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The 5-Minute Soul Orientation

A practice for returning to yourself, your truth, and your inner frequency.

By Elaine Blais — Spiritual Life Coach & Creator of The Art of Self-Approval™

Welcome

Life moves fast. The world pulls hard.

And in the noise of it all, it's easy to drift away from yourself without even realizing it.

This simple 5-minute practice is your way back—

back to center,

back to truth,

back to the soul-level orientation that already lives within you.

You don't need more time.

You just need a moment.

Let's begin.

Elaine





STEP 1: ARRIVE (30 seconds)

Sit, stand, or lie down comfortably.

Close your eyes if that feels safe.

Take one slow breath in through your nose
and exhale gently through your mouth.

Feel your body.

Feel the ground beneath you.

Let your shoulders drop.

Whisper to yourself: *"I'm here now."*

STEP 2: DROP INTO THE BODY (60 seconds)

Your mind thinks.

Your body knows.

Place a hand on your heart or your belly.

Notice any sensation—warmth, tightness, buzzing, openness.

There is no wrong way to feel.

Let your breath land deeply and soften whatever is trying to
speak.

Ask: *"What is my body telling me right now?"*

A word, an image, or a feeling may come. Trust it.



STEP 3: REMEMBER YOUR FREQUENCY (60–90 seconds)

Your frequency is the tone of your inner world—
your truth beneath the noise.

Breathe slowly and imagine tuning a dial
from external pressure
to internal knowing.

Feel yourself shift.

Ask:

“What actually matters in this moment?”

Not the to-do list.

Not the expectations.

Not the story.

Just the truth.

Stay with whatever rises.



STEP 4: REALIGN (60 seconds)

Place one hand over your heart, one over your belly.

Ask these three questions:

1. What do I need right now?
2. What can I release?
3. What is the next kind, truthful step?

Let your answers be simple.

The soul speaks quietly.

STEP 5: RETURN TO YOURSELF (30 seconds)

Take one more breath in.

Exhale fully.

Feel your presence.

Feel your power.

Feel yourself coming home.

Affirm: *“I honor my knowing. I trust my rise.”*

You are oriented again—
from the inside out.



A Final Note

This practice is a doorway.

Each time you do it, you strengthen your self-trust,
your sovereignty,
and your connection to the quiet voice within.

Come back to it anytime you lose your way.
Your soul always knows the route home.

If this practice brings you home to yourself, I'd love to walk with
you a little deeper.

You can explore more ways to rise slowly, soften into your truth,
and live from self-approval inside The Sourdough Project — my
nourishing community for women returning to themselves.

Join us if your soul feels the tug. ➡ [The Sourdough Project](https://www.elaineblais.com)

With love,

Elaine