

THE
GREAT
LIGHT
GARDEN



7 STEP LIFE RESET

Your detailed step-by-step guide book that will help you implement
real change in your life - from the inside out.



MEDICAL DISCLAIMER

The information in this guide is for educational and informational purposes only and is not intended as medical advice. I am not a medical doctor or licensed healthcare professional.

Any changes to your diet, lifestyle, exercise routine, or substance use should be discussed with a qualified healthcare provider, particularly if you have existing medical conditions, are pregnant, breastfeeding, taking medication, or have a history of mental health challenges.

You are responsible for your own health decisions.

This guide is designed to support personal growth and wellbeing, not to diagnose, treat, cure, or prevent any disease.

If you are experiencing any physical or psychological symptoms, please always seek appropriate professional medical support.

IN CASE WE
HAVEN'T MET
YET...



I'm Ora, Founder for The Great Light Garden.

For a long time, I looked like I had ambition and drive on the outside, but inside I was anxious, addicted, insecure and completely disconnected from myself. I was chasing success as a singer-songwriter, constantly comparing myself to everyone around me, secretly jealous of people who were confident, pretty, talented or successful.

I smoked cigarettes and weed daily, and tried to stay skinny as my self worth was rooted in my body alone. I worked late nights at our local club and would wake up with shaking anxiety, running to the bathroom every morning with stress in my body, then frantically scouring our ash trays for remains of last nights spliffs - just to try and start the day feeling normal.

I hated how I felt sober, and I chose to numb myself instead of facing what was underneath.



I had trust issues and would rush to end relationships early to avoid feeling vulnerable. I was angry at the world, and deeper than that, I was disappointed in myself.

I tried to quit smoking so many times! My grandma had lung cancer from smoking and I knew how upset my dad and family would be if they found out that I was addicted too.

No matter how many times I tried to quit, I couldn't get past the rage that would arise.

From the outside, nothing looked that catastrophic, but internally, I was lost.

Then I met my spiritual teacher who's teachings changed my life.

I realised that I wasn't weak... my anxiety and anger weren't a reflection of who I was as a person, and I actually didn't have to continue living this way..

I didn't need to give up hope, I just needed a reset.

Within weeks of resetting my food plan, removing the substances, cleaning up my environment and committing to disciplined daily practices - I started to actually feel good. My anxiety stabilised, the self judgement lifted.. and best of all - the cravings were gone.

People started to compliment me that I was glowing, that I looked beautiful - but it was an inner confidence. A self-love, divine light that had awakened within.

Over the following months, I rebuilt my life from the inside out. And over the past 8 years, I've refined what actually works - all while living in the real world: working a 9-5, navigating family and relationships, managing my responsibilities - no longer escaping life, but actually mastering it.

This guide is the distilled version of everything that works.

You do not need to wait years. You do not need will power, or a healing crisis to give you the strength to change.

You simply need structure, and a guide that you can stick to. It really gets to be simple and easy, all you need is the desire and willingness to take the first step.

I hope this guide helps you find everything you're looking for.

With love, *Ona Zikara*



Before



After





STEP 1

SET YOUR GOALS

The first step to making any change is to get clear on what you want, and to set your goals.

- What would your life look like in a year if you don't make any changes at all?

Consider:

- What do you want?
- How do you want to feel on a daily basis?
- What do you want your life to look like?
- What current patterns or fears are holding you back?
- What would your life be like in a years time if you make these changes now?

You don't have to have it all figured out right now, or even know exactly how you're going to make this work- you just need to choose your destination, and get clear on your goal.

Usually it's good to choose a 'feeling' as your destination e.g. I want to feel freedom, I want happiness, I want to feel love...

Feelings are much easier to achieve and less restrictive on how you'll actually get there.

For example at the start of my awakening journey, I wanted to get rid of my addictions and feel more balanced and at peace with life. I wanted to be kind to myself and learn how to see my true value as a divine soul.



STEP 2

BALANCE YOUR INTERNAL CHEMISTRY

We don't see life as it is, we see life as we are.

Have you ever had it where you're feeling unwell or stressed out, and then everything and everyone around you really gets on your nerves?!

On the flip side, have you ever had it where you get some good news / something positive happens, and suddenly you're smiling at everyone you walk past and everything feels warm and bright?

That's because our internal chemistry - our literal hormones - dictate the way we feel, which in turn dictates the way we see and approach the world.

Therefore, if you want to make a positive shift in your life that actually lasts - you need to start with balancing your hormones... so you can feel more balanced internally, and see things from a more balanced and higher point of view.

When you are less internally stressed, you approach challenges from a better place... with a better mindset.

You have more optimism that you can overcome adversity and achieve your goals, and you also have more energy to see them through.



How do you balance your chemistry better?

Eat healthy (raw and whole foods: plant-based food plan).

Eliminate / reduce foods like refined carbohydrates, refined sugar, processed foods and animal products as they contain chemicals, toxins and hormones that disrupt your internal chemistry and cause stress in the body.

Fasting (start small - 8 hours, 24 hours, 3 days).

When you fast for around 2-3 days, your body can go into a state called ketosis which triggers an internal chemical reset - a great way to soothe any chemical addictions you had to substances, people, places and feelings in your life.

You can also purchase our book [‘You Are The Cure’ Chris Justes](#) and follow the coconut oil recipe if you want to trigger ketosis in 1 hour rather than having to fast for a few days for the chemical reset.

Eliminate recreational drugs (e.g. alcohol, cigarettes, weed, refined sugar, refined wheat).

These external chemicals disrupt your natural internal chemistry and put you out of balance.

In what ways can you work towards balancing your internal chemistry more?



STEP 3

HEALTHY HABITS

Our habits are things we routinely do most days that can either be adding to our stress, or adding to our health and wellness.

Our habits are important because the things we do consistently build up over time, and result in the life we experience.

It's often the 'little and often' steps that can create the biggest change- so these actions you are taking every day, no matter how big or small, are all compounding into creating your existing reality.

- What is the first thing you do when you wake up? Do you have a daily routine?
- What time do you go to bed? Are you tired when you wake or do you feel refreshed?
- Does your day feel fairly organised and structured or are you late, chaotic, rushing around and messy?

Again, none of this is to judge yourself- it's to see the patterns and habits you've been unconsciously running, but perhaps haven't been aware of.

Have a think about your current goals: what kind of habits you would need to start adding in (or removing) from your daily life to move closer towards achieving them?



Examples

Healthy Habits

- Going to bed and waking up early (where possible).
- Adding some movement to your day (e.g 5-10 mins yoga, a run or walk).
- Practicing being present and listening to people.
- Tidying up after yourself so things don't gradually start getting messy.
- Commit some time every day to bettering yourself in some way.

Un-healthy Habits

- Going straight on social media as soon as you wake up.
- Eating junk food snacks if you're hungry rather than making something healthy to eat.
- Staying up late and not getting enough sleep.
- Avoiding general self-care like showers, brushing teeth, brushing hair.
- Comparing yourself to others.



STEP 4

MINDSET & WORDS

Becoming aware of your mindset (your thoughts and beliefs), and the way you speak internally and externally, are crucial for positive change.

Spend a day paying attention to the way you think and speak:

- When you're feeling stressed or overwhelmed, does your mind automatically focus on all the negatives, or do you consciously use your mind to encourage and motivate yourself?

Your mind can either be your greatest tool, or your worst enemy - therefore it's important to train it well.

Your internal and external dialogue about yourself and your life is either energetically supporting your success, or tearing you down word by word.

Consider the way you speak about yourself, your life, and your 'story':

- Do you use defeatist words like "I could never", "I can't" - and trap yourself in with excuses e.g. "I'm too old", "I am too broken"...?
- If someone asks how your life is going, do you usually share all the negatives, all the positives or a mix of both?

These are just key places to start. When you choose to think and speak differently, you create subtle energy shifts within your field that makes a big difference to the way you feel about yourself, and how you show up in the world.



Good practices for mind & word mastery

Meditation

When you have a chaotic mind, the last thing you want to do is meditate, but it's a MUST. The good news is that there are so many different ways to meditate that don't always include sitting still in silence. If you struggle to meditate, try some of the following:

- Meditating with your eyes open & relaxing your gaze on something like a candle flame
- Listening to some relaxing frequency music whilst you do it
- Movement meditation like dancing with your eyes closed, nature walks or yin yoga

Remember that meditation isn't about sitting still in silence, it's about training your mind to stay focused and present in the moment. This is something you can practice whilst washing your dishes, folding laundry, cleaning the bathroom... you don't always have to be sat crossed legged in silence to master presence.

Affirmations

Writing and reading out loud positive affirmations is a great way to start your day and trains your mind to learn to focus on the good. You may also want to add in a gratefulness practice to remind yourself of the good that already exists in your life.

Most people (at first) don't actually believe in what they are saying when they start to use affirmations or speak / think more positively - and that is totally normal, you don't need to believe it! Rewiring your brain takes time, you just need to be consistent with it. The more you learn to correct your negative thoughts/ words and choose a more positive outlook instead, the more natural it will become.

How can you add more mental presence and positive words into your day?



STEP 5

EMOTIONAL HEALING

“If you bring forth that which is within you, what you bring forth will save you. If you do not bring forth that which is within you, what you do not bring forth will destroy you”
– Gospel of Thomas

Trauma and painful experiences from this life (and past lives) can be held within the body, mind and soul.

When we haven't been taught how to properly process and deal with emotions, we can suppress them - carrying the weight of them from one life to the next.

Emotions trapped within the body, mind or soul can manifest as negative experiences, lack of abundance and illness into your life.

When we take the appropriate time to reflect, assess and heal from our past, it frees us to live in the present moment without re-playing our traumas subconsciously over and over again.

When people are overly emotional, they are easier to 'trigger', manipulate and control.

When one finds internal balance (step 2), and gains mastery over their mind (step 4), it is much easier to choose how you want to emotionally respond to life.



Ways to heal your unprocessed emotions

Journalling & Reflections

You can purchase specifically designed ‘shadow work’ or trauma healing journals which will prompt you with questions to ask yourself that will help you look beneath the surface and bring light into your subconscious pain.

Therapy, Counselling & Groups

A lot of people go to therapy sessions or counselling to speak to a professional. You don’t have to do it alone, infact sometimes it’s better to work with a trained professional so you can feel safe, guided and supported - especially when it comes to working deep within your own psyche.

You may want to join groups online or in person of people who have gone through the same as you - however it’s worth finding empowering groups where people are healing and aiming to become their highest and best versions. You don’t want to start getting pulled into a collective consciousness of people feeling disempowered or overwhelmed by their experiences, as this could start lowering your frequency and have the opposite effect.

Spiritual Modalities/ Energy Healing Sessions

There are many spiritual practices e.g. kundalini yoga/ breathwork, which allow for somatic release of these trapped emotions through movement and breath. You could also schedule a personal Energy Healing session, Deep Soul Healing work, Inner Child Healing or Past-Life Healing with a spiritual practitioner.

You can [schedule a 1:1 healing session with Ora Zikara at The Great Light Garden.](#)



STEP 6

ENVIRONMENT

When I first went vegan and stopped smoking, I noticed how quickly my environment changed. The people who once were my best friends, were challenging and mocking my new life style, and I soon realised that its better to be alone then to be surrounded by the wrong crowd.

Here's the truth - those people weren't bad... I had changed, I didn't want the same things anymore. I didn't want to sit around smoking weed all day, I didn't want to be wasting my money and life on escaping reality. I wanted to get healthy, I wanted to reach my full potential... I desired to build a life and career that would bring me true freedom, purpose and joy.

I also noticed my tastes in TV programs and social media change. I decided to clear out the accounts I was following and start to fill my feed with content that would inspire me, encourage me to eat healthy and teach me new and valuable skills.

Our home can also be a key factor in our environment. Who do you live with? How is the house kept? Most importantly, what feelings do you get when you walk around your house, and how can you create a home life that brings you joy and peace - not chaos and stress?

Finally, consider your work environment. What is that like? What can you do, or who can you show up as, to bring more light into your work life?



There may be a lot that you can't change about your environment right now - for example living with toxic people or working with a boss that under-values you. The important step right now is to **look at the things that you can change**, and start there.

The more you transform your life from within, the external will start to catch up. Anything that doesn't resonate with you anymore will naturally fall away, and you will be able to move on with grace. Anything (and anyone) that is meant to stay, will rise up with your new frequency in time.

Do this inner work in silence (as much as possible), and build your freedom for yourself before anyone else knows. This is especially important if you are in an abusive relationship, have narcissistic family members or work colleagues and can't yet afford to leave.

One of the biggest ways you can transform your environment is by transforming the way you show up there. Are you pre-empting situations and conditioning people with your own projections, based on the past?

Remember that if you start to believe someone is always angry (even if they are), you are projecting that belief onto them, and you will continue to see that side of them - because that is what you are expecting to see... (you project what you expect).

- How can you show up in a way that brings the best out of others?
- How can you remove your old beliefs and conditioning about someone to allow them room to change?

STEP 7

YOUR HIGHER POWER

Everyone has a higher self, and an angelic and spiritual team, yet not everyone knows about it!

How often do you speak to your angels and higher self?

How often do you ask them for help, guidance or healing?

Our angels love to help us - there is nothing too big or too small you can ask them for. Their entire purpose is to look after and guide you through this life - it helps them with their evolution too.

However, angels can't overstep your free will (unless in an absolute emergency).

Whenever I am struggling with a situation in life, I will always speak out to God and my angels.

I will pray to them and let them know exactly how I'm feeling and that I need their help.

Sometimes I ask for clarity on a situation, sometimes I ask them to make a presentation go well, sometimes I'll ask them to wrap my car in protection for my next journey.

Your divine team will get you through situations that are too difficult to move through alone.

Call upon them, ask them for signs that they are there, ask them for guidance and see what you receive...

You are never truly alone.



How to connect to your divine team

Prayer & Meditation

Just speaking to them either out loud or in your mind. Tell them how you feel, explain to them what you need - even if it's just more strength or clarity around a situation. Then listen, look for the answers, they may show up in your conversations with people, in a suggested YouTube video, in a new opportunity... or a song on the radio.

Angel Guidance Cards

You can use angel guidance cards to receive messages. This is a super fun and easy way to get your guidance if you are still learning how to truly listen to your own personal messages.

The key to learning how to truly listen to your own messages is through practice. Often, a lot of meditation - quieting the mind, balancing your internal chemistry (step 2), protecting your aura through energy work, guided meditations to put yourself in the right brain wave frequency, and trusting yourself with what comes through.

Have you asked your team for help with what you're growing through?

YOUR 21 DAY RESET COMMITMENT



Putting it all together in a committed practice, for 21 days

So.. that was a lot to go through! Here's what happens next...

Choose 1 action you can take from each of the 7 steps to start implamenting in your life right away:

STEP 1: What outcome do I want to acheive over the next 21 days?

STEP 2: What food/ substances will I add/ remove to start balancing my internal chemistry?

STEP 3: What is one daily healthy habit I will commit to over the next 21 days?

STEP 4: How can I practice mental presence and more positivity each day?

STEP 5: What one key emotion is running my life right now? Where is it coming from and how can I start to heal it and send it love?

STEP 6: What can I do right now to start to improve the environment I am in?

STEP 7: How can I practice making a stronger connection to my higher power over the next 21 days?

Aim to be very specific with each, rather than just saying 'eat healthier' be clear on how you're going to do that e.g. eat more raw greens with my dinner each day / cut out all processed foods for the next 21 days.

Make this about consistency - not perfection. If you miss a day, don't worry! Just carry on the next day where you left off.

WANT TO JOURNEY TOGETHER?

You don't have to do this alone. If you're ready for positive change, if you know that you're destined for more, and if you're fed up of living a life that doesn't support you - I'm here for you.

Visit The Great Light Garden to explore my 1:1 Deep Soul Healing sessions.

If you are looking for long-term support, schedule a free consultation call to discuss options for my 3 month personal packages.

Wishing you all the best with your 7 Step process, you've got this!



RETURN TO EDEN

8-WEEK LIVE GROUP JOURNEY TO EMBODY YOUR HIGHEST SELF

Sign-up for our next 'Return To Eden' live group online journey, where we will be learning and embodying health, energy and lifestyle habits to align your body, mind and soul, and come home to who you truly are.

With weekly group teaching calls and a supportive Telegram chat with Q&A, so you can implement this 7 step guide into a real sustainable practice in your life. One that will bring you long-term shifts and put you on a higher path.

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