



# The Power of YOU!

*Tips to Aid Personal Expansion*



*Each Morning*  
"Good Morning"

*Each Evening*  
"Good Night"

← "THANK YOU FOR THIS DAY" →



**Practicing gratitude helps open up energetic channels and intensify manifestation.**

Begin each day with 2+ glasses of ALIVE water. Spring water (or mineral-rich filtered water) with added boosters: squeeze of lemon, Himalayan salt, cayenne, blessing, etc...

Complete each day with nutrient-rich foods that increase intestinal health. Examples include: 4 oz. kefir (after meal), sauerkraut, probiotic supplements, pickled vegetables, kombucha, kimchi, etc...

**Keeping the physical body nourished also ensures appropriate nourishment and vitality for intellectual body, emotional body, and spiritual body.**

Add zest to your day by beginning with a COLD shower of 3 to 10 minutes.  
Or take a COLD shower after each workout to boost recovery and heighten mood.



Welcome lunar energies by taking a HOT, salty bath in the evening. Use Himalayan salts, Dead Sea Salts, Epsom Salts, or a combination to charge-up the bath water as your medium for detoxifying and purifying your whole being.

OR

Induce deep sleep with a COLD shower of 3 to 10 minutes (no soap) prior to entering your bed.

**Embrace your "edge" by working with the elements. The YIN energy of cold water is very healing and exhilarating. Bathing in hot, salty water at full and new moon phases detoxifies and brings new energies to your being.**



Out with the Old; In with the NEW!  
Each day, make room →

Shed everything which does not serve you. Ask yourself, "Does this serve me? Is this something I need? Could someone else benefit from this? Could this serve someone else?"

**What you allow in your life carries energy (and Karma) with it. This includes (but is not limited to): Physical objects, Relationships, Personal ties or perceived obligations, Guilt, Agreements or Contracts, Thoughts, Etc...**

Our Bodies are most in harmony when:

- Charged-up & Energized
- All Body & Chakra Systems are GO
- We follow the FLOWS (season, body, life)

Clean up TRANSMISSION & RECEPTION by balancing the bodies. Our bodies will give us the information we need. Begin by looking at what kind of stress you're holding & shift that energy.

**If you listen to your body when it whispers, you will never have to hear it scream.**

Recommended for Daily Practice (at least 2 of the following per day):

- ✓ Smudge Self & Surroundings
- ✓ Time with Nature (in motion or stillness)
- ✓ Meditative Movement / Dynamics
- ✓ Mandala Colouring / Expressive Art
- ✓ Qi Gong; T'ai Chi; Yoga
- ✓ Breath Awareness / Rectangular Breathing
- ✓ Wakeful Rest
- ✓ 20-minute Nap

- ✓ Observe Candle Flame, "I am a being of light"
- ✓ Listen to classical music / symphonic / high vibration tones
- ✓ Mirror Work & Affirmations
- ✓ Shamanic Drumming
- ✓ Sun Bath

