



The Pathway to Conscious Living

by Nina Urman

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About Nina

Nina Urman helps people to craft and design their lives in the most authentic and conscious way.

As a keynote speaker, life coach, facilitator, and conscious parenting expert, she is committed to guiding people and organizations to achieve the highest expression of themselves.

Her mission is to create more awareness and authenticity in the world by transmitting and teaching the concepts of conscious living and conscious parenting.

Nina loves sports, chocolate, Jack Johnson music, the Siberian forests and anything that is the color green.

Nina Urman
EXPERT COACH & AUTHOR

awakening – awareness – acceptance – alignment

Introduction

Dear Reader,

I'm so pleased that you've made the choice to read this book because it means that you are committed to working on yourself and are consciously choosing to live with more awareness and authenticity.

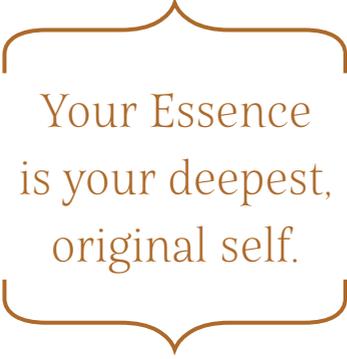
You know in your heart that you have the power to live your life the way you envision it, and you are ready to focus your energy on evolving into the best version of yourself.

I'm so grateful to be able to share this material with you, as it will be a reminder of, and speak directly to, your essence. You might not be living it yet, but you already know that deep in your heart there is a pathway to a more joyful, peaceful and abundant life.

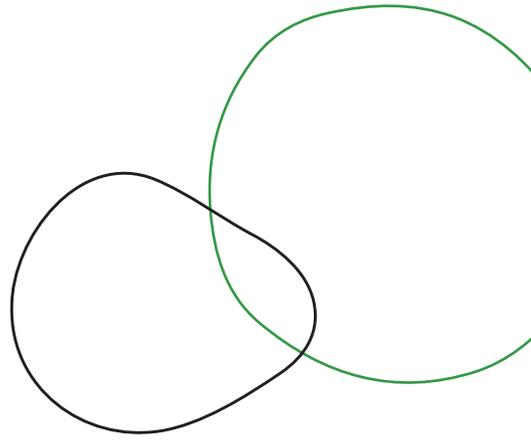
My intention is to be a catalyst for your inspiration, transformation, and growth.

This book is a collection of ideas, thoughts, concepts and models I have studied and written over the years in the newsletter that I send to my clients around the world.

My writing has transformed, as have the people I have touched. So I wanted to offer these ideas to as many people as possible.



Your Essence
is your deepest,
original self.



I've always loved learning, personal growth and philosophy. I adored school: I was the one who went for extra credit, even when I had the best grades. Studying came easier to me than my social life. This is, thankfully, no longer the case, but my passion for learning is rooted deeply within me.

I am an eternal student of life.

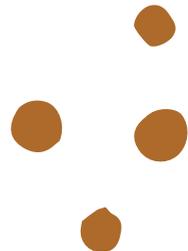
Inspired by my own challenges and experiences as a professional tennis player, a retreat host in Paris, an international coach and a mom and stepmom of 7 children, I am constantly evolving, and understanding that self-awareness and being in the present are as important to my journey as the destination.

I am committed to helping YOU create a conscious and fulfilled life on all levels. Welcome to *The Pathway of Conscious Living!*

All my love,



Nina Urman



Contents

9

CHAPTER 1

Reconnect with your Inner Essence

21

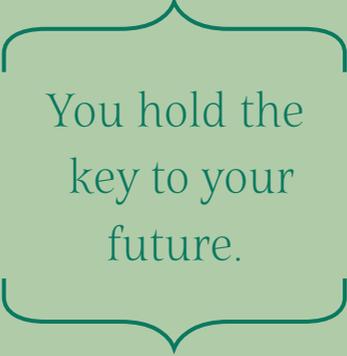
CHAPTER 2

Enrich your Relationships

29

CHAPTER 3

*Live your Life with More
Meaning and Purpose*



You hold the
key to your
future.

CHAPTER

1

Reconnect with Your Inner Essence

*Trust yourself and
your intuition*



Reconnect with Your Inner Essence

The Story of your ESSENCE

When you were born you had this inner knowledge: I am a spiritual being having a human experience. My natural state is full alignment. I am complete and whole: pure consciousness, universal love. There is absolutely nothing wrong with me.

Then you grew older, life unfolded and, little by little, you started to forget this truth. You slowly moved out of awareness



*My natural state
is full alignment.
I am complete
and whole...*

and alignment. Fears, doubts and judgments started to creep into your consciousness. You bought into the illusion of fragmentation, incompleteness, division, and separation communicated by others.

You became accustomed to being paralyzed by your thoughts and began to live guided by fear, more than by love. Maybe you were told that you weren't good enough or you were "too much" or that you didn't fit in. Because you chose to believe it, you contracted on the inside and decided to hide, to protect yourself, to put on an armor around your heart, to pretend, to freeze, flight or fight...

The seed of your self expression couldn't truly emerge and be nurtured. Maybe then you learned how to play it safe, live a life like everyone else, do as you were told and follow the "rules"... or perhaps you chose to be "extraordinary": different, but better than others to prove to the world that you were worthwhile by seeking external compensation.

Perhaps you were rejected, isolated or bullied and you started believing something was wrong with YOU: that you were broken

or incomplete. Maybe someone told you your dreams are just shallow hallucinations so now you no longer dare to dream.

Perhaps you began to look outside of yourself for validation and acknowledgment and forgot that your worth has nothing to do with what you do, what you have, or who you are with, and everything to do with who you are on the inside.

Time has passed and you feel in your heart that there is more to life than what you experience now. You feel an inner calling to stop believing the illusion—a sense of urgency is emerging...

*It is time to remember the truth
and awaken to it!*

To be able to follow your desire for an authentic existence, you need to remember the universal truths of your essence and live from that place of inner alignment.

It is time to bring this part of yourself back and clear away everything else! It is time to REMEMBER who you are, so you can live in the highest expression of yourself and positively influence the lives of those around you. You are whole, complete, naturally creative, unconditionally loved and deserve infinite abundance.

People who hurt you in the past didn't know any better as they were unconscious themselves.



You are strong and sufficient and lovable.

You are connected to everything and everyone at all times. You cannot “lose” the game, the experience of life. Notice how it is all a reflection: every encounter, every relationship, every experience is a reflection of who you are in your Essence.

You have never *really* failed. You have always done the best you could. Life happens for you not to you. Your purpose is to return to where you began: Love.

*Listen deeply,
for the answer is
within you.
Trust it. Follow it.
Act upon it.*

10 Practices to Reconnect to Your Essence and Awaken Your Intuition



1

Set a clear intention in the morning

Identifying intentions is like planting seeds. Ask yourself: what do you want your garden to look like? What is your intention today? What do you need? How would you love to see your day go? Visualize it. See it, hear it, Taste it, Smell it, Touch it, Sense it.

Make a to BE list: Who would you like to BE today? What is the energy you would like to carry with you and share?

2

Breathe!

Meditation and conscious breathing even for just a few minutes makes a huge difference! It calms your nervous system and connects you to your essence of pure consciousness. Close your eyes, breath and say: "I AM calm, present, safe." Invite your spirit home.



3

Eat nourishing foods and drink lots of water

It's simple: What you take in, is what you get out! Be mindful of what you consume and how you do it. Take the time to enjoy your meals. Hydrate. Your spirit will come alive!



4

Clear your energy

Clear your mind and write out all your negative beliefs, thoughts, and feelings on a piece of paper. Then tear it up or burn it.

De-clutter: Keep your home and work space as clean and clear as possible. Remember that everything is energy, so whatever doesn't serve you and bring you joy has to go **OUT!**



5

Go outside

Being outside (in nature or even in a busy city) gets you out of your mind and into the world's flow.

Observe nature, people, interactions from the present moment and just BE for a couple of minutes.

Feel your essence come forward. Feel the interconnectedness to everything and everyone.



6

Move your body!

Exercise, Stretch, Dance, jump up and down, whatever works for you to get into your body and feel its energy. It's not only grounding, but also fun!



7

Use your Voice

Sing, chant, use the full range of your unique vocal cords and feel their sound and vibration. (In the shower, if you'd like!)

You can use affirmations or mantras, or talk to yourself out loud.





8

Let Loose and Laugh

Laughter is one of the easiest ways to connect to your spirit and it's joyful essence.

Make jokes, have fun, be playful and reconnect to your inner child.

9

Say a Prayer from a place of gratitude and abundance

Send a positive thought to yourself and your loved ones and take some time to be in gratitude. Reconnect to the seeds you planted in the morning and visualize your garden again.

Light a candle, create a sacred space or a ritual and just say “Thank you.”



10

Rest, Relax, Restore

Rest and sleep are highly underestimated in today's busy world. Remember the importance of taking time off and letting your spirit reflect, rest, restore, recover and rejuvenate! Repeat the next day...





Learn how to
use challenges
as opportunities
for growth.

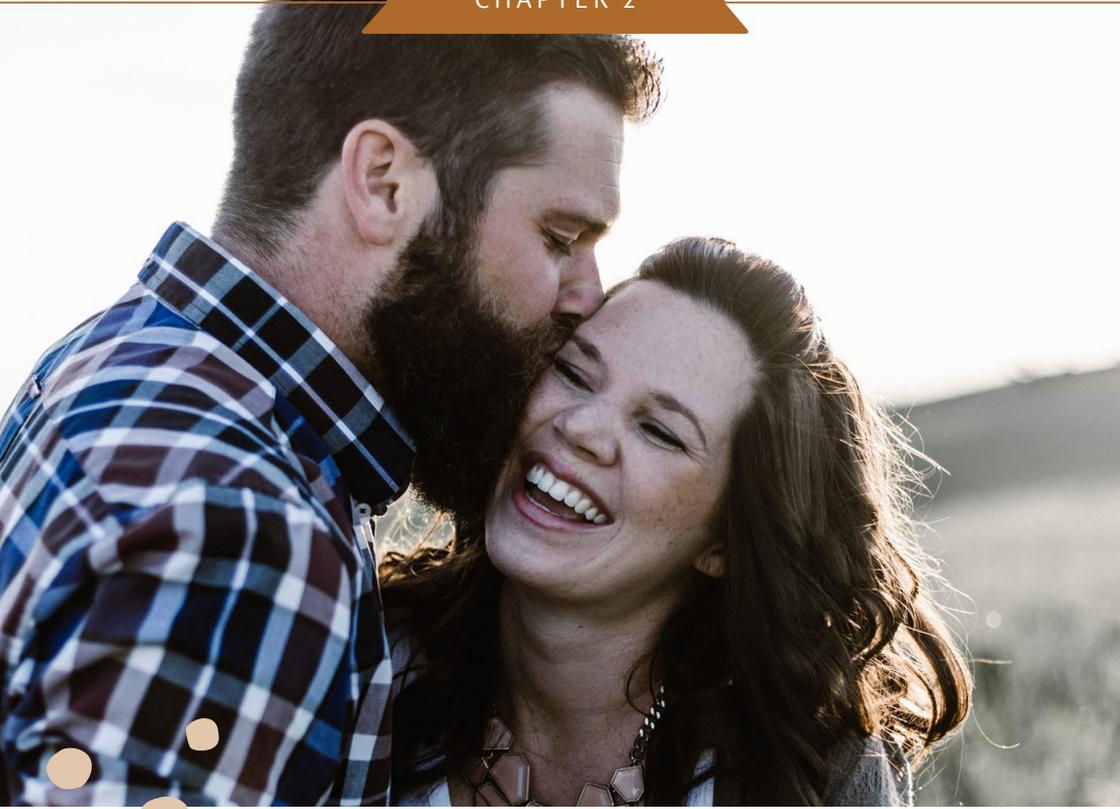


CHAPTER

2

Enrich your Relationships

*Surround yourself with
positive, uplifting people*

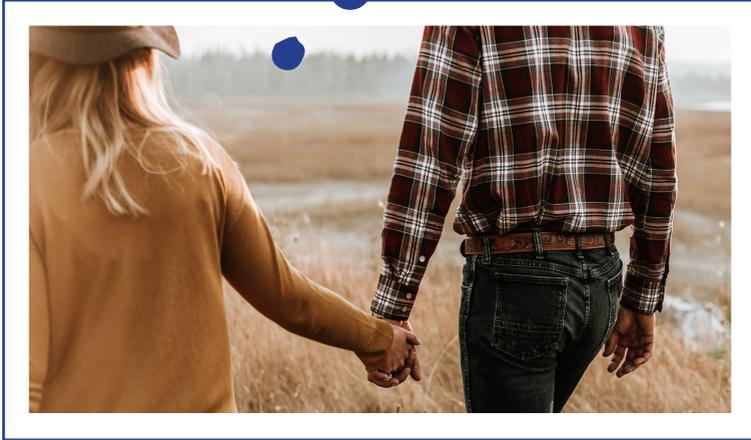


Enrich Your Relationships

While relationships of every kind are the heart and soul of our lives, they can also present us with great challenges.

Are there times you find the behavior or choices of your partner, parent, child or friend upsetting or frustrating?

If so, would you consider the possibility that these challenging moments actually represent opportunities for healing your consciousness?



That's a big mindset change, right? It is not about THEM, it is all about YOU.

Stay with me for a moment: Your relationship interactions may actually trigger YOUR unresolved issues, allowing you to be aware of them and heal them!

There are two fundamental purposes of relationships:

- Sharing and loving, companionship and partnership. *(The obvious one!)*
- Catalyzing each other's growth and potential through the process of mirroring our unresolved issues on to one another. *(The more tricky one.)*

How can your relationships help you grow on a personal, professional and spiritual level?

The benefit of an intimate relationship is having your very own live-in healer, custom-designed for you.

Intimate relationships provide a great opportunity to see what you need to work on more clearly.

Learning to use challenges as opportunities for growth enables us to experience true love and deeper fulfillment throughout all of our relationships, including our relationships with ourselves.

In today's society, we are frequently impatient with relationships, especially with our partners, often reasoning: "This isn't working, so I should just change partners."

The problem is that, having strayed over time from our authentic selves, we fall repeatedly into the same patterns. We may find ourselves asking "Why do I always attract the needy ones, the broke ones, the selfish ones, that businessman type, this wonder-women type..." The funny part is that we are actually attracted to the people we need to complete our sense of self.

You might wonder why anyone would choose to be with some who triggers their unresolved issues. Well, the ultimate wisdom of creation has an answer: the phenomena of "falling in love" brings people together as a way to help them deepen their experience and understanding of who they are.

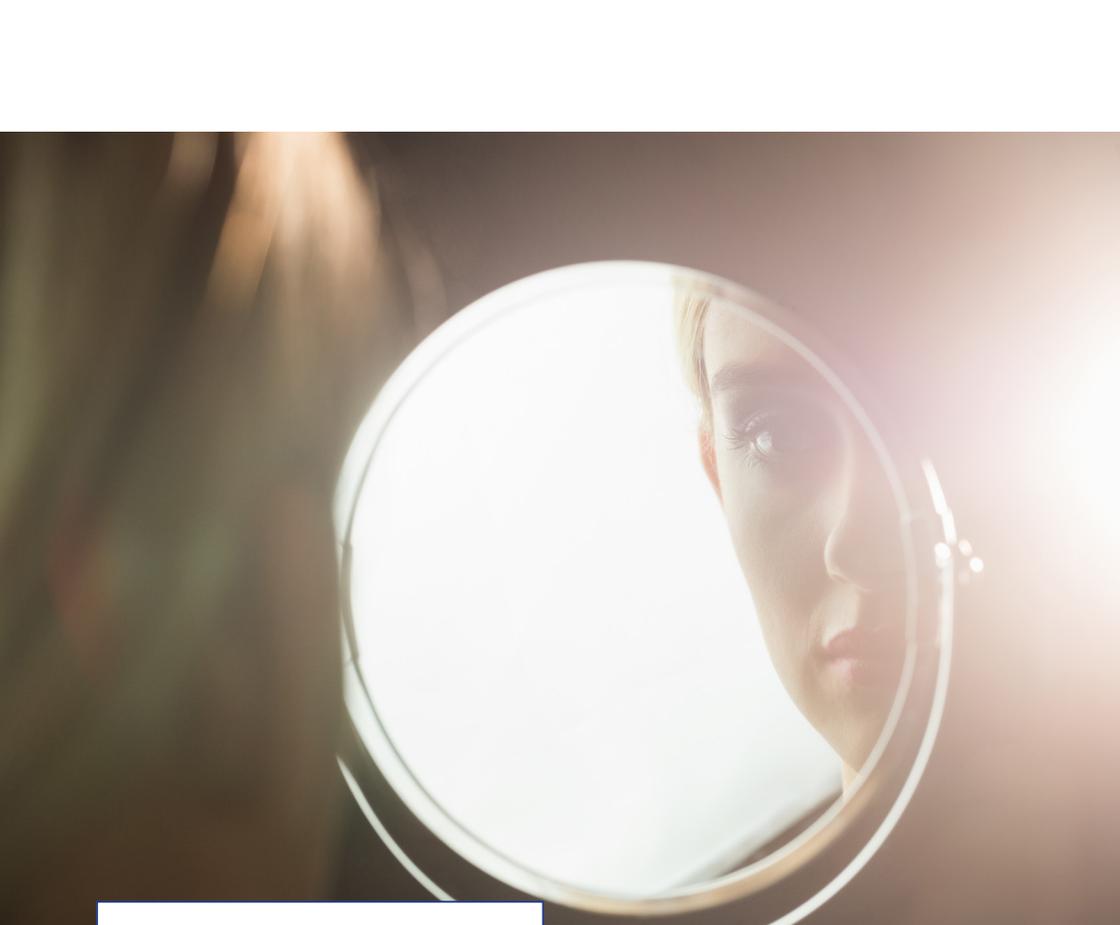
Our outer reality is just a reflection of what is going on inside of us. So next time, before allowing someone who triggers you to upset you, ask yourself:

What inside of me isn't fully healed yet?

What in me needs more awareness?

What is the bigger picture here?

How can I respond with love and compassion?



”

You are never in a relationship with anyone except yourself. The experience of the relationship is only going on in one place: inside of you! It's the same for the other person. Yes, there is interaction, but it's only reflecting back what's going on inside of you. Want a better relationship? Create a better relationship with yourself!

—Dr. Ron Hulnick

Our outer reality is just a reflection of what is going on inside of us.



4 Practices to Enrich your Relationships

1

**Understand
the underlying
purpose of all
relationships**

**Our relationships are our
greatest Soul-Classroom.
They are reflections of
who we are and where
we most need to evolve.**

2

**Build an
authentic
relationship
with yourself**

**Your relationship with
yourself is the most
important of all. If it is
unhealthy it will affect
everything in your life.
Thus, re-connecting to
your essence and finding
your inner alignment
is of fundamental
importance.**

3

**Examine
your close
relationships
(family, friends,
colleagues...)**

**For every relationship,
ask yourself whether it is
a *source* of energy or
a *drain* on your energy.**

**Clear and detox those
that do not align with
your highest vibration.
Commit to healing
relationships that
are important to you,
through connection and
empathy. Lean into new
empowering, uplifting
relationships that
support your essence
and authentic self.**

*Remember: you can
change your own
perspective and energy.*



4

Go from Expectations to Empathy and Connection

Release your agendas, ego and expectations of others. Accept the reality of the situation. Remember that you cannot change or fix anyone. You can only change your own perspective and energy.



Life is all
made up, so
make it good!



CHAPTER

3

Live with More Meaning and Purpose

*Connect to your unique
mission and contribute
to the world*



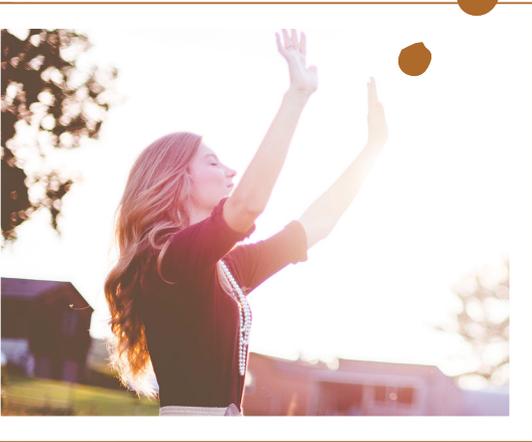
Live Your Life with More Meaning and Purpose

Your Gift (an inspiring story)

Imagine you are at a birthday party.

You have thoroughly selected your gift, written a card and chosen the most beautiful flowers for the host...

You are so happy to be there. The party seems fun and easy-going. People are dancing, singing to the music, talking to each other and exchanging. The time



“The two most important days in your life are the day you are born and the day you find out why.”

—Mark Twain

comes to cut the cake, celebrate some more, and sing Happy Birthday—the fun continues.

Then it is time to go. You say good-bye to everyone and are on your way. But then you notice: You still have the gift, the card and the flowers with you... You never actually gave your gift away. You were holding onto it the whole time!

Welcome to the party called LIFE. **Your purpose is to reconnect to your essence, grow and evolve through your relationships and give your unique gift to the world.** Please don't forget to actually give it away!

5 Reminders

to Create a Life with
Meaning and Purpose

1

Responsibility

Remember: You, and you alone, are responsible for your level of consciousness and thus your experience of life.

You constantly co-create your reality: You get to write and re-write your story as many times as you want.

Remember The Art of Perception: You cannot change your circumstances, but you can change your perspective and mindset.

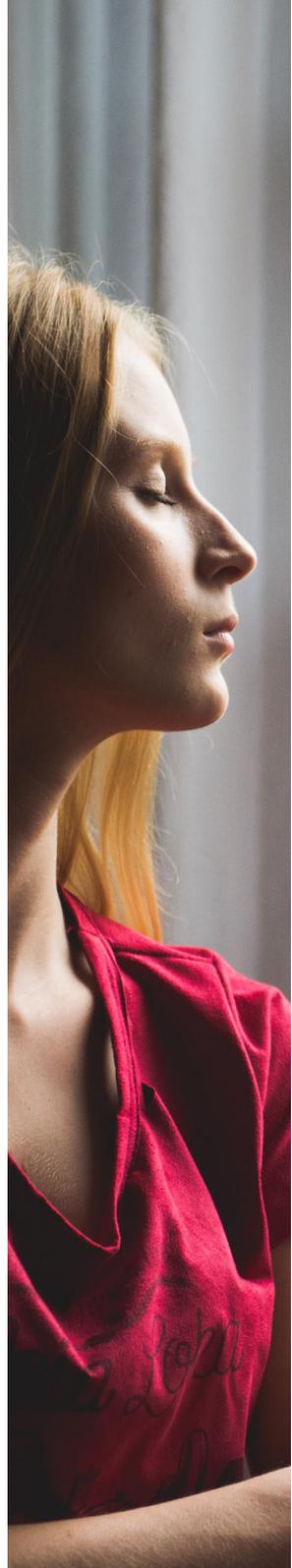
2

Find your mission, purpose, GIFT

Examine your natural talents, competences, interests and passions.

What would you like to GIVE to the world?

What is your inner urge?





3

Use your intuition as your inner compass

Follow your evolutionary impulse to create from a place of abundance.

See the synchronicities: serendipitous, seemingly accidental moments that turn into blessings and life lessons.

4

Identify, embrace and befriend your fear

Your fear is a catalyst, a blessing in disguise.

It is an indication of where to focus your attention, and how to correct your path.

5

Let go of your attachment to the outcome

The more you hold on to a certain scenario or expectation, the more stress, tension and suffering you will ultimately create.

Dream, visualize and manifest, but don't get attached to specific end results or figures.

Release and breathe.

*You are the **author** of your life. The world is waiting for your unique contribution.*



Rest.
Relax.
Restore.





Consciousness is what
allows us to remember the
essence of who we are.
The level of your
consciousness determines
the quality of every
aspect of your life.



Life happens *for*
you, not to you!
Be ready to receive
all its gifts.

Would you like to upgrade your life?

This book, by life-coach Nina Urman, brings you easy to follow practices which help you to identify your essence—who you are deep inside—and take control of your life so you can experience it on your own terms.

Based on intellectual, emotional, behavioral and spiritual principles, Nina gently guides you towards the highest expression of yourself, as she inspires you to bring conscious thought and practice into your everyday life.

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