

Rhythms of Balance, Layers of Self Care



Wakeful Morning

Presence the Dawn

- Wake and rise early, preferably with the sun
- Look out the window, see the world

Clear Some Space in Your Body

- Urinate and defecate upon arising
- Scrape your tongue, brush your teeth
- Rinse your sinuses (if appropriate)
- Apply oil* inside your nostrils and ears

Hydrate

- Drink 2 - 3 cups of hot water, add lemon for taste or alkalinity if desired

Connect to Flow

- Read something inspiring
- Journal if desired, make a gratitude list

Flow with Prana

- Exercise for 20 minutes, breathing deeply
- Breathe and/ or meditate for at least 5 minutes

Clean and Clear and Lucious

- Swish a Tbls of coconut or sesame oil in your mouth for 5 - 20 minutes
- Massage your body with oil* before, during or after your shower

Feed Yourself Well

- Have raw green energy with breakfast: a green smoothie, greens in your eggs, add sprouts to oatmeal, get creative



Mindful Mid-day

Maintain Connected Rhythms

- Take a breath, say a prayer, pause between activities, before dialing or answering the phone, sending an email
- Eat your most substantial meal at lunch in a quiet, settled atmosphere
- As much as possible, stick to water between meals
- Check your hydration level before snacking
- Do not restrain natural urges such as yawning, sneezing, farting or urinating

Evening Sabbath

Transition from Work to Rest

- Quit work by 6 whenever possible, unplug from tech
- Breathe before walking into the door of your house, leave the day behind, treat yourself and others with loving care

Eat Early and/or Light

- Avoid pm snacking - Drink up to 1 tbls turmeric in water after dinner or enjoy warm tea
- Don't beat yourself up if you do snack

Cultivate Pleasure

- Engage in an activity that brings you joy
- Go for a walk
- If watching tv do so with attention
- Shut off the tech at least 30 minutes before sleep
- Meditate or breathe into the back of your heart before bed

* Use a pure oil such as sesame, coconut, olive, or almond

** Arrange activities as needed!

