Remember learning that the speed at which the atoms vibrate can change? If a solid heats up, the atoms move faster. If they move fast enough, the object will change its state. Ice turns to water, water to gas, etc. Just like any other object, our vibration changes as well. Although we don't change our state, we do change how we feel. To look at it simplistically, when we vibrate fast, we feel good. When we vibrate slowly we feel bad. At the highest levels of vibration, we feel love and deep connection with life. At the lowest, fear, depression, desperation.

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So, what changes your vibration? *Anything that helps you feel good.* In fact, you needn't even approach good; just feeling better means your vibration has gone up. Here is the catch: you must feel better on a deep, heart, soul-nourishing level. We aren't talking feel "better" from sitting and gossiping with your friend or drinking a bottle of wine or gorging on junk food. You need to shift into a more loving energy so your feeling better must come from doing something that affects you more deeply. Some ideas may be: eat a good meal, get some fresh air, take a walk, meditate, read something inspirational, call a close friend. It is different for everyone.

Do you get it yet? Frankly, it took me some time to fully wrap my consciousness around this concept. It changes how reality is created for you so it can be tricky to accept. What I am sharing with you is *incredibly powerful*. Once you understand vibration, *you will always be in control of how you feel*. Your circumstances, environment, people in your life need never affect you again! You might think I am being far too simplistic. You might think your life is so challenging, it must be the exception. NOT SO!!

We can get so stuck either in just accepting how we feel "that's just the way it is" or in analyzing how we are feeling. "Why am I feeling this way?" "What did I do?" "Why did I do it again?" Then we reanalyze the situation and then analyze the reanalysis. We just get stuck in the mental processes and that is a slippery slope. When you realize how you feel is merely a vibration, you can "objectify" the feeling and take concrete steps toward changing your vibration thereby changing how you feel. That is not to say you *never* need to analyze yourself or assess a situation to make changes. (We work on this in the *Ignite Your Life* Program). But working on issues from a higher vibration makes them easier to see, evaluate, and make changes. I am sure you have experienced a situation that seems absolutely terrible. Then after a good nights sleep, a good meal, a bath, exercise, whatever, the situation doesn't seem so difficult. You might have even "found" your solution.

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The following exercise will help you begin to learn more about yourself and what you can do to help yourself feel better, much better! It is incredibly simply, but don't be fooled, there is much for us to learn in simplicity!

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IGNITE MOMENT

(Ignite Moments are “assignments” to take your “ignition” further)

“Just Feel Good”

It is time to discover what increases your vibration. You are going to create a list of what helps you feel good. I call this list your “Just Feel Good” list. The next page has some ideas to get you started. They are divided into four categories: physical, emotional, mental, and spiritual. A balance of activities in all four areas helps our vibration even more. The next page is a blank form for you to use to create your list. You will see this form is divided up in a different way. The directions on the form further describe how to complete it. Have fun with this!

Once you complete it, also find 3-5 things you can do easily when you become conscious that your vibration is low. These actions need to be very simple. They are the ones you reach for when all you want to do is sit in front of the television and not think.

Finally, begin to do one, two, or more of the items off your list daily with the express purpose of helping you feel better.

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~ Just Feel Good: Ideas ~

Physical

- Exercise
- Yoga/Tai Chi/Chi Gong
- Breathing
- Be in nature
- Garden
- Swim
- Walk
- Eat warm foods
- Drink tea
- De-clutter/Clean
- Take a bath
- Challenge yourself physically: begin a new sport, sign up for a race

Mental

- Learn something new: a hobby, a new language, astronomy, astrology, anything!
- Read good, inspirational books
- Join a new club such as a book club, garden club, anywhere you have interests
- Visit a new country

Emotional

- Spend time with people/animals you love
- Go out to lunch with a friend
- Spend time doing things you love
- Practice contentment and gratitude
- Use essential oils

Spiritual

- Inspirational reading. Find an author that speaks to you. (Here are a few of our favorite ones: Wayne Dyer, Hicks-Abraham, Donna Farhi)
- Yoga/Tai Chi/Chi Gong/Meditation
- Breathing
- Be in nature
- Light a candle
- Go on a retreat

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~ My Just Feel Good List ~

Directions: Fill in each block items that help you feel good. “Quickies” are activities that are easy and can be done with little or no time. “Some Time” activities may take a week or two to schedule in. “Lots of Time” activities such as vacations or career changes or moves may take a few months or years to bring into your life. With each one, be sure to also schedule when you will be doing them. Have fun, get excited, and most of all feel good!


Quickies



Some Time:



Lots of Time



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~ My Super Quickie List ~

This list is the one you can reach for anytime, no matter how bad things get. My quickies are call a friend (one who knows me and knows how to lift me up), get fresh air, and drink water. Keep this list where you can refer to it easily. When you are in a low vibration, you often do not remember what you need to do.



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Ignite Your Life with Laura as your guide?**

Ignite Your Life Teleclasses With Laura: Join Laura for the Ignite Your Life Program offered in April 2010. Are you ready to live the life of your dreams? Have you heard of manifesting and the law of attraction but having been able to get the concepts to work for you? This class is for you! What are you waiting for? To find out more about this unique program visit www.MuseLaura.com and click on "Ignite Your Life".

Life Coaching With Laura: Want to work one-on-one with Laura? Laura is an inspirational and experienced life coach and will guide you to the life of your dreams...Contact Laura for a free 45-min coaching session (A \$225 Value). For more information visit www.MuseLaura.com and click on "Life Coaching".

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**Other ...musélan... offerings...**

**Awaken to Joy Program:** It is time to be happy and create that happiness for yourself. It is no longer about external circumstances. YOU control how you feel and we can help you figure out how to take the steps toward more peace, contentment and joy! Join us as for the Awaken to Joy program to explore ways to create awareness of what brings you joy. Learn how small shifts in this new-found awareness can change your habits and behaviors. These small shifts add up to big changes in how you view your world and how you show up in the world. Check the website for more information and to register for the free eNewsletter. More information: [www.AwakenToJoyProgram.com](http://www.AwakenToJoyProgram.com)

**Monday Morning Musings:** Need some inspiration? Register for this FREE eNewsletter and receive a dose each Monday morning. This eNewsletter will give you a shot of inspiration through a thought that calls you to think more broadly, outside your box. You also receive a link to a "Feel Good Moment", something that takes no more than 5 minutes to watch or read that helps you feel better! Register at [www.muselan.com](http://www.muselan.com) and link to "Inspirational Emails".

**Just Feel Good Retreat:** Need some time away to renew your spirit? Join us for a retreat focused on feeling good! You will experience a weekend of relaxation, nature, seminars, yoga and other special wellness services designed to de-stress, restore and connect. August 13-15, 2010. Marine-On-St.-Croix, MN. More information: [www.muselan.com](http://www.muselan.com) and click on "Retreat".

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## About Author Laura Erdman-Luntz



Experienced Yoga Educator, inspiring Life Coach and Business Entrepreneur, Laura Erdman-Luntz has over 20 years experience in the fitness and wellness industries. She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life. She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs. In 2007 Laura founded the company Musélan along with four other women to inspire everyone to their best life. Learn more about MuseLaura and Musélan at [www.MuseLaura.com](http://www.MuseLaura.com).

## About...musélan...



|myooz'a lan| A group of vibrant women whose purpose is to inspire others to live their lives with enthusiasm, energy and style. We inspire you through classes, retreats, blogs, podcasts, books and programs like Ignite Your Life and Awaken to Joy. Check out our website for inspirational messages: [www.musélan.com](http://www.musélan.com)

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