

Collaborative guide to WELL-BEING AND HOME ORGANIZING



Simple practices to transform
your home and your mind.

BY BIA LIMOLI &
INSPIRING CONTRIBUTORS

Introduction

Welcome! I am Bia Limoli, a mindful home and lifestyle organizer, dedicated to helping individuals and families create homes that feel peaceful, organized, and aligned with their values. My background blends science, creativity, and a deep passion for transforming homes into places of harmony and renewal. I believe that a well-organized home is more than just tidy shelves; it is a foundation for emotional balance, clarity, and peace.

One of the key inspirations behind this guide is the FLOW method. Through my signature method, I combine mindful organization, emotional and mental decluttering, and a personalized scent experience to support your well-being in both your home and life. FLOW stands for:



Flourish: align with your intentions and nurture your growth

Lighten: reducing physical and mental clutter

Organize: build systems that flow with ease and purpose

Well-being: connecting your surroundings to your health and happiness

Through the FLOW method, you can bring more intention, lightness, and mindful care into your daily life, creating a home that truly supports you.

The purpose of this collaborative e-book is to provide you with simple, practical tools to make your home function more smoothly, while enhancing your overall well-being. Whether you are just getting started or want to deepen your routines, you will find supportive ideas here.

I am also honoured to share the meaningful insights of incredible partners who walk this path with the same passion and purpose.



1. **Marcelle Torres** – Artisan Gourmet Founder
2. **Jaime VanDenBrock** – Priority Massage and Health Owner
3. **Lena Dumitru** – &asanas Owner and Founder
4. **Marcia Shimazaki** – Feng Shui and Radiesthesia Consultant, Owner and Instructor at London Martial Arts Centre
5. **Carlos Ferraz** – Owner and Instructor at London Martial Arts Centre
6. **Ly Chhorn Mom** – Online Business Mentor
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8. **Carolyn Szturm** – Reiki Master and Teacher
9. **Cassandra Parker** – Rehab Specialist/ Personal Trainer/ Coach Owner of Parker Training n. Wellness Inc.

Together, we hope this guide inspires you to transform your home and your life with small, meaningful steps.

The FLOW Approach: Organizing with Purpose and Well-Being

Our homes are more than physical spaces. They influence our thoughts, our moods, and even our energy levels. When our space feels cluttered or chaotic, it can weigh on our minds, creating stress and emotional fatigue. On the other hand, an organized and intentional space can support feelings of calm, motivation, and well-being.

Our homes are a mirror of our inner world. If our surroundings feel chaotic, it's often harder to concentrate, relax, or feel at peace. But when our environment is designed to support our needs, emotionally, physically, and mentally, it becomes easier to feel calm, focused, and joyful. That is the heart of the FLOW Method: a gentle, step-by-step approach to help you bring more harmony between your home and your life. Each letter in FLOW represents a key phase in the process, guiding you to create a space that not only looks good but also feels right, supports your well-being, and evolves with you:



important tip

You can start small, but with intention. Even clearing one surface can instantly shift your mood and remind you how much your space shapes your inner world.

F — Flourish: *Align with Intentions and Nurture Growth*

Before changing anything outside, it is important to pause to align with what matters most to us. When we clarify our intentions, we open the door to a flourishing environment that will truly support our goals, needs and dreams.

We can try:

- Reflect on how we want to feel in our homes (peaceful, energized, inspired?)
- Write down 2-3 words to guide our choices (for example: calm, spacious, joyful)
- Share these intentions with anyone we live with, so we can work together



L — Lighten: *Release What No Longer Serves You and Make Space for Joy*

This step is about letting go of physical and emotional clutter, freeing up space for what brings us happiness and aligns with our current life. Releasing is not about throwing things away; it is an act of self-care, respect, and generosity. By letting go, we open space for joy in our own lives while also helping others, which can bring a sense of gratitude and even change someone else's life.

We can try:

- Start with a small area
- Ask ourselves: Does this help me live the life I intend?
- Keep only what supports your values and current lifestyle
- Donate or pass on items that can serve others

O — Organize: *Build Systems with Purpose to Make Life Easier*

Once we have lightened our space, it is time to create systems that work for us. That is the space to let our creativity go freely (I love it!). Organization is about designing habits and structures that help us maintain flow in our routine, making our daily life easier without extra effort.

We can try:

- Group similar items together and give them a clear, permanent home
- Use labels to make it easier to remember where things go
- Create simple routines (e.g., a 5-minute daily reset) to keep things in order
- Adjust your systems as needed; flexibility is key

W — Well-being: *Enjoy a Mindful and Supportive Environment*

Finally, we anchor all our efforts in well-being. A home that feels intentional, light, and organized does not just look good; it also can create the foundation for a healthier, more balanced life. When our surroundings are thoughtfully arranged to meet our daily needs and reflect our values, they help reduce stress, support better habits, and promote emotional clarity. In this kind of space, it becomes easier to breathe, rest, focus, and simply feel good.

We can try:

- Add calming scents or natural elements like plants
- Play music we like to set a positive atmosphere
- Celebrate small wins in our organizing journey and life
- Invite people we love to share our space with us in mindful, joyful ways

“Your home is more than just a place – it is a reflection of your energy and your rhythm.”

Putting FLOW into Practice

Once you understand the FLOW steps — Flourish, Lighten, Organize, and Well-being — it is time to apply them in everyday life. Here are four simple, actionable practices you can start with to make your home feel lighter, calmer, and more supportive:

1. **Intentional Decluttering:**

Decluttering with intention means focusing on what adds value and meaning to your current life. Before removing anything from your space, pause and reflect on what you want for your life right now. What do you value? How do you want to feel in your home? What is your current style, or are you longing for a change? This self-reflection will guide you to keep what truly supports your well-being and your future vision.

- Take a moment to journal or write down your intentions for your space
- Identify how you want your home to feel (calm, energizing, cozy, joyful?)
- Then start small — choose a drawer or a single shelf
- Celebrate the lightness and clarity you gain from making aligned choices.



2 **Lightness Routines:**

♦ Lightness routines are simple, gentle habits that can help us maintain the flow in our home with minimal effort. By consistently tending to small tasks, we prevent clutter from piling up again, keeping our space clear, our mind calm, and our daily life running more smoothly. These routines are not about perfection, but about creating a steady rhythm that supports our well-being over time.

- End your day with a quick 5-minute reset
- Choose one “lightness check” area per week
- Practice one in, one out with new purchases (bring something new in, let something old go)

3 **Connecting with Scents and Colours:**

♦ Scents and colours have an immediate impact on our mood and energy due to how our brain processes sensory input. Scents are directly linked to the limbic system (the part of the brain responsible for emotions and memory), which is the reason why certain aromas can quickly trigger feelings of calm, joy, or alertness. Colours affect us through both psychological associations and biological responses; for example, studies suggest that soft blues can help promote relaxation, while bright yellows can help boost mood and energy. When used mindfully, both can help create spaces that uplift, soothe, or energize, supporting emotional balance and overall well-being.

- Choose calming scents like lavender for rest areas
- Bright, energizing scents like citrus for active spaces
- Use soft, neutral colours to create a calm environment
- Add cheerful accents to uplift your mood

4. **Creating Well-Being Zones:**

Designating purposeful spaces in your home supports your daily life. Each zone can encourage a mood, activity, or habit.

- A quiet reading or meditation spot
- A calm entryway to set a positive tone
- A creative space for hobbies
- Clear, clutter-free surfaces invite peace

Mood Boards & Inspirations

A harmonious home is more than organized shelves; it can be an experience that blends colour, scent, and feeling. Here are some ideas to help you intentionally set the mood in each space:

Colour Palettes by Room

Living Room

- *Soft neutrals (beige, warm white, light taupe) for calm*
- *Touches of earthy green for a grounded, natural vibe*

Bedroom

- *Soft blues and greens for relaxation*
- *Gentle lavender or blush tones to promote calm and tenderness*

Kitchen

- *Warm whites and pale yellows for brightness and warmth*
- *Pops of sage green for a fresh, clean feeling*

Bathroom

- Light aqua or cool gray for a spa-like serenity
- Accent of white for cleanliness and simplicity

Workspace

- Soft grays or light blues for focus
- Small bursts of yellow to encourage creativity

Scent Pairings by Room

Living Room

- Sweet orange & cedarwood: uplifting yet cozy
- Bergamot & lavender: soothing and welcoming

Bedroom

- Lavender & chamomile: supports restful sleep
- Ylang ylang & frankincense: calming and nurturing

Kitchen

- Lemon & rosemary: fresh, clean, energizing
- Grapefruit & mint: bright and revitalizing

Bathroom

- Eucalyptus & tea tree: spa-inspired and purifying
- Lemon & palmarosa: clean and lightly floral

Workspace

- Peppermint & rosemary: sharpens focus and mental clarity
- Lemon & basil: supports concentration and motivation

We can try:

- Choose one colour or scent combination to start — no need to overhaul everything at once
- Experiment in a small space (like a nightstand or a bathroom shelf)
- Reflect on how the change makes you feel, and adjust until it supports your FLOW

Ready to Deepen Your Practice?

We can work together and create your FLOW-inspired home. I offer personalized services to help you:



- Clarify your intentions
- Declutter with confidence
- Design organizing systems
- Integrate aromatherapy
- Create a balanced, intentional home

Guest Experts: Sharing Their Wisdom



Throughout this guide, you have explored how FLOW can help create a more harmonious home and supportive life. To enrich these ideas, I have invited inspiring experts who share this same mission. Each guest brings a unique perspective on well-being, self-care, and intentional living. Their insights, stories, and tips are here to encourage you, spark new ideas, and remind you that creating a peaceful, joyful home is a shared journey. I'm honoured to share their voices with you.

Note on Contributors' Voices

This eBook is a gathering of many hearts and minds. Each contributor is responsible for their own words, and I've kept their voices exactly as they were shared – authentic, unique, and true to them. My role was to weave these voices together, creating space for each one to shine.

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Graduated in Public Relations in Brazil and Culinary Management in Canada, I am passionate about healthy nutrition and founder in development of Artisan Gourmet, a space dedicated to gluten-free, dairy-free, and lower-sugar pastries. I believe that conscious food choices, combined with physical activity and emotional balance, can transform quality of life in a gentle and fulfilling way.

Are You What You Eat?

By Marcelle Torres

Have you ever heard the saying, “You are what you eat”? This phrase, coined in 1826 by the French philosopher Anthelme Brillat-Savarin and later popularized by nutritionist Victor Lindlahr, suggests that what we consume directly impacts our health, well-being, and even our identity. More than just a saying, it invites us to reflect on how our food choices influence our body, mind, and emotions.

While it's true that excessive consumption of processed foods high in sugar, fats, and sodium can lead to health problems, our overall lifestyle plays an equally important role. Physical activity, rest, and, most importantly, a shift in mindset can transform our relationship with food and with ourselves.

“
Eating should
not feel like a
prison.”

Eating should not feel like a prison, but rather an act of pleasure and self-care. Choosing nourishing foods benefits not only the present but also the future, helping prevent illnesses and ensuring a better quality of life. Small daily changes, practiced consistently, can produce significant long-term results.

What we eat also reflects our culture, values, and lifestyle.

Vegetarian, vegan, traditional, or industrial diets are more than nutritional choices: they reveal beliefs, ethics, religious, economic, and social considerations. Food is, therefore, a form of personal and collective expression.

One of today's biggest challenges is ultra-processed foods. Designed to be tasty and convenient, they combine industrial ingredients with chemical additives that enhance colour and texture. Though appealing and affordable, they pose serious health risks if consumed frequently. Our busy lives often push us toward these options, but with planning and intention, we can make better choices.

A popular saying captures this idea well: “peel more, unwrap less.” It reminds us to prioritize fresh, minimally processed foods — fruits, vegetables, leafy greens, and whole grains — instead of ready-made packaged products. Besides being healthier, these choices reduce waste and support local producers, promoting sustainability.



“Peel more,
Unwrap less.”

Some simple strategies to support these changes include:

- Stay hydrated: about 70% of our body is water, so drinking enough daily is essential. To find out your ideal daily intake, multiply your weight in kilograms by 35 ml.
- Replace packaged snacks with seasonal fruits and vegetables.
- Eat mindfully, avoiding choices based solely on trends or appearances.
- Plan your meals for the week to save time while eating real food.
- Read labels carefully, and be wary of products with long lists of unfamiliar ingredients.
- If you enjoy sweets, try making them at home with less sugar.
- Bake your own bread using whole grains and seeds, and freeze portions for convenience.
- Reduce packaging waste and bring reusable bags when shopping.
- Include physical activity in your routine, preferably outdoors, to also nurture your mind.



important tip

Even small changes can have a big impact on your well-being. You don't need to implement everything at once; start gradually, stay consistent, and soon you will notice improvements in your health and vitality.

True change begins when we decide it's time to take care of ourselves. If we are what we eat, we need to make better choices to become better people. Every meal is an opportunity to nourish not only the body but also the mind, heart, and planet. Take that first step.



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**Jaime VanDenBrock - Priority Massage
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Jaime offers an integrative approach to health and healing with a focus on nervous system regulation. Trained as a Registered Massage Therapist since 2000 and a Yoga Instructor since 2006, Jaime's practice has evolved over the years to include Reiki, craniosacral therapy, Somatic Experiencing and pranayama breathwork.

How to Support Your Nervous System for
More Ease and Flow in Your Life

by Jaime VanDenBrock

Your body is brilliant—yes, yours. It was designed not only to help you survive but to thrive. It protects you from danger, helps you respond to challenges, and, just as importantly, it seeks out moments of rest, joy, and connection to restore and recharge.

Unfortunately, our fast-paced culture tends to undervalue rest and play, pushing us toward constant productivity. Slowing down can feel difficult—sometimes even guilt-inducing. And when self-care becomes just another task on an endless to-do list, it loses its power to truly restore.

But here's something important to remember:

Your Body Is Always Speaking to You

At first, it whispers—subtle discomfort, tension, or fatigue. If ignored, the signals get louder: persistent pain, stress-related symptoms, or emotional overwhelm. Eventually, if you still don't respond, your body may resort to shouting—through illness, injury, or burnout.

This isn't punishment. It's your body working for you, doing its best to get your attention.

The beautiful part? Your body is incredibly responsive when you begin to listen. Even simple practices can bring noticeable relief and begin to restore balance.

Simple Practices to Begin Listening

Try incorporating the following into your daily life. These techniques help regulate your nervous system and rebuild the essential connection between you and your body:

1. *Body Scans*
 - Explore free guided body scans online or try a simple self-guided version. Start at your toes and slowly move upward, naming each part of your body. Ask yourself: What feels pleasant? Unpleasant? Neutral? Approach each sensation with curiosity, not judgment.

2 *Five-Sense Check-In*

• Pause and notice your environment using your five senses:

- Sight – What colours, shapes, or light do you see?
- Sound – What's in the background? Is it quiet, noisy, or somewhere in between?
- Touch – What do your clothes feel like on your skin? Is the air warm or cool?
- Smell and Taste – Are there any scents or lingering tastes?

Even one or two minutes a day of this kind of presence can make a meaningful difference.



Make It a Habit

These practices don't need to be long or complicated. The key is consistency. Just a minute or two a day can help build a relationship of trust between you and your body—your greatest ally on the journey to more ease and flow.

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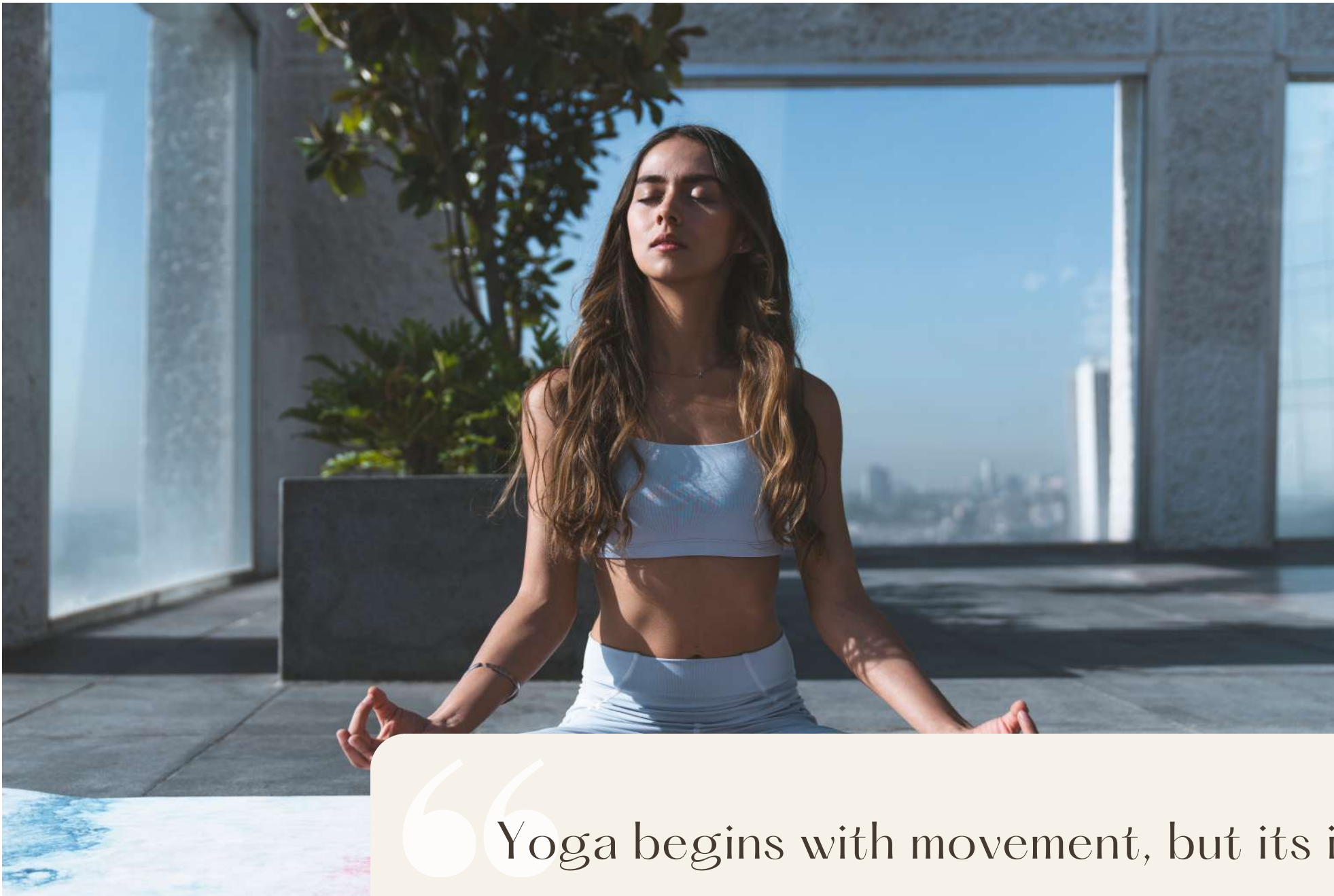
Hi, I’m Lena — founder of &asananas, a yoga and wellness studio rooted in community, inclusivity, and compassion. My mission is to create a space where people can move, breathe, and connect beyond the postures, finding balance and presence both on and off the mat. Through yoga, Pilates, meditation, and mindfulness, I guide others in cultivating peace, resilience, and harmony in their everyday lives. I believe that when we care for ourselves deeply, we expand our capacity to care for others — and that true wellness begins within.

The Importance of Self–Care: Using Yoga & Meditation to Find Harmony Within

by Lena Dumitru

Life has a way of moving quickly. Between work, family, and endless to-dos, it is easy to place ourselves at the very bottom of the list. But self-care isn’t a luxury reserved for when we “have time” — it is an essential practice that helps us feel balanced, grounded, and whole.

At its heart, self-care is about tuning in to what we truly need, not just pushing through. Yoga and meditation offer beautiful, accessible pathways to do just that. They remind us to pause, breathe, and reconnect with the part of ourselves that often gets lost in the noise of everyday life.



“Yoga begins with movement, but its impact goes much deeper than physical strength or flexibility

Yoga begins with movement, but its impact goes much deeper than physical strength or flexibility. On the mat, we learn to notice how we feel, to release tension, and to meet ourselves with compassion. Each posture becomes a way of creating space — in the body, in the mind, and in the heart. Over time, this practice builds resilience, helping us move through life with greater steadiness and clarity. Meditation complements this beautifully by inviting us into stillness. In just a few minutes of mindful breathing, we can calm the nervous system, soften racing thoughts, and create a sense of inner peace. It doesn't have to be long or complicated — simply sitting quietly and observing the breath can shift the way we carry ourselves through the day.

When yoga and meditation come together, they create harmony. Movement prepares the body, stillness steadies the mind, and together they bring us closer to ourselves. This harmony is the essence of self-care: a gentle commitment to honoring our well-being so we can show up fully — not just for others, but for ourselves too.

Taking even a small moment each day to breathe, stretch, or sit in silence is a reminder that we are worthy of care. And from that place of balance, life begins to feel less like something we are racing through and more like something we are deeply connected to. Ultimately, self-care is not about escaping the demands of life but about meeting them with greater ease and presence. Through yoga and meditation, we are reminded that harmony isn't something we must seek outside ourselves — it is something we can cultivate within.

Gentle Reminder

Self-care is not about escaping the demands of life but about meeting them with greater ease and presence.



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Our home reflects our inner selves, just as our physical bodies represent our internal energy. Working on your environment is working on yourself, just as practicing Kung Fu and Tai Chi strengthens, harmonizes, and awakens your energy. Through Feng Shui and martial arts, I help people create spaces and habits that promote balance, health, and complete well-being.

Harmonize your home, strengthen your body, awaken your energy.

Want to Sleep Better? See How Feng Shui Can Transform Your Bedroom

by Marcia Shimazaki

The bedroom is the most important room in our home. It's where we rest, recharge our energy, and experience moments of intimacy. How it's organized and arranged directly affects our sleep, well-being, and even the quality of our relationships.

In Feng Shui, the bedroom is considered a space for renewal. A cluttered or poorly arranged environment can block the flow of energy (Qi), negatively impacting your rest and emotional balance.

However, with a few strategic changes, it's possible to transform your bedroom into a true sanctuary of tranquillity, harmony, and positive energy.

1. **Bed Placement: The Central Piece**

• The bed is the most important item in the bedroom and should be positioned to support the flow of energy:

- Command position: Have a clear view of the door, but avoid being directly in line with it. This creates a sense of security and control.
- Avoid placing the headboard against a window: It can create feelings of vulnerability and insecurity.
- Avoid aligning the bed with the door: This may cause constant fatigue and drain your energy.



Illustrative Image

Even a small adjustment in bed placement can significantly improve the quality of your sleep.

2. **Feng Shui and Relationships: The Energy of the Couple**

• Small details can strengthen your relationship with simple adjustments:

- Paired elements: Two identical bedside tables, paired pictures, or romantic accents.
- Avoid reminders of the past: Photos of ex-partners or objects with negative memories can block the couple's energy.

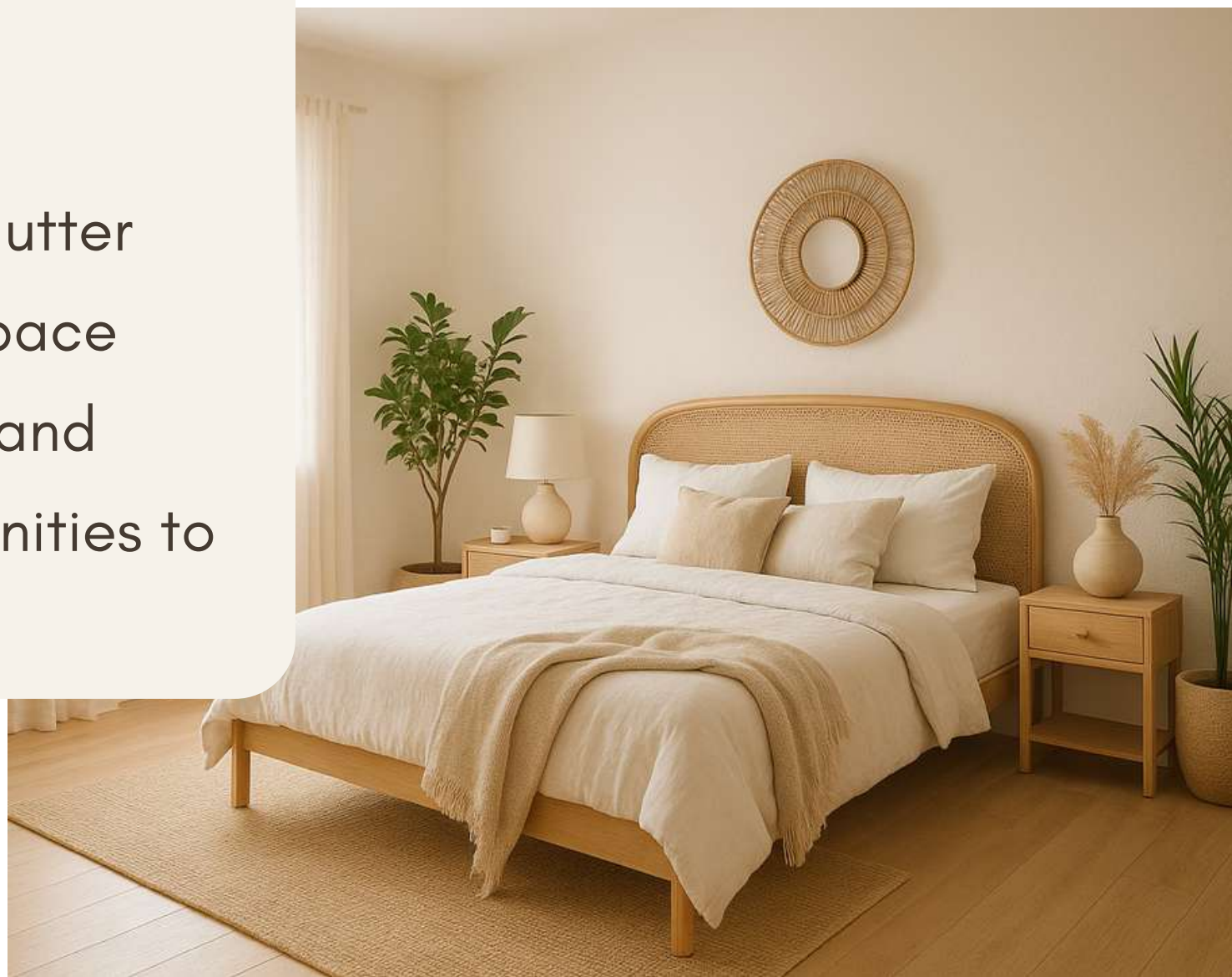
Feng Shui helps create a space that promotes harmony, intimacy, and affection.

3. **Eliminating Stagnant Energy**

Clutter and unused objects accumulate stagnant energy that affects your life. Look for:

- Items stored for a long time
- Broken or unused objects
- Accumulations and excess clutter

Clearing and reorganizing the space isn't just physical—it's emotional and energetic, allowing new opportunities to enter your life.

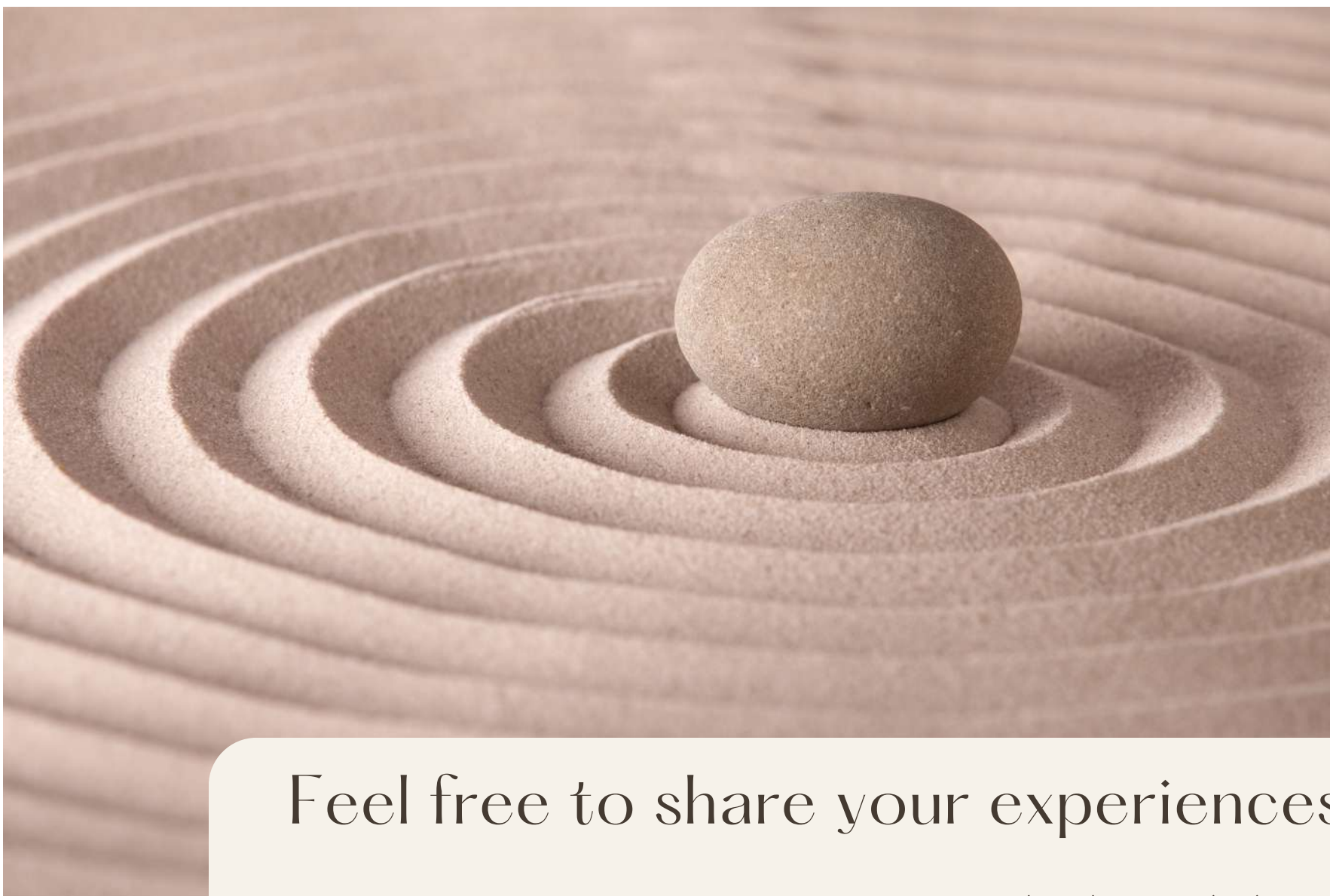


4. **Where to Start? A One-Week Checklist to Harmonize Your Bedroom**

Taking the first steps is essential to activate the energy of your space and transform your life. Try this 7-day guide and feel the change:

- Day 1 – Release broken items: Start by discarding a broken object. Doing this opens space for new possibilities and allows energy to flow.
- Day 2 – Donate and transform: Choose an item of clothing you no longer wear and donate it. Each act of generosity moves energy and creates harmony, not only in your space but also in your heart.
- Day 3 – Organize and clear: Open a drawer or shelf that's cluttered. Reorganize, remove excess items, and notice how small adjustments bring lightness and clarity to your daily life.

- Day 4 – Care for your bedside table: Clean and organize this space near your bed. If you don't have one, imagine the ideal table you'd love to have and add it to your wish list—attracting positive energy.
- Day 5 – Cozy rugs: Add a soft, welcoming rug to your bedroom. Beyond being visually appealing, it provides comfort underfoot and makes the space feel inviting and warm.
- Day 6 – Renew your rest: Change your bed linens to clean, comfortable ones, or buy new ones if possible. Restful sleep is essential to recharge your energy and revitalize your body and mind.
- Day 7 – Connect with prosperity: Choose an object that represents prosperity and abundance for you. Place it in a special spot in your bedroom and, by looking at it daily, connect with the energy of prosperity entering your life.



Feel free to share your experiences or photos —
every story is inspiring!

**Carlos Ferraz & Marcia Shimazaki -
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Sifu Carlos Ferraz – Teaches that every movement is an opportunity to overcome limits, strengthen character, and awaken the true strength within each of us.

Sijeh Marcia Shimazaki – Inspires students to discover balance, confidence, and inner strength, showing that Kung Fu and Tai Chi are paths of transformation beyond the physical.

Kung Fu: The Art of Overcoming Limits and Transforming Life

by Carlos Ferraz & Marcia Shimazaki

Kung Fu is a Chinese martial art that gained great popularity in the West through icons like Bruce Lee, Jackie Chan, and even the animated movie Kung Fu Panda. At the beginning of my journey, I barely knew what Kung Fu was. What came to mind were the classic Bruce Lee movies, and I thought it was something impossible for me. How could I ever perform those complex movements?

On medical advice, I needed to engage in physical activity, but the idea of going to a gym seemed boring to me. That's when I decided to try Kung Fu, mainly because it was close to home. At that moment, I was looking to take care of my mental health, as I was recovering from burnout.

It was at this school that I began my journey of transformation. Beyond developing physically, I also had the privilege of witnessing many examples of perseverance and overcoming challenges. Often, we make excuses for not doing something, but deep down, we don't want to face our own vulnerabilities and weaknesses.



“We live in a world that only shows what is beautiful and perfect, but real life is not like that—we are imperfect and vulnerable

We live in a world that only shows what is beautiful and perfect, but real life is not like that—we are imperfect and vulnerable. It doesn't matter if you consider yourself too old to start, if you are out of shape, or if you lack coordination. The most important thing is to begin and allow yourself to make mistakes, striving to become a better version of yourself with each moment.

Seeing the transformation of our students is truly beautiful. I remember a very shy little student who wouldn't let go of her mother during the first classes. Today, she is confident, engaged, and joyful. Her mother did not give up; she was persistent and is now reaping the rewards of that transformation. This teaches us that persistence and support are essential for growth and success.

Another example that always inspires me is Sifu* Angela. She started training in Kung Fu after her children were grown and faced many challenges in her life, including overcoming depression, battling cancer, and recovering from hip surgery. Yet through Kung Fu, she found the strength not only to achieve the life she wanted but also to help many other students reach their own goals.

This journey of overcoming challenges in Kung Fu, more than any movement or technique, is about finding the inner strength to face life's challenges. For me, Kung Fu was not just a physical activity—it became a true tool for healing and transformation. It taught me that true strength comes from within and that, often, the greatest victories come from learning to overcome our own limitations.

Note

*The term Sifu is used in martial arts to refer to someone who has dedicated many years to teaching and spreading the benefits of this practice. In our organization, achieving the title of Sifu often requires 20 years of dedication to Kung Fu and its instruction. It is not merely a matter of technical skill, but of working for the art and its values and benefits. The word Sifu conveys someone who guides, instructs, and shows the path to their students and followers.

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Hi, I'm Ly Chhorn—a business mentor, intuitive educator, and founder of Mindful Moneymaker. As a first-generation entrepreneur, lash educator, and spiritual guide, I help women rise into their power, purpose, and prosperity. My work blends mindset, energetics, and aligned strategy to support others in overcoming limiting beliefs, building confidence, and creating abundance—without burning out or losing themselves in the process. I believe that when we heal, we lead differently. And I'm here to remind women that they were never meant to fit in—they were born to rise.

A Morning Ritual for Mind, Body & Soul

by Ly Chhorn

Mornings are more than a time to wake up — they are a sacred window when the mind is soft, the heart is open, and the body still holds the dreams of the night before. Before the world asks for your attention, you have the power to shape your day... and your future.

As a business coach and mentor, I help people bridge the gap between mindset, energetics, and action. My work often starts here — in the first 40 minutes after waking — when the brain is in theta and alpha states, the doorway to the subconscious mind. In this space, you can reprogram patterns, heal emotional wounds, and align with the life you want.

1. **Future Pacing in Bed (5 minutes)**

- Before opening your eyes, resist checking your phone — it immediately pushes your brain into beta waves, alert and reactive. Stay in the dreamy, suggestible state.

Future pacing is imagining your future so vividly that your subconscious begins to believe it's real.

Close your eyes and breathe deeply. Imagine it's six months from now:

- Where are you waking up?
- Who's beside you?
- How does your body feel?
- What are you most grateful for?
- Engage all five senses. Smell the coffee, feel the sun, hear the laughter. Let emotions fill your body — you're planting seeds in the most fertile mental ground you'll ever have.

2. **Journaling for Clarity & Release (15 minutes)**

- Bring your vision to paper. Journaling activates the prefrontal cortex, giving structure to thoughts and shifting you from clutter to clarity. Use these prompts:

- Gratitude list — name 3-5 things you're grateful for.
- Release writing — write down fears or worries, then visualize handing them to the universe.
- Future self scripting — write as if your dream life is already here.

This is more than writing — it's a dialogue with your future.

3 EFT Tapping to Release Stored Emotions (15 minutes)

• Stress and trauma live in the body. EFT (Emotional Freedom Technique) combines tapping on acupressure points with affirmations to release them.

A quick sequence:

Top of Head — “I am open to healing.”

Eyebrow — “I trust my inner wisdom.”

Side of Eye — “I am safe to move forward.”

Under Eye — “I am powerful and enough.”

Under Nose — “I forgive myself fully.”

Chin — “I speak my truth with confidence.”

Collarbone — “I am supported and loved.”

Under Arm — “I release fear and welcome peace.”

Wrist — “I am grounded and ready for my day.”

4 Meditation, Breathwork & Reiki (15 minutes)

• Meditation isn't about emptying the mind — it's about creating space so you can respond, not react.

Breathwork options:

- Box Breathing (4-4-4-4) for focus.
- 4-7-8 Breathing for deep calm.
- Alternate Nostril Breathing to balance energies.

Energy centre focus: Visualize each chakra glowing from root to crown.

- Root (Red): Safety & stability
- Sacral (Orange): Creativity & pleasure
- Solar Plexus (Yellow): Confidence & willpower
- Heart (Green): Love & compassion
- Throat (Blue): Truth & expression
- Third Eye (Indigo): Intuition & clarity
- Crown (Violet/White): Spiritual connection

Reiki self-healing: Place your hands over each chakra for 1-2 minutes, imagining golden light flowing through your palms, dissolving heaviness and restoring balance. Affirm:

- “I am aligned with love.”
- “Healing flows freely through me.”



5 Optional Enhancements

• If you have more time:

- Frequency Sound Therapy — 528 Hz for heart healing, 432 Hz for grounding, 396 Hz for releasing fear.
- Mirror Work — Look into your eyes and say: “I am worthy. I am love.”
- Spiritual Shower — Imagine water washing away stress and filling you with light.

The Takeaway

How you start your day shapes how you live your life. Choosing presence over autopilot, intention over distraction, and self-care over urgency tells your mind, body, and the universe: I am ready. I am worthy. I am here for my highest good.

This isn't just a morning routine — it's an act of becoming.

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Mauricio Braga is an Osteopathic Manual Practitioner with over 20 years of experience in physiotherapy and osteopathy. He earned his degree in Physiotherapy in Brazil (2004) and completed postgraduate studies in Osteopathy (2006). His career has included working with patients of all ages and providing care at major sporting events such as IRONMAN Brazil and the Rio 2016 Olympic Games.

Since moving to Canada in 2018, Mauricio has continued to expand his training, graduating from the London College of Osteopathy and Health Sciences in 2024. With a solid background as both a professional and an athlete, he has developed deep expertise in sports performance and injury recovery.

Mauricio is passionate about helping people restore movement, relieve pain, and improve overall well-being. He applies a wide range of osteopathic techniques and delivers individualized care with compassion, enthusiasm, and commitment.

Caring for Your Health and the Role of Osteopathy in Well-Being

by Mauricio Braga

We live in an increasingly fast-paced world, where both body and mind are constantly exposed to physical and emotional overload.

Taking care of health goes far beyond treating illness when it arises — it involves prevention, balance, and self-awareness. In this context, manual osteopathy emerges as a valuable tool to promote well-being and quality of life.

Health as a State of Balance

The World Health Organization defines health not merely as the absence of disease, but as a state of complete physical, mental, and social well-being. This means that caring for health requires a holistic approach — recognizing that muscles, joints, internal systems, and even emotions are interconnected.

When this balance is neglected, subtle signs may appear: recurring muscle pain, fatigue, sleep difficulties, or even digestive issues. Listening to the body and seeking professional support at the first signs of imbalance is essential to prevent small discomforts from developing into greater limitations.



The Role of Osteopathy in Health Care

Manual osteopathy is a therapeutic approach based on the understanding of the interrelationship between the body's structure and its function. The osteopath uses specific hands-on techniques to assess, prevent, and treat dysfunctions that may compromise mobility, circulation, and the body's natural harmony.

Unlike approaches that focus solely on symptoms, osteopathy aims to identify the root cause of a problem, considering the body as a whole. For instance, shoulder pain may be related to cervical tension, workplace posture, or even imbalances in the respiratory system.

Benefits of Osteopathy for Well-Being

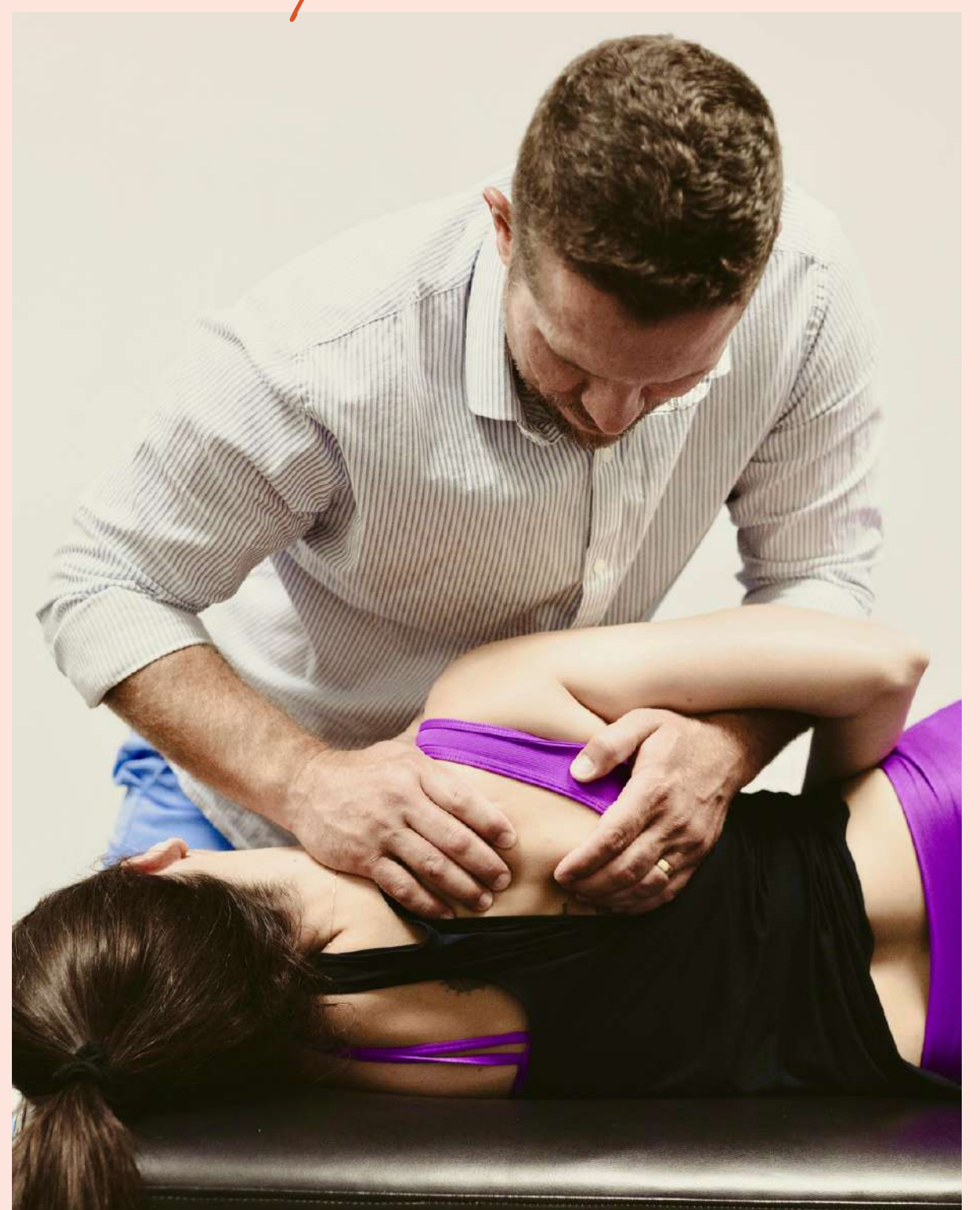
Regular osteopathic care can contribute to overall well-being in many ways:

- Prevention: identifying and correcting imbalances before they become major problems.
- Pain relief: reducing musculoskeletal discomfort such as low back, neck, and joint pain.
- Improved posture and mobility: enhancing freedom of movement, which is essential for daily activities and sports.
- Nervous system balance: promoting relaxation and helping with stress management.
- Support throughout life stages: from childhood to aging, osteopathy adapts techniques to individual needs.

An Invitation to Self-Care

Investing in health and well-being is not a luxury — it is a necessity.

Manual osteopathy can be a strong ally in this process, helping individuals live with more vitality, body awareness, and balance. The invitation is simple: listen to your body. The earlier we take care of it, the greater our chances of preventing pain, restoring energy, and living life to the fullest.



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Carolyn Szturm is a Reiki Master Teacher with a strong background in trauma-informed care. With more than 13 years of experience in energy healing and over 25 years working in education, mental health, and community support, Carolyn has dedicated her career to empowering individuals and vulnerable populations. She has extensive training in mental health and trauma, and her work has always centered on guiding others toward resilience and self-discovery. Carolyn believes deeply that every person has the capacity to heal, release the weight of past trauma, and step into peace, growth, and evolution.

Reiki and Trauma Healing: Why Energy Work Transforms the Body and Mind

By Carolyn Szturm

When we talk about trauma, most of us think of memories, emotions, and scars we carry in our minds. What is often overlooked is that trauma is not just psychological—it is physical. Trauma imprints itself on the body. It lives in our nervous system, in our organs, and in our cellular memory. It also lingers in our energetic field, the unseen layer of energy that surrounds and flows through us. This is why

healing trauma cannot always be achieved through words alone. We must also address the body and the energy it holds.

This is where Reiki, an ancient form of energy healing, becomes such a powerful tool for transformation. Reiki works on the understanding that our bodies are made up of energy, and that when this energy is disrupted by trauma, illness, or life's stresses, we need support to bring it back into balance.

Reiki, as we know it today, was developed by Mikao Usui in the early 1900s, but energy healing itself is far older, dating back thousands of years. Usui's teachings reconnected us with this timeless practice. In Reiki training, practitioners are attuned through a sacred ceremony that raises their vibration to align with the frequency of Reiki energy. From there, they can channel this universal life force to bring healing on every level—physical, emotional, mental, and spiritual.



When you receive Reiki, the practitioner works through your energetic body, moving toward your physical frame. This includes not only your anatomy—your bones, organs, and tissues—but also your nervous system and memory centers. What makes Reiki so groundbreaking in trauma healing is that it can reach into the spaces where trauma hides. Because trauma does not just disappear with time, it embeds itself in the body, often surfacing later as anxiety, illness, chronic pain, or cycles of re-victimization.

I often describe it like this: each of us has a personal energy bubble. When we have experienced trauma and it has not been processed or released, our bubble becomes filled with debris—much of it not even ours. Often, it belongs to our offenders, our perpetrators, or those who contributed to our harm. This “energetic clutter” clouds our ability to feel whole, and it can attract similar experiences and relationships into our lives. It is one reason why people who have been victimized once may find themselves victimized again.

In Reiki sessions, we gently clear that debris, removing what is not yours to carry. As we move through the chakras, we are not only addressing the spiritual aspects of these centers but also the physical systems they correspond to. Reiki can help cleanse the crown chakra, for example, while also easing tension in the brain and nervous system. This is deep, full-body healing that works both inside and out.

And it always begins at the root. Trauma almost always traces back to childhood—sometimes even earlier, to experiences in utero or ancestral wounds carried through generations. Reiki helps us return to these roots, bringing light and healing to the original hurt. In doing so, it allows us to release the pain that has been stored in our bodies, sometimes for decades.

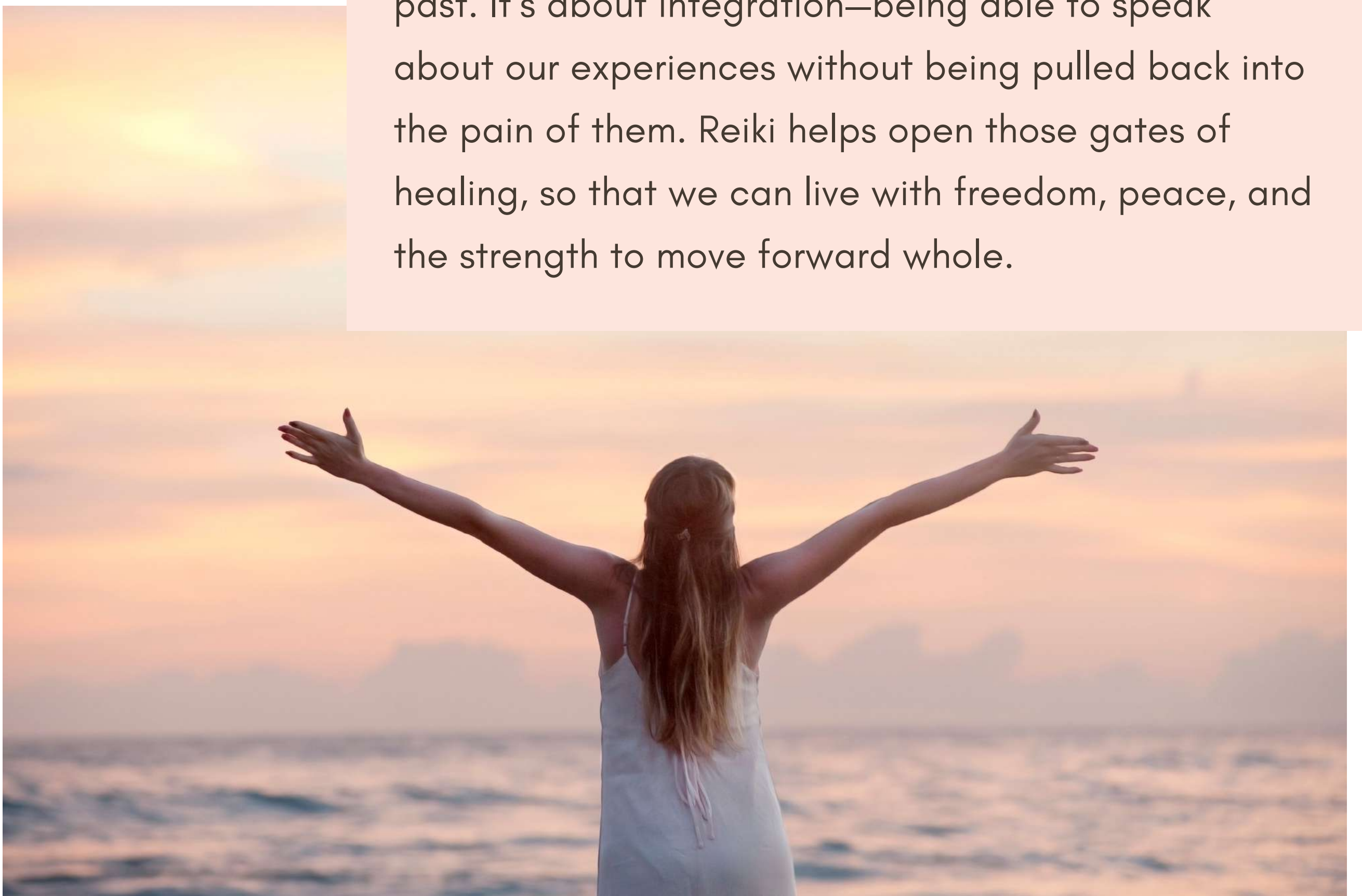
Note

Reiki is not a replacement
for therapy, but a
complement.

As this release happens, a powerful recalibration occurs. The body feels lighter, the mind clearer, the spirit calmer. Clients often describe feeling peace in places where only pain once lived. And because body and mind are so interconnected, as one heals, so does the other.

It's important to note that Reiki is not a replacement for therapy, but a complement. I often encourage my clients to work with both. Therapy provides the tools to process trauma consciously and verbally, while Reiki addresses the energetic and physical imprints that words cannot always reach. Together, they create a holistic path toward lasting healing.

True healing is not about forgetting or erasing our past. It's about integration—being able to speak about our experiences without being pulled back into the pain of them. Reiki helps open those gates of healing, so that we can live with freedom, peace, and the strength to move forward whole.





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With more than twenty-five plus years of experience in coaching, personal training, and rehab therapy. Cassandra has dedicated her career to helping individuals unlock their potential through accountability, communication, and structured guidance. Specializing in both group and individual instruction, Cassandra integrates the FLOW approach to foster resilience, confidence, and long-term success. Known for a relationship-based coaching style, Cassandra is committed to empowering clients not only to reach their goals but to sustain them as part of a lifelong commitment to health, fitness, and personal growth.



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Finding Your FLOW: How to Work with a Coach/ Trainer and Take Ownership of Your Goals

by Cassandra Parker

Intro

We've all been there—you set a big goal for yourself, feel motivated for a while, and then somewhere along the way, life happens. Motivation fades, obstacles pop up, and that finish line feels further away than ever. Here's the truth: lasting results don't come from quick fixes or magical programs. They come from a balance of self-

accountability and the right support system. That's where working with a coach or trainer—and embracing the FLOW approach—can change everything.

The Journey That Shaped My Approach

Over the past 25 years of coaching and personal training, I've learned one powerful truth: success comes from a balance of guidance and self-accountability. Whether I was leading a small CrossFit class of six or managing a room of thirty-plus athletes, my approach was always the same—break things down step by step, meet people where they are, and give them the tools to move safely and effectively. That same method carries into one-on-one training, where every drill, cue, and strategy is designed to help clients grow without feeling overwhelmed.

Why Accountability Matters More Than You Think

Here's the thing: starting something new—whether it's fitness, nutrition, or lifestyle change—can feel intimidating. The end goal might look far away, maybe even impossible. But that's where two things matter most: taking ownership of your journey and knowing how to lean on your coach. Self-accountability means taking responsibility for your choices and actions. A coach provides guidance and support, but at the end of the day, it's up to you to put those recommendations into practice.



The Power of Self-Accountability

When you embrace self-accountability, amazing things happen. You stay committed, motivated, and focused on your goals—even when the road gets bumpy. You build confidence in yourself, discover your own resilience, and feel more empowered in your choices. Of course, it's not always easy. Being honest about mistakes, managing setbacks, or staying consistent can be tough. Progress isn't linear, but every stumble is a chance to learn, grow, and come back stronger.



“Progress isn't linear, but every stumble is a chance to learn, grow, and come back stronger.”

What a Coach Brings to the Table

That's where a coach makes the difference. A good coach doesn't just hand you a generic plan—they create a blueprint that fits your life, your goals, and your comfort level. They're there to provide education, strategies, and encouragement. They help you troubleshoot obstacles, celebrate wins, and hold you accountable. Most importantly, they walk alongside you—not as a magician who changes your life overnight, but as a guide who equips you with the tools to create lasting change.

Communication Is Everything

The key ingredient in all of this? Communication. Open, honest conversations with your coach can make or break your success. If something isn't working, say it. If you're struggling, share it. Coaches want your feedback, because it helps us help you.

And in return, a good coach will always be upfront with you—offering not just encouragement, but also the kind of tough love that helps build lifelong habits. The stronger the relationship, the better the results.

Putting It All Together

At the end of the day, reaching your goals comes down to a partnership: your accountability and effort, paired with your coach's support and expertise. With the right mindset, open communication, and a willingness to do the work, there's nothing you can't achieve. Progress takes time, but remember—what's truly worthwhile always does. Trust the process, lean into the journey, and know that with the right team by your side, you can accomplish more than you ever thought possible.

Your Next Step

If you're ready to stop starting over and finally move forward, take that first step today. Hold yourself accountable, lean into the process, and connect with a coach who can guide you along the way. Your goals are closer than you think—and your future self will thank you for starting now

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The Scent of Well–Being: How Aromatherapy Supports Emotional Balance and a Peaceful Home

by Bia Limoli

On a journey to wellness, aromatherapy emerges as a gentle and effective method that targets our emotions and nervous system directly. Inhaling the correct aroma can elevate our mood, reduce tension, or take us back to a cozy and comforting memory.

Aromatherapy is a therapeutic strategy with roots in biology and emotional intelligence that goes beyond simply making a location smell nice. The olfactory bulb, which is directly linked to the limbic system (the brain's emotional control center), is reached by the inhalation of essential oils, which are concentrated plant extracts. This is what gives aromatherapy its deep emotional and therapeutic influence:

- It bypasses rational thinking and speaks directly to emotion.
- It activates areas of the brain associated with stress regulation, pleasure, safety, and emotional memory.
- It can have measurable effects on heart rate, cortisol levels, and even sleep cycles.

Scent can support us during moments of overwhelm, help reframe our emotional states, and become part of a daily care routine that brings peace and stability.

Scent and Memory: A Powerful Emotional Bridge

Have you ever caught a whiff of something and instantly felt transported to a moment from your past? That is because smell is the only sense with a direct neural link to the hippocampus, the part of the brain responsible for memory. This means scent can affect us in the present and also connect us to the past in a meaningful way:

- Lavender may remind a calm evening or a loved one.
- Vanilla may bring back cozy memories from childhood.
- Fresh herbs might evoke a peaceful afternoon in nature.

By intentionally choosing scents, we can establish new, positive emotional associations and create a sense of safety and joy in our home environment.

Simple Ways to Use Aromatherapy at Home

Here are a few accessible methods to add smell to our daily lives:

- Diffuse with intention with an ultrasonic diffuser to release a calming blend in the evening or an energizing one in the morning.
- Create a room spray combining distilled water, a bit of alcohol, and essential oils to refresh linens, sofa, or entrance.
- Inhale a favourite scent during daily routine, applying diluted oil to pulse points before journaling or diffusing a grounding blend while tidying up.
- Assign a different mood to each room. Use citrus in the kitchen for brightness, woods in the bedroom for tranquillity, or florals in a reading nook for inspiration.
- Add essential oils to wool dryer balls, a cotton pad in a drawer, or wax tablets near your entryway for a subtle background scent.

Aromatherapy as Emotional Support

In times of stress, transition, or emotional overload, scent can support us. It can help remind our nervous system that it is safe to relax, to feel, and to rest.

This is especially powerful when paired with intentional practices like deep breathing, journaling, or mindful cleaning. Aromatherapy requires just presence and care.



A Note on Safety and Respectful Use

Essential oils are powerful natural substances, and even small amounts can have a strong effect. That is why it is important to use them mindfully and safely:

- Always dilute essential oils before applying to the skin.
- Avoid direct contact with eyes, mucous membranes, and sensitive areas.
- Keep oils out of reach of children and pets.
- Some oils may be contraindicated during pregnancy or for people with specific health conditions—when in doubt, consult a qualified professional.
- Choose pure, high-quality oils and avoid synthetic fragrances when seeking therapeutic benefits.

Used with care, essential oils can be a wonderful companion on your journey to emotional balance and well-being.



Aromatherapy can open a path to emotional balance and a peaceful home. Through the connection between scent, memory, and the brain, essential oils can help regulate emotions, reduce stress, and anchor us to the present moment. Let scent be the gentle reminder that we are supported, safe, and exactly where we need to be.

Continue the Journey!

Thank you for taking the time to explore this collaborative guide. I hope it inspires you to bring more harmony, well-being, and mindful organization into your life. Remember, small steps can create powerful change, and you never have to do it alone.

If you would like more guidance, tips, or simply want to share your progress, I would love to hear from you!

Our Partners – Stay in Touch

Here, you will find the contact information of all the amazing experts who contributed to this guide. Feel free to reach out to them for inspiration, questions, or further support:

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For my Insightful Contributors

I am deeply grateful to each of you for generously sharing your knowledge, experiences, and unique perspectives.

Your voices enrich this project with authenticity and heart.

May these connections inspire new ideas, meaningful exchanges, and continued growth for us all.

Thank you!

A Final Note of Gratitude

Real change begins with self-reflection, mindful choices, and a whole lot of patience, over and over again. Every step you take toward greater harmony, no matter how big or small, is meaningful.

Thank you for being part of this journey and for choosing to build a life that flows with intention, lightness, and joy! Stay connected, and let's keep transforming together!



Life is too short and has no rewind. May the insights shared here inspire you to live with intention, create with love, and embrace every precious moment.

With love and gratitude,

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Thank You for Reading

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