

SELAH

The Wisdom Journal

November 2020

Sippin' on Bliss

♥ **INSIDE THIS EDITION**

Words Have Power: Worth in Your Words

How to Reach Bliss in Business

The Luxe Life: Embracing Your Desires



SELAH (See-luh):

***TO LIFT UP; EXALT; PAUSE IN
ADORATION; TO REFLECT***

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Find your peace.

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Create the table you wish existed.

How Dancing Can Change Your Life

Doing Your *Happy* Dance!

Dancing saved my life. It literally took me from blue to bliss. I can't even explain how important dancing has become for me. It's made life a musical experience more than an experience of mayhem.

I have always loved music, and I loved to dance and move. When I learned that music and movement could save me, I tapped into a bit more.



Feel the music, forget the artist.

Focus on how the music makes you feel more than who the artist is. If you're feeling Shakira, shake your money maker to it. I find myself listening to various artists based on how the music makes me feel. Latin music makes me feel powerful and feminine. Hip Hop music makes me feel confident and rich. Don't just listen to your music, feel it.

Stick to lyrics that affirm you.

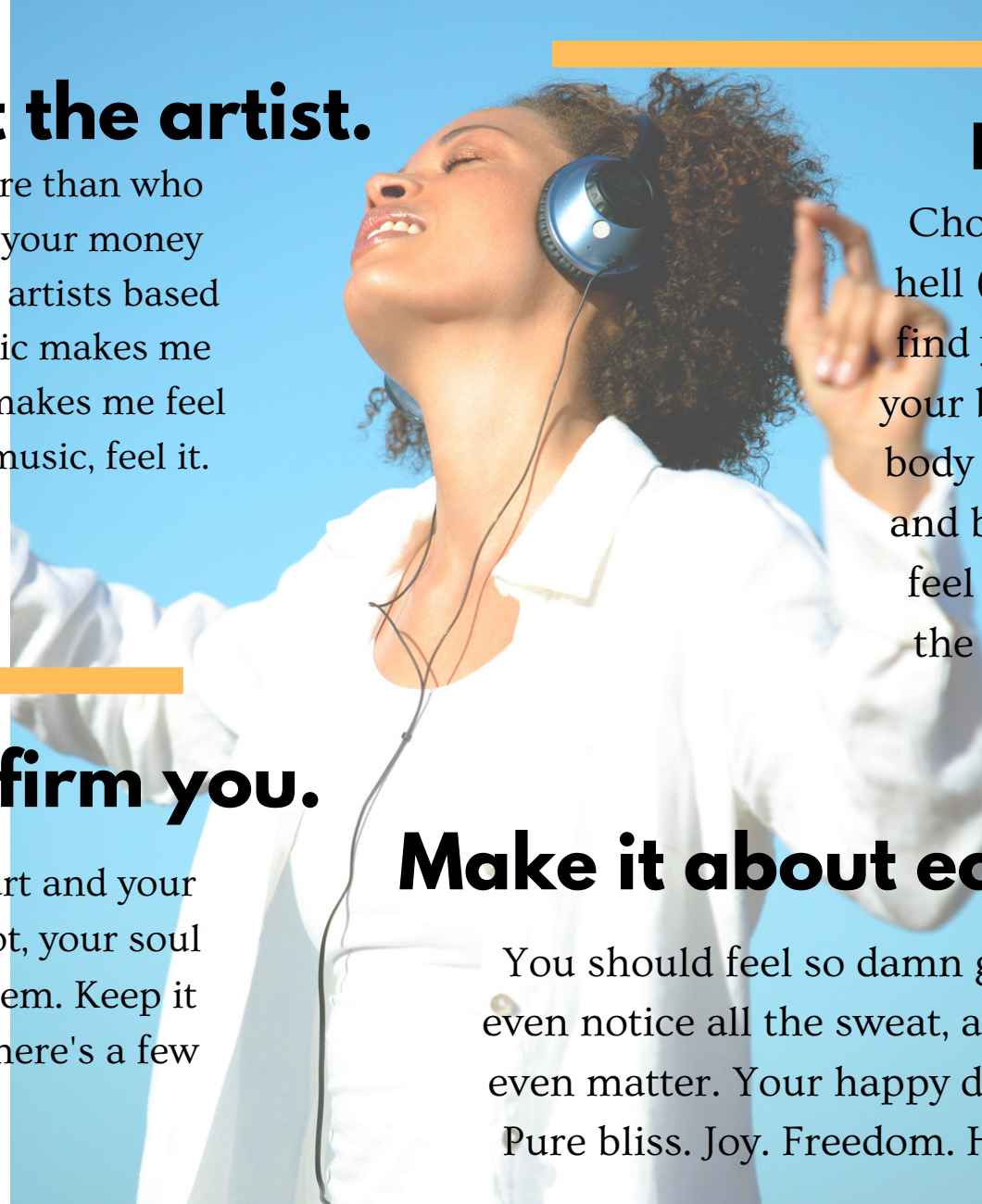
Listen to the music that speak to your heart and your vision. Whether you know the words or not, your soul is still taking in the lyrics and digesting them. Keep it positive, uplifting, and powerful--even if there's a few curse words in there.

Let your body lead you.

Choreographed dance moves are cool as hell (duh...I'm a Zumba instructor), but to find your happy dance you just have to let your body lead you sometimes. Letting your body lead you will help you with alignment and balancing. The parts of your body that feel the most connected to the music are the parts that need the music the most.

Make it about ecstasy, not exercise.

You should feel so damn good after you dance, you might not even notice all the sweat, and the soreness the next day will not even matter. Your happy dance is meant to lead you to ecstasy. Pure bliss. Joy. Freedom. Happiness. Dance your heart happy.



Take a leap of faith.





Brewing Up Bliss

Making Tea a Part of
Your Self-Love Ritual

Sip Yourself Right Into Self-Reflection & Self-Love

I used to be a heavy wine drinker. In my millennial mom circle "is it wine o'clock?" was an everyday question we asked to pinpoint the moment when we needed something to help us get through the rest of the soccer practices, homework sessions, and meltdowns in the park. Well, for me, wine became more like a crutch than a soothing element of my day. I'd pour a glass (or four), and then fall asleep. It wasn't helping me connect to myself or find solutions to my mini meltdowns at the park (see, you thought I was talking about the kids).

Then, I discovered tea. I didn't discover it, but you know what I mean. I opened my cabinet and stared at all the boxes of tea I collected during my "healthy over everything" days, and I realized one thing, brewing myself a cup of tea actually made me happy and aware----at the same damn time. So, I started subtracting the wine and adding a cup of tea to my evening rituals, and it changed my life (it also helped me build my new business). Brewing tea truly brought bliss into my life through self-reflection and self-love. I think you might like it too.

A still life composition featuring a cup of tea, a plate of cookies, a star anise, and a yellow leaf on a light beige background. A white knitted sweater is draped on the left side.

How to Brew Bliss with Tea

Sit with your beauty & grandeur while it brews.

Visualize your future while you stir.

Turn to gratitude while it cools.

Affirm your body as you sip.

Connect to your body's reactions while you savor.

Reflect quietly while it warms you.

Pour another cup and repeat.

A person with long, thick purple braids and blue-tinted sunglasses is looking upwards. They are wearing a white t-shirt tied at the waist. The background is a bright, out-of-focus outdoor setting with colorful abstract shapes in blue, yellow, and pink. Overlaid on the image is the text "BE BRAVE" in large, bold, pink-outlined capital letters. The word "BE" is positioned above "BRAVE".

BE
BRAVE

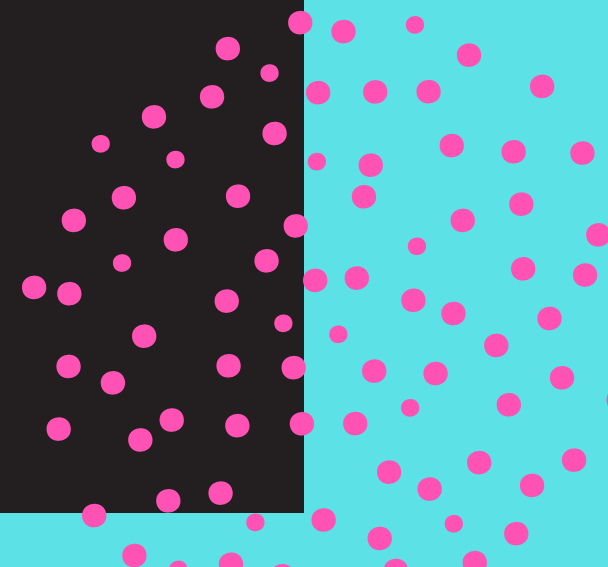
BLISSFUL BUSINESS

Go from Burned Out to Blissful with 10
Heart-Centered Strategies





GOAL
Getter




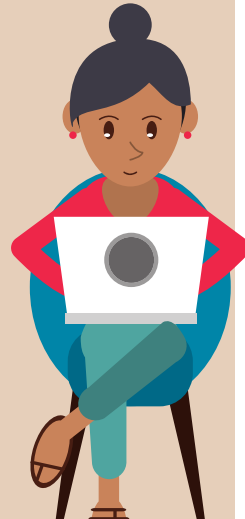
10 phone calls.
5 Zoom meetings.
20 projects.
100 worries.

If you were anything like I was 2-3 years ago, you were experiencing amazing business growth, but the bliss was far down on the list of experiences. I didn't even know business didn't have to be stressful until I was into my 4th year of entrepreneurship. Before my 4th year, I was calling in the burnout for the bucks. I was under the impression that every successful being was also stressed the hell out. Then, I reconnected with a yogi named Tiya, and started reading Jen Sinceros books. Suddenly, I knew I could be a badass at making money without all the damn stress. I realized the secret to success was in implementing these strategies and building something that didn't stress me TF out.

<insert your selah here>

10 Ways to Reach Bliss in Business

- 
- 1. Start doing what feels good to you.**
 - 2. Let hard to please clients go.**
 - 3. Get a team of people you like.**
 - 4. Do business with your friends.**
 - 5. Say no to energetic stealing.**
 - 6. Scale back instead of scaling up.**
 - 7. Listen to your heart.**
 - 8. Focus on what brings you joy.**
 - 9. Get up from the desk.**
 - 10. Seek support, not validation.**



- Write down what feels good to your heart, and start working towards that.
- Be honest about the clients/customers who do not make work fun for you. Begin to release them (i.e. don't renew their contracts/agreements).
- Focus on building a team you enjoy working with. Synergy is real.
- Build relationships and then do business. Knowing the people you do business with can change how your workday goes.
- Avoid those who drain your energy with repetitive questions and inquiries.
- Take some things off the menu. You don't have to always focus on increasing your load to scale. You can take some thing off.
- If your heart tells you not to do something or sign the contract, don't.
- Have fun at work. Your business should be fun FOR YOU FIRST.
- Stick to your office hours, and leave the desk for a while. Working all day and night makes you dull and resentful.
- Create your masterpiece and then seek support. Do not ask others what you should create---that's seeking validation.

**Peace.
God.
You.
N-ature.**



Selah.





The Luxe Life

5 Questions to Help You Identify Your Desires

Being humble and being homely are not the same. I had to learn this the hard way. For years, I was taught to despise anything that cost more than \$100. If it wasn't on sale, I couldn't look at it. When I saw something I deeply desired, I was to pretend it didn't exist and to convince myself that I didn't want it, I was to speaking negatively about it. Imagine that. Wanting something and then talking bad about it to hide your desire for it. Well, that was me----in 2018 (not that long ago). It's not me in 2020. I'm here to happily say I'm a recovering Desire Downer. I now embrace my desires, and expect them to come to me as I put in the work. Here are 5 questions you can answer to find out what your desires are and how you can begin to embrace them.

- 1. What would you desire if money wasn't a concern?**
- 2. If you were living all alone with no one to criticize your choices, what would you have there with you?**
- 3. How would you present yourself to the world if everyone was mute and couldn't say anything negative to you?**
- 4. What lifestyle would you live if you knew you didn't have to pay for it?**
- 5. What experiences would you desire to have if there were no problems in the world? With whom would you include in your experiences?**

Write your answers as intentions (statements of desire). Create a list of ways you can make your desires a reality.

A serene beach scene with waves crashing onto the shore under a soft, pastel sky. The water is a mix of turquoise and white foam, and the sand is a light beige color. The sky is a gradient of light orange and yellow, suggesting a sunrise or sunset. The text is centered over the image.

Prayer of Gratitude

Thank you God for the earth I use, the air
I breathe, and the life I live.



My home is my haven. It's where I feel the safest, calmest, and most relaxed. My home is my heart. As an introvert and Empath, it's deeply important for me to create a space where I can breathe and feel bliss. Are you an introvert? An empath? A homebody? Someone who follows the pandemic regulations? If you answered yes to any of those, this next one is for you.

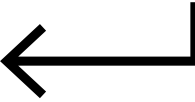
Create sacred spaces
(such as your bathroom
or special room) that
others cannot enter.



Add plants to enhance
the air quality.



Declutter your counters
to bring a smile to your
face when you walk in.



Make room by
leaving space
open.



A diverse group of Black models of various ages and body types are posed in a minimalist setting with a plain, light-colored wall and a grey floor. The models are wearing a variety of contemporary clothing, including a pink shirt and white pants, a tan dress, a white t-shirt, a white dress, a light blue shirt, a white bodysuit with a green cardigan, a blue turtleneck with blue pants, and a pink top with a tan skirt. Some models are standing, some are sitting, and some are in dynamic poses. The overall aesthetic is modern and artistic.

Find your tribe and thrive.

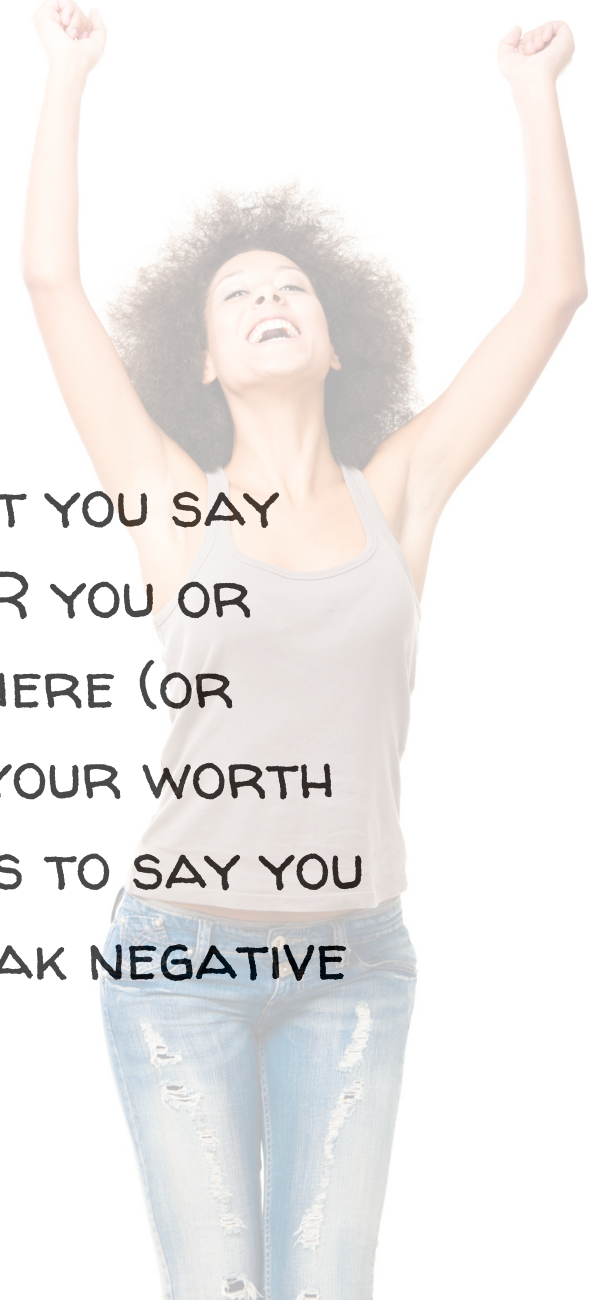
Words Have Power

use them wisely



Your Worth is in Your Words

I LEARNED EARLY IN LIFE ABOUT THE POWER OF WORDS. WHAT YOU SAY DETERMINES YOUR WORTH. WHAT YOU SAY WILL BE USED FOR YOU OR AGAINST YOU WHEN YOU PUT THEM OUT INTO THE ATMOSPHERE (OR UNIVERSE). THE MORE NEGATIVE YOUR WORDS ARE THE LOWER YOUR WORTH VALUE DECLINES. THIS IS NOT TO SAY YOU AREN'T WORTHY. THIS IS TO SAY YOU WITHDRAW FROM YOUR WORTH INVESTMENT EACH TIME YOU SPEAK NEGATIVE WORDS. USE YOUR WORDS WISELY.



I am ingenious.

I am beautifully
and wonderfully
made.

*My life is filled
with bliss, comfort,
and luxury.*

MY DESIRES ARE REALISTIC.

*I am able to do everything I
desire with grace and ease.*

***EVERYTHING I NEED IS READY FOR ME.
I SIMPLY HAVE TO BE OPEN TO RECEIVE
IT.***

LOVE FILLS ME UP.

**I AM MORE THAN CAPABLE
TO CONQUER MY FEARS
AND CAST DOWN MY
WORRIES.**

Selah. Ase. Namaste. Amen.



About the Creator of Selah

Jarius Edens is the quirky creative
and eclectic soul behind Selah.

She is known for your wit,
wisdom, and words.

Learn more about her at
jariusedens.com