



THE ART OF BEING WELL

A Guide Back To Self

MIND | BODY | SOUL

by Sophia Wood Massicotte





HELLO!

Welcome to my safe space.

I'm a certified Life Coach, 500hr Yoga Teacher, and Ayurveda Practitioner from Canada. I've committed my life's work to empower and inspire women to reclaim their Truth & Power, in order to create a life that feels authentic and meaningful.

Welcome home dear one. Let the journey begin

Sophia Wood Massicotte

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Ready to dig beneath the surface and find what is really getting in your way to living free, in the fullness of your potential? Your journey starts here





How to use this guidebook

This guidebook was created with the intention to invite the reader to begin to understand themselves on a deeper level. *Why do I do what I do? Where do my behaviors stem from? What are my fears? What are my deepest desires? What beliefs have I agreed to that are now hindering my growth? What does living an authentic, fulfilling life look and feel like for me?*

What happens when you know yourself on a deeper level? You become an **Unshakable Soul**. The outside world no longer controls your ability to feel joy and peace. You realize that everything you have ever needed lies within you, just beyond our fears, insecurities and worries. It is a matter of shifting our mindset, connecting with our heart and aligning with our Truth.

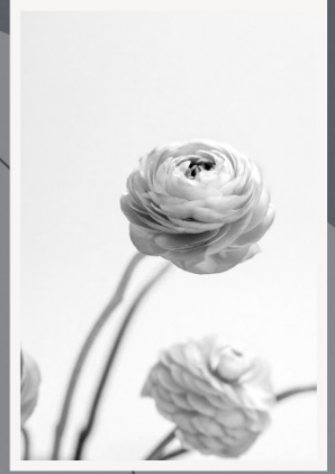
Then, you become Free.

Questions?

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Introduction

The birth of The Art of Being Well was based on this one Truth: **Life is a journey filled with highs and lows, joys and sorrows, victories and defeats.** While I do not believe in any “easy fix” to life’s challenges, I have found that there are three essential steps that anyone must take if they are to live a peaceful and fulfilling life.

These steps aren’t necessarily sequential, the progression through them is not linear, and they all overlap one another as we continue to grow in our understanding of all three throughout our entire lives. The steps are:

1. Identifying our **ego** and how it speaks in our **mind**
2. Understanding our **emotions** and how it speaks in our **body**
3. Connecting with our **Heart** and how it speaks to our **Soul**

Let’s unpack each one briefly





PART ONE



UNDERSTAND YOUR EGO MIND

Living in Fear & judgment - Unmasking the Ego mind

This ego-mind is what you learned about yourself from others, from experiences, and from the society you grew up in.

Crucially, however, it's important to understand that this is not actually YOU. It's only who you think you are – and there's a world of difference between that and your true Self.

You believe what you believe and that's the way it is. We need to allow ourselves to open into a space of limitless possibility rather than stay stuck in our self-serving ego-minds.

Humanity is afraid. The mind-made ego-world that we've created is founded on fear.

The question becomes: **Who are you without your fear?** Who are you without something to worry about, moan about, fight against or stress about? Who are you without your possessions, your beliefs, your home, your role, your position?

The Ego-Mind encourages you to be so attached to the idea of who you are, that you've lost touch with the real You — the God or Goddess within You. The You that can **choose anything in any moment**. The You that can **create, with love, simply by allowing yourself to be You**. That is the You that deserves to be fed your love and attention.



Transcending Ego

STEP 1

Be childlike

Be spontaneous! The ego cannot stand spontaneity. Ego wants to present everything properly and prepare beforehand.

Children are so spontaneous. They make mistakes and they don't mind making mistakes.



STEP 2

Self-inquire

Ego can be transcended by knowing the Truth; by inquiring "Who am I?"

The idea is not to get rid of the ego. The intention is to keep it in its place: as a servant and the heart as the leader. Too often does it take the lead role in our play of Life...The art we are learning is in **taming our erratic, fear-led monkey mind.**



STEP 3

Expand your ego

The Expanded Ego means everyone is included, everyone belongs to me, having a sense of belongingness with everyone. I am everything.

So, either pump your ego and make it very big or transform it with simple acts of simplicity and innocence. Both make the ego transparent.



STEP 4

Become the witness

When people laugh at you, can you relax? When people point at you, just relax. Smile and accept it.

Ego is just a feeling of having a wall between you and others. When there is no wall, you belong to me and I belong to you. You are accepted the way you are.



PART TWO



UNDERSTAND YOUR EMOTIONS

The body keeps the score

Think of emotions as waves of energy that flow through our bodies and communicate to us. We are built to feel a full spectrum of core emotions such as anger, fear, joy, sadness, excitement, and disgust. These core emotions help us **understand, connect, and communicate** with others. They also help us to **connect with ourselves**.

Emotions have long been classified as positive or negative, but a better way to think of them might be to evaluate **how they affect one's general outlook on life under a given set of circumstances**. For instance, in some situations, anger or fear is a positive response, while in others, they are uncalled for and can lead us astray from our Heart and Truth.

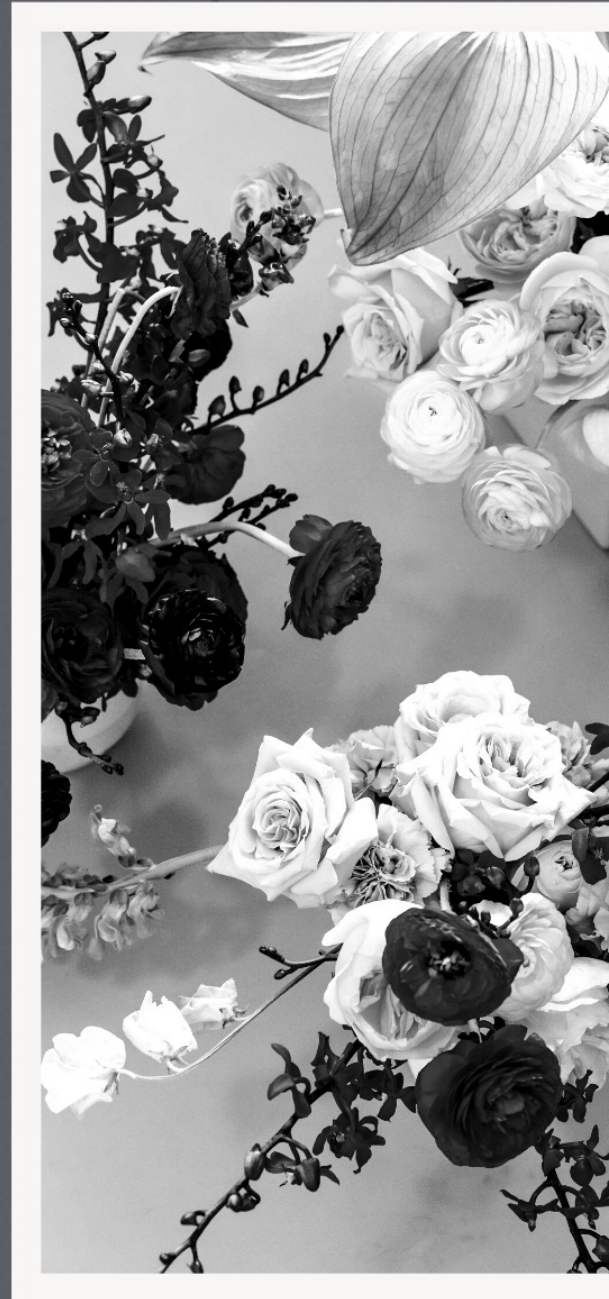
Healthy emotions must be **experienced and expressed** in a correspondingly healthy manner to enhance mental and physical wellbeing.

Unhealthy emotions, or healthy emotions that are not allowed any expression, may leach away the energy of living and increase the propensity to unhealthy coping mechanisms, chronic disease, or autoimmune manifestations.



Examples of physical emotions

- **Anxiety.** Lump in your throat, churning stomach, trembling, dry mouth, sweating, shortness of breath, feeling weak or tense.
- **Anger.** Hot or flushed face, clenched fists or jaw, shaking, jerky body movements.
- **Joy.** Feeling of lightness in your body, warm heart, “butterflies” in your stomach.
- **Sadness.** Feeling of “heartache,” heaviness in your body, tightness in chest, fatigue, drooping face.
- **Shame.** Hot face, lowered eyes, sunken body posture.
- **Fear.** Dizziness, weakness in legs, goosebumps, fast breathing and heart rate.



Emotional regulation

STEP 1

Observe without attachment

Take a pause during the day and check in with yourself, both physically and mentally. How are you feeling? Are you holding tension in your body. If so, where? What thoughts are running through your mind? Just observe without attaching any meaning or story to what is arising within.



STEP 2

Deep belly breathing

Once you begin observing the sensations that you're experiencing and have named some of the feelings, take a few long and controlled breaths. Make the exhale longer than the inhale. Breathing deeply activates the vagus nerve, which is a part of our bodies that helps to regulate emotions and our nervous system.



STEP 3

Honor your emotions

Notice when you feel ashamed or uncomfortable with experiencing one of your emotions. This is likely due to a belief or story that you were taught.

Honoring all of our emotions is an amazing way to begin to accept ourselves, our human-ness we all share in common, and practice some loving kindness.



STEP 4

Release & let go

It is important to note that emotions are fleeting and need to be felt so that we can release them. No feeling lasts forever. The more comfortable you are with how emotions feel, the easier it will be to ride the wave.





PART THREE



CONNECTING WITH
YOUR HEART

Leading with Love from the Soul

When the heart area is open, there is a subtle sense of warmth, expansion, sweetness, and aliveness. We feel loving and connected.

The Soul is the **core essence that houses the True Self**, continually sending light to bring healing wisdom to engage our heart to open.

Your soul is located at the heart-center, housed in the **healing light energy of Divine Source**. It is not the everyday human self, but a deeper Self, your True-Self, the **Divine within**.

Witness the difference – your True- Self resides in a state of Inner Peace, while the everyday self is easily agitated and disturbed by life. Your True Self is birthed in love, while the everyday self feels a lacking of love, constantly seeking it from outside sources and attachments.

The Soul brings the emotions of **joy and love**, for it energizes the heart continuously to assist the heart to open. As we learn to live from an open heart, life experiences flow from our **illuminated connection**. As this process continues, we realize that our heart is the very bridge to the Soul & our souls connection to **Divine Wisdom**.



Connect with your Heart

STEP 1

Love Connection

As we learn to live and embrace life within the energy of love, our True Self, we bring harmony to the Body, Mind and Soul. You become a luminous beacon, your energy summons more of the same.

Ask yourself: *How would I show up differently if I chose to lead my life with Love? What would I be feeling?*



STEP 2

Forgiveness Connection

If love transforms pain, then forgiveness brings about freedom from the pain, untethered from our emotional body. Forgiveness is the peace you gain and the freedom from any attachments, both physically and emotionally.

Ask yourself: *Who do I need to forgive? Write a letter to them, read it out loud, and burn it.*



STEP 3

Gratitude Connection

Gratitude is the positive energy that dissolves the negative. It's the healing balance we strive for to remain Spiritually nourished in Body, Mind & Soul.

The energy of **abundance & peace** are by-products of gratitude, which in turn creates an energetic flow that purifies our Being.

Ask yourself: *What experiences and/or who am I grateful for right now in my life? Why are they so important to me?*



STEP 4

Mind Connection

Our body and Soul send messages to the mind as we continue to cleanse and evolve through life's challenges. So too does the mind evolve, upgrading its filtering system and allowing for evolved awareness. We gain a new perspective and are willing to look at our behaviors and their roots.

Ask yourself: *What limiting beliefs have been running my life until now? Have they served me? What beliefs do I want to agree on and adopt moving forward?*



Conclusion

The Art of Being Well uses teachings, practices and tools with the aim to help you grow in these four realities. Specifically, we aim to teach people how to dig beneath the surface, past the typical or obvious answers, in order to find out what is really getting in the way. Only then will we find true freedom and live in the fullness of our potential.



THANK YOU FOR
READING THIS GUIDEBOOK



READY TO GO DEEPER?

It's Time.



Contact me to schedule a free 30min discovery call to see how we can partner together.



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