

7

**Simple & Quick Ways
to Create
A
Lush Life**

By

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7 Quick and Simple Ways to Create a Lush Lifestyle

Lush living is about a state of mind. Nothing else. It has nothing to do with luxury or expense or even exotic living. The only requirement is that you open yourself to the lushness that already exists around you and learn to appreciate it as such! That being said there are different practices that can create an even more lush experience for you.

I can find beauty and lushness in the most innocuous things. For instance, when I was recently visiting the Bahna Hill Amusement Park, in Da Nang Vietnam located high up in the mountains, where everything was seemingly a lush overload, I was taken aback by the gorgeous shade of green and velvety texture of moss growing on the walls that led to the giant buddha on the top of the hill within the park! For me it was an added bonus that I could get up close and personal with this sumptuous heathery green moss lining the walkways.

Truly it is all about the awareness and mindfulness that you bring to your experience! Lushness can be brought to almost any aspect of your life depending on your awareness and openness!

Lush Lifestyle Habit #1

BE Intentional

in·ten·tion·al·i·ty /inˌten(t)SHəˈnalədē/

Noun:

- 1. The fact of being deliberate or purposive.**
 - **PHILOSOPHY**
The quality of mental states (e.g., thoughts, beliefs, desires, hopes) that consists in their being directed toward some object or state of affairs.

The whole premise of Lush Living is to create a life you love with clear intentionality. You bring about what you think about and talk about. Intentionality is that simple. You keep your thoughts clear and constant on what you want in your life and continuing to get more clear based on the contrasting things that you don't want.

Sounds easy except for the fact that we are so used to allowing our thoughts and beliefs to run rampant. Therefore calling in stuff that we don't want or need.

The remedy for this is to become clear about what you do want, even if its what you want to eat. With this clarity comes power. With this clarity you can now write down what you want with lots of vivid details. The more details the better. Because this means real clarity! Then its about keeping this clarity present. Yes this means looking at it regularly and consistently. Daily!

Lush Lifestyle Habit #2

Practice Mindfulness

“Be there truly. Be there 100 percent of yourself. In every moment of your daily life. That is the essence of true Buddhist meditation. That is why I like to define *mindfulness as the energy that helps us to be there 100 percent*. It is the energy of your true presence.”

~ Thich Naht Hanhmindfulness

Definition of *mindfulness*

1: the quality or state of being [mindful](#)

2: the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis

also : such a state of awareness

I love this definition because it spells out exactly what is necessary to be truly living lush. You Have to be present to experience the lushness that is already all around you. Every moment.

Whether it is the sun rising in the morning and shining in brightly through your kitchen window greeting you with all its glory with the

promise of an exciting new day. Or the magnificent aroma of coffee brewing ready to delight your senses- from the moment you open the container of fresh coffee grounds to the gorgeous aroma of it brewing to the moment you pour it into your mug and add your cream and sugar and stir it methodically all the while your taste buds preparing with great anticipation for that first slurp! We can become numb to all this lushness when we are not mindful to what is already so beautifully our lush and lovely life!

Just ask the guy who can't drink coffee anymore how lush brewing his cup of coffee every morning was!

Bottom line: Stop and smell the roses! "Be" where your feet are! Any time you are feeling stressed or catastrophizing stop, take a deep breath and look down to where your feet are and know that you are safe and all is well where you are in this moment.

Lush Lifestyle Habit #3

Make Your Bed Every Morning!

Making your bed is a success habit! By making your bed you start the day with a win! You have already accomplished something and by doing an excellent job you set the tone for the rest of your day. You start the day with excellence, a win, and an accomplishment. How can this not be a positive thing?

The reason you make your bed with pride and excellence is because how you do anything - is how you do everything! And at the end of the day you come home to your first success of the day and you get to climb into your nice fresh bed!

This one little lush habit has a way of pouring into the rest of your life in ways that you will not know until the magic starts to happen!

Try it and see!

Lush Lifestyle Habit # 4

Hydrate!!!!

The reason you hear this so much is because it is literally a life changing habit! Drinking water is the most important nutrient and second only to the air we breath as far as life sustaining elements.

Truly, water is a solvent that is necessary for every single function in your body. When you think about it, it is what gives blood its fluidity-so if your blood is so thick that it is causing your blood pressure to increase, doesn't it make sense that drinking water could possibly help make your circulation improve?

A 12 ounce glass of water first thing in the morning wakes up your digestion, and revs up your circulatory system getting things juiced up for day. It also starts the detoxing mechanism that starts to clear dangerous and stagnant toxicity from your body. Digestion needs water to keep things moving and exiting. Water is also the best thing you can drink to energize yourself. Thats correct! It actually gives you energy.

Water is also the best kept beauty secret, it helps make skin clear and firm and luminous! What else in the world can you use that promises all these wonderful features for free?

What I recommend for those who don't like the taste of water, is to add lemon or lime juice or other fresh or frozen berries or even fresh herbs. Oooooo laaa laaa so delicious!

Lush Lifestyle Habit # 5

Take Probiotics

Probiotics are those “things” that our gut should be full of to insure a healthy life! For everything to be hunky dory our gut micro biome should be in balance and usually it is not because of our industrialized lifestyle. Too much toxicity, processed foods, stress, bad water, sugar, and prescriptions to name a few things that cause imbalance in our poor little guts. So consequently we have digestive issues or immune issues or joint issues or all 3 even! This is just a very small snap shot of what can be off if your micro biome is off.

Probiotics are a very important part of not just good health but great health!

There are many foods that contain probiotics naturally but mostly think fermented foods: sauerkraut, kimchi, yogurt, kefir, kombucha, eating a little bit of these foods daily helps to insure you are getting those all important probiotics that help balance the fauna in your gut!

Hot sauce made with vinegar is also a good source of a fermented food.

If all else fails there are wonderful probiotics in a bottle that you can supplement with!

Lush Lifestyle Habit # 6

BREATHE

Breathing correctly and frequently and consistently is as important to your body and well being as eating more anti-oxidants or exercising or sleeping enough!

Breathing correctly and deeply will not only improve your health by increasing your body oxygen levels, it will calm you, relieve stress and energize you!

The lungs have a big job, sending oxygen into the bloodstream to be delivered to every cell in the body!

Below are some popular breathing techniques that you can practice at different times depending on what your intention is at the moment.

Breathing Techniques

Belly Breathing to train yourself how to breathe correctly

For diaphragmatic or belly breathing,

1. Sit down or lie down flat on your back.
2. Place one hand on your belly and one hand on your chest.
3. Breathe in slowly through your nose and let your belly expand, ensuring your chest does not move.

4. Breathe out slowly through slightly parted lips, as though you are whistling.
5. Use your hand to push all of the air out of your belly.
6. Repeat the exercise three or more times.

Morning Breathing

Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages. Then use it throughout the day to relieve back tension.

1. From a standing position, bend the neck to face the floor, keeping the face toward the floor, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
3. Hold your breath for just a few seconds in this standing position.
4. Exhale slowly as you return to the original position, bending forward from the waist.
5. Hold the position facing the floor, straighten and bend the knees, and focus on the stretching feeling on the neck, back and hamstrings.
6. Repeat this 3-4 times.
7. Notice how you feel at the end of the exercise.

The 4-7-8 breathing technique for Stress

1. Sit down or lie down flat on your back.
2. Place one hand on your belly and one hand on your chest.
3. Breathe in slowly through your nose and let your belly expand, ensuring your chest does not move.
4. Breathe out slowly through slightly parted lips, as though you are whistling.
5. Use your hand to push all of the air out of your belly.
6. As you inhale, count to four.
7. Then hold your breath for a count of seven.
8. Exhale to a count of eight, again using your hand to push all of the air out of your stomach.
9. Start with about 4 sets, but do it sitting when your first start.
10. Once you get accustomed you can do as many sets as is helpful to manage your stress.

Prayer Pose Breathing Exercise for Meditation

This exercise is wonderful to induce mindfulness and peacefulness.

1. Stand up straight and relaxed with your feet comfortably stable on the floor, preferably bare foot.
2. Bring your palms together in front of your chest.
3. As you raise your hands palms up to the sides, inhale slowly through your nostrils, with your arms straight bring your palms together directly above your head to the count of 10.
4. Hold this position over your head to the count of 10, then separate your hands, palms facing away from you, slowly maintaining your your arms straight as you lower them back down to your side to the count of 10. Repeat this exercise five

times. Do this exercise very deliberately and fill the lungs fully with oxygen to capacity.

Note:

Meditation can happen very organically when you are intentionally focusing on your breath if you allow it. It is also a very important habit for lush living!

Lush Lifestyle Habit # 7

Eat Real Food

This may seem really silly and glib. But at the end of the day you are what you eat. Does it not make sense then that you would want to eat with as much integrity as possible?

Real fresh meat, real fresh vegetables, real butter, real olive oil, real fresh fruit!

Steak, salad, baked potatoes with butter. Broccoli, green beans, salad with cucumbers, tomatoes, onion with apple cider vinegar and olive oil dressing? What is so difficult about this? No it doesn't come in a package already to heat and eat, but I promise you it is just as easy to prepare this meal as a packaged one and if you are not worth the extra effort and extra few minutes to prepare a real meal, tell me who is?

For ease and speed there are wonderful new appliances that will produce beautiful, delicious and quickly prepared meals. The Insta-pot is a fabulous appliance to have on hand to make sumptuous meals in one pot with minimal mess and effort and the internet is teeming with great recipes!

The air fryer is another one of those appliances that produces quick and delicious foods in record time with minimal effort. Just season and cook! Add a salad and you are golden!

One of my favorite kitchen hacks is to wash and store all my fresh vegetables and fruits as soon as I bring them home and that way

when I am ready to prepare my meals half the work is already done!

So there you have it, 7 ways to get your lush living on!
Simple and quick!

I didn't say it would be entirely easy, but I will say it will be so worth while!! Lush living is the only way to live!

Conscious,
Aware
and
Present!

Sources

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