

SELF-CARE RITUALS

WHY IS GROUNDING SO IMPORTANT?

Like a tree which is deeply and firmly rooted to Earth, we, too, need to have a foundation in which we can anchor ourselves to Mother Earth, mentally, physically and spiritually. If you aren't grounded, you're like a leaf in the wind, light and easily swayed.

Grounding allows you to bring awareness back into your centre, and allows you to be mindful. In your daily life situations pop up that might throw you off balance. However, being grounded you can weather the storm much easier and align yourself to your core, which will make you much more peaceful and balanced. You even might start viewing your situation in a different perspective and might be able to solve problems faster for the greater good of all involved.

Grounding is also a very basic core practice and usually the first step in many systems of spiritual practices or personal development so you may connect yourself energetically to the core of the Earth. In yoga, as an example, there are core techniques to ground yourself before you start.

Benefits


- ◆ Feeling more relaxed and less anxious
- ◆ More awareness and feeling centred
- ◆ Has healing abilities
- ◆ Brings strength
- ◆ Allows for balance and stability for our body, mind and soul
- ◆ Feeling of being less tense and stressed
- ◆ Energy release
- ◆ Assists in creating a bridge between soul and matter

Usually you will experience 1- 3 of these symptoms when you are not grounded.


Signs you are not correctly grounded:

- You feel "off"
- Exhausted
- Scattered-brained, anxious, overwhelmed
- Hyper
- Disconnected
- Out of the blue emotional
- Falling asleep while meditating

SELF-CARE RITUALS

Every moment/task can become a beautiful soul-filled ritual if you allow it 

Here are the ways I love to connect to my soul ♥ Body ♥ Mind

- * Rampage of gratitude upon waking before opening my eyes
- * Connecting to my breath, relaxing the jaw
- * With an awareness of the breath, connecting to the subtle movements of the body, awakening slowly, with mindful movements
- * Connecting with the stars, moon
- * Earthing my feet, connecting with mother earth
- * Tea Ritual
- * Meditation + breath work + energy protection
- * Connecting with the angels, my guides 
- * Self-healing + gratitude
- * E.F.T/wobble board
- * Moisturizing the skin while loving on my body / essential oils
- * Spending time on my hair
- * Sending love & healing → white light meditation
- * Connecting with the sun / Archangel Uriel / rejuvenation / energy / ^{new} beginnings
- * Sky & cloud gazing
- * Listening to bird song + bird freedom
- * Colouring / journaling / reading / drawing
- * Lakshmi principle
- * Yoga + all day yoga principals
- * Walking
- * Bath / spa / cleansing rituals
- * Nourishment / food / mindful

SELF-CARE RITUALS

SELF-CARE

BODY * MIND * SOUL

BODY

MIND

SOUL

EMOTIONAL FREEDOM TECHNIQUE

What is EFT tapping?

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, a disruption in energy is the cause of all negative emotions and pain.

How does EFT tapping work?

Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Any imbalance can influence disease or sickness.

Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure, by stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

EFT tapping in 5 steps

EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

1. Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

- acknowledging the issues
- accepting yourself despite the problem

The common setup phrase is: "Even though I have this [fear or problem], I deeply and completely accept myself."

You can alter this phrase so that it fits your problem, but it must not address someone else's. For example, you can't say, "Even though my mother is sick, I deeply and completely accept myself." You have to focus on how the problem makes you feel in order to relieve the distress it causes. It's better to address this situation by saying, "Even though I'm sad my mother is sick, I deeply and completely accept myself."

4. EFT tapping sequence

The EFT tapping sequence is the methodical tapping on the ends of nine meridian points. There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

- karate chop (KC): small intestine meridian
- top of head (TH): governing vessel
- eyebrow (EB): bladder meridian
- side of the eye (SE): gallbladder meridian
- under the eye (UE): stomach meridian
- under the nose (UN): governing vessel
- chin (Ch): central vessel
- beginning of the collarbone (CB): kidney meridian
- under the arm (UA): spleen meridian

Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

- eyebrow
- side of the eye
- under the eye
- under the nose
- chin
- beginning of the collarbone
- under the arm
- After tapping the underarm point, finish the sequence at the top of the head point.

While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is, "Even though I'm sad my mother is sick, I deeply and completely accept myself," your reminder phrase can be, "The sadness I feel that my mother is sick." Recite this phrase at each tapping point. Repeat this sequence two or three times.

5. Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.

EMOTIONAL FREEDOM TECHNIQUE

EFT script for raising your vibration to allow miracles

Karate Chop:

Taking full responsibility for my own wellbeing

I choose to raise my vibration, I choose to really love & accept myself

I choose to raise my vibration, I choose to really love & honour myself

I choose to raise my vibration, I choose to feel really good, I choose to be buzzing with energy.

I choose to really raise my vibration & I choose to deeply & completely love, honour & accept myself

And maybe everybody else too, because that amount of love would really raise my vibration

Eyebrow: I'm raising my vibration

Side of the eye: I choose to be buzzing with energy

Under the eye: I choose to feel really good

Under the nose: I choose to feel so energised

Under the chin: because I've got things to do

Collar bone: and I'm finding the energy to do them

Underarm: I'm finding the energy to do them really well

Crown of head: as effectively as possible

Eyebrow: as efficiently as possible

Side of the eye: I'm getting things done

Under the eye: and I choose to feel really good in the process

Under the nose: clearing whatever might bring me down

Under the chin: clearing the fears and doubts that slow me down

Collar bone: releasing those from my system

Underarm: and finding even more energy

Crown of head: everything is energy

Eyebrow: I am completely made up of energy

Side of the eye: I'm raising my vibration

Under the eye: feeling this energy in every fibre of my being

Under the nose: knowing that I can do great things

Under the chin: giving myself the freedom to do great things

Collar bone: giving myself the freedom to just feel great

Underarm: and I really deserve that

Crown of head: in body, mind & spirit

EMOTIONAL FREEDOM TECHNIQUE

EFT script for releasing fear

Karate Chop:

Taking full responsibility for my own wellbeing

Even though I fear this fear, I choose to love & accept myself

Even though I fear this fear, I choose to love & honour myself

Even though I fear this fear, it's really upsetting me, it's really keeping me stuck

Even though I fear this fear, I choose to deeply & completely love, honour & accept myself

And anyone else who may be connected to this fear

Eyebrow: All this fear

Side of the eye: All this fear

Under the eye: Its upsetting

Under the nose: Its bothering me emotionally

Under the chin: Its bothering me physically

Collar bone: Its keeping me stuck

Underarm: And maybe I'm sure about what I'm afraid of

Crown of head: And maybe I just feel afraid

Eyebrow: And I'm not really sure what its about

Side of the eye: Either way I choose to clear it

Under the eye: Clearing this fear

Under the nose: Clearing it at a cellular level

Under the chin: Clearing it from every fibre of my being

Collar bone: Allowing myself to relax

Underarm: Allowing myself to feel more peace

Crown of head: Allowing myself more freedom

Eyebrow: Allowing myself to see what I might be afraid of

Side of the eye: And do I really need to be so afraid

Under the eye: There may be precautions I need to take

Under the nose: There may be something I don't need to do

Under the chin: I'm clearing the fear so that I can be smarter

Collar bone: Allowing myself to make good choices

Underarm: About how to best take care of myself

Crown of head: Fear just gets in my way

Eyebrow: So I'm releasing the fear

Side of the eye: Calming down

Under the eye: Letting myself see what I need to see

Under the nose: So I can do whatever I need to do

Under the chin: Letting go of this fear

Collar bone: Letting go of this fear

Underarm: Setting myself free to feel more peace

Crown of head: In body, mind & spirit

AFFIRMATIONS

Simply—a confirmation of truth

Affirmations can be a powerful tool to uplift your mood, your state of mind & manifest the change you desire in your life. They have the power to not only program your mind into believing the stated concept, but when done right send a signal to the universe that you are ready to receive, to co-create magic.

Tips:

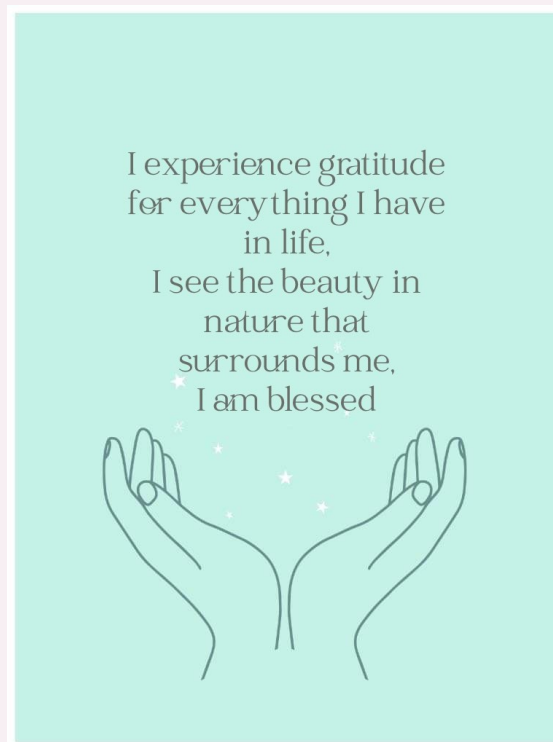
Start with a believable, measurable affirmation

Don't overcomplicate them

Say them out loud in front of the mirror

Visualise & embody the feeling as if the affirmation was already a reality.

See the details, feel the emotion.



MANTRA MEDITATION

How to use Mala's in meditation to heal the mind, body and soul

Sometimes we need a simple reminder to breathe, to slow down, to be present.

Mala's, meaning *garland* in Sanskrit the ancient script of India, are a beautiful piece of jewellery to be worn around your neck or wrapped around your wrist. But they also serve as an amazing tool to assist with meditation. Also known as Mala beads, they act as reminders and catalysts for not only living your intention but to breathe, slow down & to be present.

While traditionally Mala beads were created as a meditation tool in the practical sense, they are also created with healing gemstones making them a beautiful gift from nature to bring emotional balance & support to the mind & body.

Wherever you are on your meditation journey, Mala beads & Mantra's are a great tool to help focus your attention. They provide something tactile to come back to when your mind starts to wander, which will undoubtedly happen! Rolling the beads through your fingers is a physical way to connect with your breath, direct your energy and attention and a gentle reminder to remain grounded and focused. (see below for a step by step process on how to meditate with your mala & my favourite mantra's)

The benefits of Mantra Meditation

The benefits of Mantra meditation are the same as the benefits of any other type of meditation technique. The Mantra is simply used as both an anchor to help settle and focus your mind, this is especially helpful if you have an overactive mind, life myself & also to allow the affirmation, the intention, the belief to solidify within the body & mind.

Mantras can be Sanskrit words, 'I am' statements or sounds (like Om) which are repeated or chanted 108 times in japa meditation as an object of concentration. The vibrational quality of the Mantra sound currents are thought to help attune the mind and body leaving you feeling refreshed, clean and purified. They can be chanted out loud, whispered or said internally. They have been used throughout the centuries and it is believed that the sacred power of words and the accompanying sounds in mantra aid in healing in the physical and energetic bodies.

My Favourite Mantra's

Aham Prema: 'I am, Devine Love'. This mantra is a love letter to your soul.

Om Gum Ganapataye Namaha: this mantra is invoking Ganesh, the remover of obstacles, bringing new beginnings, protection & strength.

Om Mani Padme Hum: I bring Purity to my body, mind & speech. I follow the path of wisdom with love & compassion.

Ra, Ma, Da, Sa, Sa, Say, So, Hung..... I am grounded, I am creative, I am worthy, I am loved, I speak my truth, I see with clarity, I am connected

All of these mantra's can be found on spotify or youtube, so while you are learning, find a track that you connect with, until your mantra radiates from within.

Please don't be concerned when your mind wanders. When it does, simply acknowledge your thoughts without judgement, let them go, and return your focus to your Mala beads, your breath and your Mantra.