

Day 24 of Rino Soriano's Holistic Health Challenge

Consciousness & Its Link To Health & Wellness & Your Expansion For A Victorious Life

As I stated in my video, consciousness is the main creator of your health. How you are using your consciousness determines how your life flows and how fit, healthy and radiant you are.

So, let's get to the nitty gritty right now shall we and be as honest with yourself as possible. How important have you made health in your life until now? On a scale of 1 to 10 with ten being super important, what number have you put health into?

If you are like most people, then you have put many other things in your life first as in career, relationships, business and social life, correct? Health has not been a top priority for you due to this life of having to earn a living and get somewhere. Societal programming has deceived you into buying the paradigm of achievement and finances are more important than anything else. Really?

Look at what that paradigm has gotten most people. A life of limitation and always being on the go and a sense of disconnection and lack of flow is what most people experience. The proof is in the pudding my friend. That way has proven that it is not going to help you to experience a delicious and victorious life.

Time for a change don't you think? Well, change you will along with the rest of humanity or otherwise it shall not be pretty for most people. There are monumental shifts going on on this planet and it will require you to take a quantum leap in consciousness and how you live your life if you are going to make it through to the Higher Dimensions of A Victorious Life.

The secret is that your body and level of health is your direct link to expansion and your Higher Potentials. Humanity has for thousands of years and even now always sought outside of itself for answers, for expansion and for knowing how to live life. Well, if we are to be honest right now...that process of seeking outside has not been too productive. It is actually stifling to your expansion and evolution.

You have been programmed to give your power and energy over to something outside of yourself. My friend, you are the one you have been looking for. You are the one that has all the answers you seek, you are the one that can blaze a trail

of delicious possibilities for your life. You are the only One that can possibly know what is best for you. Stop seeking outside....seek within.

Yeah, I know what you are thinking...How The &^%% Do I Do That Exactly? You pause and you breathe and you connect with your True Self. You call it out loudly and demand that part of you come to the forefront and supply you with answers and guidance. You begin viewing yourself as your own Source of Supply and Happiness. You begin to carry yourself as valuable and lovable and extraordinary. You begin to shine as brightly as you can.

You begin to forgive yourself for all the petty things your ego has put you through the ringer for. You begin to forgive everyone in your life that has hurt you and realize they were only hurting a million times more than you for them to do that anyway. You realize that people do these things because they are hurting inside and they act out of their hurts and programs. They are not conscious for if they were then they would not have done those things to you.

Wake up my friend before its too late. Stop letting your life pass you by. Arise now while you still have the chance to choose how your life goes. Stop being a victim and instead choose to be Victorious.

The time is at hand and now is the time to arise, to take the leap, to dust off your wings and remember that you can fly. What are you doing with your time, consciousness and energy? What are you choosing with those spiritual assets to invest in? I suggest to invest in your health, your True Self and living a victorious life. To do that you got let go of the stories and the roles you have played.

The thing is...you have been a little too comfortable playing the small you in your small story. Your ego does not want to hear this right now because it means its cover is blown. Yeah, that's right...you have been hoodwinked by your ego now for your entire life and it all comes down to this moment where you realize that you have the choice to choose a new life, a new body, a new victorious expression of your True Self.

What will you choose?

To Your Delicious & Victorious Life



Rino Soriano

You may contact me at [**rino@rinosoriano.com**](mailto:rino@rinosoriano.com) if you may require some support or guidance on your journey.