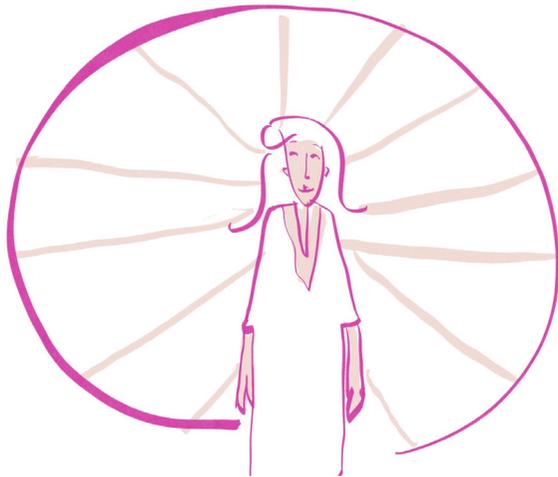




LUNA RETREATS

# 3 ESSENTIALS FOR A CONSCIOUS LIFE



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Everyone wants to live a happy life, this is a common agreement. Many people fail because they search for happiness in external things such as material objects, clothes, expensive restaurants, clubs, etc.

There is nothing wrong about it, and actually it is very important to keep your life filled with things that give you a sense of beauty, but my question here is, “is this enough and actually authentic?” Of course not. You can have millions in your bank account but happiness you cannot buy. It’s not from your external environment that you will find happiness, but rather from within that you will find your inner peace. And if you are having a hard time finding it, it is because it may be hidden where not many people are still able to reach: inside of you!

In this simple ebook I will guide you with 3 simple and deep tools that changed my life. From a disappointed Executive Assistant in an international bank corporation to an international Retreat Leader.

*Practice: Before getting to the tips, I would like to ask you to take a moment to reflect:*

## DO YOU KNOW WHO YOU REALLY ARE?

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In the western world we tend to introduce ourselves as a personage: I am Suzana Lebrecht, born in Brazil, as I write this e-book I am 39 years old, currently living in Bali, bachelor's in Business, Master in Interior Design, Energy and Holistic therapist and a world nomad, founder of Luna Retreats. Etc. Is this me?

**NO!** I am much bigger than that. We are much more complex beings formed by a physical body, a very active mind, and a spirit. I very much love a sentence that says: “You are a soul, you have a body” and we are here living a physical experience.

I will guide you in these simple yet deep steps that I achieved through constant observation of myself in order to help others improve their lives:

# 1 THE PERSON BEHIND THE MASK

Drop everything that protects you. Drop all the masks you use as a family member, as an employee or an entrepreneur, a member of a society or a community. Drop it all. Imagine that you have just arrived to this land and you own nothing and you are completely bare. The only thing you own is your body. How does it feel? Having this image in your mind whilst keeping a total sense of observation, go back to your regular routine and look at your own thoughts and acts. Do they really represent who you are or are you only copying what you were told to do or who you should be?



When I started to practice this exercise and find out who I wasn't the person I would like to be, neither having the life I wish to have, I quit my job, broke up with my boyfriend and started a new life. I am not telling you to do the same, I am just saying that this was my breakthrough point to realize that for many years, I was not aware of who I really was. And when I realized that I could recreate my life, I started at this point of who am I? And I was extremely surprised to find out that I had no idea. I started again from scratch. So don't be afraid. You will be surprised and trust me when I say, for the best!

**“Is there a difference between happiness and inner peace? Yes. Happiness depends on conditions being perceived as positive; inner peace does not.” - Eckhart Tolle**

*Practice: Take 20 minutes to reflect about your life and what you would like to make different from now on?*



## 2 LIVE IN THE MOMENT

This was my starting point to see how much time and energy I was wasting thinking about what my life was and what could be. When I attended my shamanic therapy training, we were taught to observe and read all the signs of nature and also our inner messages as shamans used to read the weather in order to make decisions for their tribes. In simpler words, I needed to be the observer and watch my thoughts. When you start to become your own observer and pay attention to every single act that you are doing or thinking, you are taking your power back from this moment on. It's not your mind controlling you, but rather you just observing it and deciding whether you respond to it or not. You become your own boss! Go take a shower and feel the water touch your skin. Eat and feel the taste, texture, smell of what you are eating.

In a very holistic way we could say, you are connecting to your highest self by being here in the now. By doing so, you will be opening space to connect deeper with your heart and make room to realize if your thoughts are ego-based or from the heart. It's a very beautiful exercise to practice constantly!

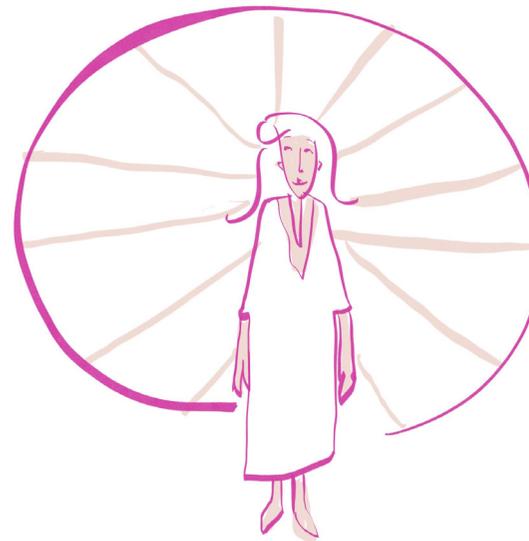
### 3 INSPIRE AND BE INSPIRED

One of our retreat's participants mentioned that her friend's started to contact her still during the retreat as they were watching her Instagram stories and seeing the changes she was going through. As soon as you start to be aware and a constant observer of who you are, you may feel lost. Of course it is not a one day process. As much as you increase your awareness, you pass from a state that usually we can refer to as "sleeping mode" to an awakened state. When you are "awaken" your perception of the same things, you will change. You are now in your power, you already know who you are, you are fully present and capable of distinguishing what makes sense to keep in your life or what you need to let go.

You start to share your light and people start to notice you. The people will approach you in a different way, they may even tell you that you are different or that you became another person. They will ask you what is going on and they will be interested in being around you.

On the other hand, you can also disconnect from other people as they won't be able to understand what is going on with you and this is ok. It means that they are in another moment of their life. Just accept it with love and everything is perfect. And please, don't try to convince anyone to follow your path! To be spiritual doesn't mean that you need to have a guru or follow some institution, it's about being conscious of who you are, as an individual being.

By being you, you will inspire other people, and this is already a huge contribution to humanity.





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Text: Suzana Lebrecht  
Illustration: Mi Brodeschi

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