



7- days Journey

RISE 2024



WELCOME IN THIS 7- DAYS JOURNEY
GIVE YOURSELF TIME AS TIME IS ALL YOU HAVE.





LET YOUR DREAMS
LEAD YOU TO A
NEW YOU.

HOW TO PREPARE

1. BLOCK 45-60 MINUTES
2. CREATE A SELFCARE CORNER
3. INFORM YOUR HOUSEMATES /FAMILY
4. COMMIT YOURSELF
5. PREPARE A NOTEBOOK
6. TURN OFF ALL YOUR DEVICES
7. CHECK YOUR EMAIL AT 6AM
8. NO ALCOHOL IN THE EVENINGS

BEFORE YOU START- MAKE SURE YOU PREPARE YOURSELF BY THE LIST ABOVE- THESE ARE GREAT TOOLS TO SUPPORT YOU DURING THIS JOURNEY.






WELCOME IN RISE 2024

I'm so inspired to be with you during this 7-days Journey.
This Journey is created with a lot of love & passion. You can
always ask me questions by writing an email.
I wish you a wonderful Journey. And may you shine your
beautiful Light.

Nox
Atiye van Pijkeren

A woman with dark hair is shown in profile, facing left. She has her eyes closed and is holding a clear, faceted crystal in her hands, positioned near her face. The background is a soft, out-of-focus landscape with a warm, golden light, suggesting a sunrise or sunset. The overall mood is serene and spiritual.

HEAL YOUR LIMITED
BELIEFS AND STEP
INTO THE POWER OF
YOUR HEART.



01

TRUST

Close your eyes and feel your
innerstrenght





02

FLOW

You are energy in movement , bring
Flow into your life





03

CORE

live your life from your core



04

HEAL

heal your limited beliefs by stepping into the power of your heart .



05

CREATE

create a new future by speaking out
your desires, intentions and
beliefs.



06

DREAM

use your imagination to dream big
and step into a new version of you.



07

JOY

you are the most powerful when
your life is filled with joy.



YOUR NOTES:



DAY 1:

3 important questions

1:How is your trust in life on scale 0 -10?

2:Where is your trust build on?

3:What are the most important values for you when you think about trust?

enjoy the process



YOUR NOTES:



DAY 2:

3 important questions

1: How do you experience FLOW in your life?

2: How much FLOW do you experience in your life.
Rate from 0-10?

3: How much FLOW do you experience looking at your friends & family? Do you feel they experience FLOW in their life?

enjoy the process



YOUR NOTES:



DAY 3:

3 important questions

1:What does it mean to you to live from your CORE?

2:can you experience in your life that you follow your own will? Are you centered enough? or do you have the tendency to follow the will of others more? .

3:What can yo improve in your life to live more from your core?

enjoy the process



YOUR NOTES:



DAY 4:

3 important questions

1:How many limited beliefs do you have about yourself? Write them all down.

2:How does these limited beliefs effects your life?

3:What do experiance if you follow the voice of your heart instead of the critical mind?

enjoy the process



YOUR NOTES:



DAY 5:

3 important questions

1: Do you have deepest desires and wishes that you don't speak out?

2: Do you have the feeling that you are living your biggest dream at the moment?

3 How much do you talk about your dreams with your friends and family?

enjoy the process



YOUR NOTES:



DAY 6:

3 important questions

1: Can you remember your dreams in the morning?

2: Do you follow your dreams? Are you living your dream?

3: Do you think you can make your dreams into reality?

enjoy the process



YOUR NOTES:



DAY 7:

3 important questions

1:How much do you experience JOY in your life on a scale of 0-10?

2 what are you doing (or not doing) when you experience JOY?

3:How much JOY do you see around you?

enjoy the process



HEAL YOUR HEART BY FORGIVENESS.

The best gift you can give to yourself and this world is FORGIVENESS. As it heals your life and release blocked energy. I want to share this beautiful exercise with you. It's called: Ho'oponopono



HO'OPONOPONO

Ho'oponopono is an *ancient Hawaiian* practice still in use today and is well-known for the miracle it does in clearing negativity from one's mind and thought. It is believed to be designed to wipe out all the negativity in our thoughts and those blocks that are keeping us miserable. This Hawaiian has been specifically designed to remove all the stress and negativity from your mind and let us enjoy the eternal happiness forever. It is a *simple technique* where you ask for forgiveness and purifying yourself.

The practice makes you love everything that belongs to you. This is important in a sense that people do not tend to care about the things and people that are making their life beautiful. You must show your appreciation for what you have and this will make the bonding stronger. Life is not about yourself but everyone and everything that are connected to you as well. It is necessary you take life as one beautiful chance given to you by the creator and handle it with care.



Ho'oponopono

HOW YOU DO IT

1. The first step asks you to say sorry for everything that has happened or any wrong thing that you have witnessed. It makes easy for you to move ahead in your life once you know the fact and has the courage to say sorry for anything that was wrong, you will feel better.
2. Once you are able to say sorry the second step requires you to ask for forgiveness. You will be seeking forgiveness for everything you felt sorry for in the first step. While doing so you are asking to forgive everything from you and your past memories that may have been involved in the wrong doing. These may sound weird for many of us but once you mean what you say the process is magical.



Ho'oponopono

3: The third step that you must go through is showing your gratitude for everything that has happened to your life. This way you will learn to appreciate everything that is big or small in your life. You might get an unexpected response for this thank you but you need not worry about the result or response. In right time the correct result will appear in front of you. This step will help you to have patience as well.

4: The last step that you need to follow is to show your love and say I love you to everything that is yours. This way you will learn to love everything related to you.

READ THIS..

You are here to shine your light and to walk your own unique path. You are not here to live the life of others. There is a way to make you feel more connected, brighter and lighter. Not a victim of your daily stuff, worries and struggle but get this deep sense of feeling that this all belongs to your unique path and that you are here for a reason.

When you start integrate a Daily Inner Journey practice by Yoga & Meditation into your life you feel more empowered, you learn more about your interactions with others like your children , your family, the people you work with, etc. You start acting from a space of awareness and observe yourself before you react to anything and everyone.

And the effects on your body are also very valuable. You will reduce stress, give yourself time to digest your food and you will sleep much better.

By integrating ' silent moments' into your life you will give yourself much more time to choose the right things for your life instead of having the feeling that you cannot control this.

And last but not least you will have a deeper contact with who you are and what your mission and purpose is in this life.



HOW TO MOVE ON?

If every thing went well these days i'm 100 % sure that you have felt something different in your daily life. Taking time and be more aware during the day will add a lot of value in your life and helps you to stay more focussed, centered and gives you a feeling of being alive instead of being lived. I have some amazing tips for you to integrate this in your life! You will find them on **www.dailyinnerjourney.com** with daily news and inspiration!



BLOCK TIME IN YOUR AGENDA

Start with taking time for **YOURSELF**. Commit this time to your life.

i'm absolutely convinced based on my own experience and the experience of all my clients of the last 10 year that there's only one way to create more value in your life and that is to create time in your life that makes this happen.



WANT TO BRING SOME MAGIC IN YOUR LIFE?

Sometimes you just need a little bit more time to integrate new insight, feel the connection with your Inner Self and get support from others.

I've created a wonderful **Magic Retreat** where you can reload your battery, be in nature every day, practise yoga 2 times a day, have time to meditate, have deeper talks, sleep well etc.

If you DIVE into this retreat I guarantee you that it will be life changing and you will change and rise up like a phoenix. There is a high vibration area with beautiful landscapes, stunning views and the ocean nearby. The only thing you have to do is pack your suitcase. More info? www.magic-retreat.nl .





SPECIAL FOR YOU

YOGA

' Can i not take you in my suitcase during my Holiday? ' Some of my clients asking me this more often. As during your holiday it's nice to practise some yoga and it's much more easier to leave your daily stuff behind and step in your Holiday Modus. But not only during a holiday an online session is handy, as the most comfortable way to practise your yoga is when you are at home. After years of experience with Online & In Person teachings I can give you a great private yoga session and as my students say: She has an eye for everything!''.

How does it sound to have a yoga session that's special for you? No distraction of a full yogastudio and with a lot of attention for you personally. so you can practise with a feeling of safety and and trust. Guided by a professional yoga teacher with more than 10 year experience?

ONLINE OR IN PERSON



Your mat is ready for you, and i've prepared a lovely yogi-tea for you. Just relax after a busy day, and work on your balance in life and some peaceful thoughts. You can expect a professional yoga session, special for your needs and the development you are looking for. More info?

www.dailyinnerjourney.com/yoga4you



THANK YOU FOR JOINING



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