

3 Simple & Powerful Actions Live Your Truth in every moment



Breathe Consciously

The key difference between following an old habit and living your truth is the space between the choice you make.

Next time you feel a desire to move hastily, or react. Stop. Take a breath and witness how it creates space and awareness for you.

You suddenly have the awareness of reacting to the old story or liberating yourself and choosing a different option.

A single breath can change the course of your life.



Listen To Your Heart

Just like a seed holds all the information for a plant to grow, our hearts hold all the information for our life's journey.

If a conversation is boring or you are stuck and don't know what to do or say next. Stop. Breathe. ;)

And check in with your Heart -
Ask your heart:

What am I resisting saying which if I said would bring life to this present moment?

What would my truest expression be within this moment?

What would give the most growth for me and the other person?

Ask any question that feels right to you.



Remember; It's Just A Story

If you feel trapped and unable to do or say something you feel called to observe the story that is playing out as the worst case scenario resulting from this action.

Question the possibility of whether there is other ways to perceive this same situation and how you can really know the stories you hold to be true.

From this space you can drop beyond the story into FEELING the sensations which will effectively dissolve the mental patterns and leave you feeling peaceful inside your body.

For more clarity and coaching on living your life's purpose daily contact Miroslav below:

www.miroslavp.com



Miroslav Petrovic

Over the past 10 years Miroslav has worked with over 3,000 people all over the world reconnecting them to their truth. He has travelled jungles, deserts and ashrams globally confronting his own demons and coming face to face with death to unravel and bring the truth of his own expression to his daily life.

He is now the co-founder of Tribe One Heartbeat – Australia's largest Raw Cacao Parties celebrating the open heart. Tribe was featured in The Age and Sydney Morning Herald for community building events that promote drug and alcohol free authentic connection and expression. He strives to bring sacredness into every moment of his life.

To work with Miroslav visit www.miroslavp.com