

A Self Care Guide for Uncertain Times



An Offering of the Heart, from Sydney Jourard, LMT
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Hi, I'm Sydney

I am a tender-wild creature from the damp, mossy forests of the PNW. I live and operate my business just outside of Seattle in a fairly quiet suburb with my son, my dad and my little black cat.


For the past 6 or so years, I have been a full-time mom and a part-time massage therapist. I launched my private practice just over a year ago and it has been a beautiful experience of turning my visions into reality.

For even longer, I have been learning about, experimenting with, and actively practicing SO many different modalities of what I would consider self-care tools, and it has been an intention of mine to begin organizing this overflowing bank of knowledge into easy-to-share offerings. While I am mourning the loss of the hands-on time that feeds my heart so deeply, I am grateful to have this time to create something that may help soothe some weary hearts during such uncomfortable, uncertain times.

My hope is that this collection of words creates more space in and around your heart so that peace may prevail and you can share your gifts and medicine offerings with those around you.

We need each other now, more than ever ...

Love, Syd



Many of the things that we may typically turn to for self-care may not be readily available during times of crisis or uncertainty.

Take a moment with your hand over your heart to honor yourself right now, exactly as you are.

Name each feeling and say, "You are welcome here."

(Optional exercise: Write down each feeling and elaborate on each one, as if you were speaking. For example: I am feeling afraid that _____ and I feel angry that _____ etc)

Maybe you're feeling:

Afraid, agitated, anxious, concerned, confused, depressed, despairing, detached, discouraged, edgy, heavy, helpless, lethargic, numb, panicky, restless, sad, sensitive, sorrowful, unnerved, weary . . .

Maybe there are also hints of some easier feelings, like:

Exhilarated, grateful, hopeful, invigorated, loving, optimistic, quiet, relieved, trusting, wide-awake

Remember, every part of your experience is valid and welcome. Each feeling comes as a messenger ~



Now that you've identified how you're feeling . . .

(Or maybe you haven't, that's ok too. Be patient + gentle with yourself)

I will share with you all of the practices that I have learned and that I have and continue to call upon during times of overwhelm

Start here . . .

Water

Many problems can be solved by simply hydrating yourself

Breath

About to lose your shit? Stop, Take 5 or more deep breaths, in through the nose + sigh or groan out the exhale

Movement

Flow your energy, inevitably it will shift. Stomp your feet, shake your body, go for a walk or a run, anything!



Stress & The Nervous System



Stress is a physiological reaction and we can interact with the body in many different ways to self-soothe.

It is totally normal and ok to be feeling stressed af when what is familiar is turned upside down.

Stop now for a moment, place your hand on your heart.

Say, “Hi, body. I want to help you feel safe. I am listening, so that I can hear what you need. I love you, body! Thank you for everything you do.”

A “stress response” can look like so many things.

You may notice a difference in your digestion, your skin, your body odor, your menstrual cycle, your mental clarity, your energy level, your attitude, your sleep cycle, and more . . .

One nervous system state-change is the “fight or flight” response that you have very likely heard about. In this state, blood pressure increases, muscles become hard and tense, respiration becomes more rapid. In a state of “fight,” individuals are disposed to more aggressive behaviors (both physical + emotional) and in the state of “flight,” they may withdraw socially.

If the fight or flight response does not successfully resolve the threat, the nervous system will go into a “shut down” state of disassociation and withdrawal. In this state, individuals will have low muscle tone, low blood pressure, a cold/limp handshake, feelings of helplessness, hopelessness and apathy. This state is often described as “going into shock.”

Stress & The Nervous System

~ continued ~

For me, fight-or-flight looks like a short temper, extreme sensitivity to physical & auditory stimulus, yelling, the desire to hit/break things and to run away and hide from all other humans.

In contrast, when I experience the shut-down state, I will spontaneously cry, hyperventilate, lose my appetite, feel like life is “too hard,” feel extremely tired, sit on the couch and zone out for hours, and lose the motivation to do anything positive for myself.

It can be so hard it is to pull oneself out of either of these extremes. Our usual logic and general clear-headedness is seemingly blocked, and we act on impulse, or don't act at all.

The more we tend to the nervous system, the more quickly we can recover from an activated (or depressed) state.

I hope that spending a bit of time on identifying feelings and learning about the different reactions of the nervous system will help you to feel more clear about what you need as you continue to practicing caring for your beautiful, precious, so-worthy-of-care (!!!) self.





Before I get into specific recommendations, I will make an important disclaimer:

These things are what work for me and what I enjoy. I have tried many things, and not all of them have been a good fit. I urge you to approach your self-care with an attitude of curiosity and gentleness. Listen to your intuition . . . listen for yes and listen for no. If you don't feel clear, keep waiting and listening.

Now onto the juicy stuff!



Thus begins a comprehensive list of the self-care practices that I *most often* reach for . . .

Water. In full transparency, I don't love drinking water. Unless I'm super thirsty, I don't want it . . . so I do what I can to make it more interesting. I drink out of fancy glass goblets, squeeze a lemon in, use a straw, put a crystal in it. Put the water where you'll see it and remember to drink. I am more likely to drink if I pre-fill several glass bottles or mason jars and try to drink them all by the end of the day.

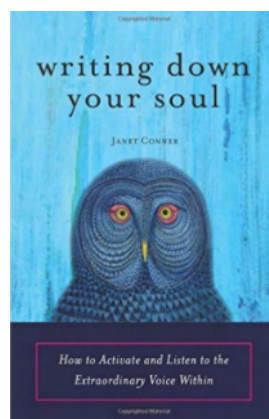
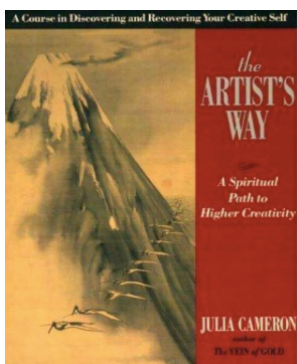
Exercise. Walk, run, climb, stretch, dance, stomp, jiggle, twerk, punch, aggressively weed the garden, run up and down stairs, throw a ball, lay in bed and throw a full-blown tantrum. Move enough and the happy chemicals will be released into your bloodstream. Move enough and the shitty energy will move too.

Quiet/Alone Time. It's hard to hear the *Inner Voice of Guidance* clearly when your senses are overloaded. Spend time alone. Get to know yourself, in private. Sit and listen.

Taking space pairs well with breath. If you are able, create a space in your home that is just for meditation and coming back to center. But let's be real, sometimes you just have to go in the bathroom, lock the door. Get in there, put in ear plugs if you need to. Breathe 10 really deep breaths. I promise something will shift!

Plant allies. Work with plants that soothe the nervous system. Drink them as tea, smoke them, bathe in them, infuse oil with them for self-massage. Spend time with your plant friends during your alone time. Ask for their support and assistance. I will put a few of my favorite herbal recipes later in this guide! I am an enthusiastic proponent of cannabis (both THC + CBD) and microdosing psychedelics. Always do your own research and/or consult with your doctor or therapist before diving in.

Process Writing. Find paper, grab pen, start writing. Write what you're thinking, what you're feeling. Scream at the paper like you want to scream at God/dess or that person you're really mad at for how they treated you. Write what you are most ashamed of, most afraid of, and write down your wildest dreams in *extreme detail* ~ fuck punctuation, just scribble! It's not important to be able to read it, it's important to get the storm of words and feeling that's been running circles in your mind OUT. A couple of great books that elaborate on this process are Writing Down Your Soul by Janet Conner and The Artist's Way by Julia Cameron. Or just look up "morning pages" online. I find it particularly juicy to do this first thing in the morning.





Baths. Remember way back on the first page I mentioned that this was a time to let go of what wasn't in reach? Wait, I hope you have a bath! If you don't, skip ahead to read about the magical Darkness Shower ™. But the point I was getting at is that you don't need to make a big production out of it. Just fill it up with cozy water and get in. Read a book, watch a show, stare at the wall.

Snugs. Cuddle your sweetheart, your kiddo, your pet, a stuffed animal, a soft blanket. Touch is so necessary. Ask your loved ones for touch when you need it. Ask for a massage, or for them to simply place a hand on your heart or belly or back with the intention of Love. Be ok with their needs perhaps not aligning. Go ask the cat next. If the cat isn't feeling it, go hug a tree or put your bare feet on the ground. **Co-regulation** is when the nervous system regulates by being truly present with another living being. It absolutely works with trees.

Dancing. I know I mentioned this in the 'Exercise' section, but Dancing gets her very own paragraph. If you aren't already into dancing, this can feel awkward. You know that phrase, "dance like nobody's watching"? Try it out. Dance in your bedroom. Turn the music up LOUD, close your eyes and let your body move how it wants. Maybe it starts with the tiniest sway or a small steps of the feet. I like to combine dance with stretching . . . I call it "yogancing" and it's delightfully strange to watch. Make a video of yourself and delight in the W E I R D.

Singing. Sing for yourself, sing to your loved ones, sing to the sky, sing to the grass or that tiny bug in the grass. It's not a performance. The Vagus nerve (more on this on another page) is connected to the vocal cords — singing, humming, even gargling will stimulate the Vagus nerve and improve Vagal tone (more on this, too) which means you recover from a stress response more quickly! I have always loved to sing, but now I treat it like medicine! If my throat is sore, I hum and imagine the vibrations loosening whatever rude creatures are in there making me feel like shit. Cast spells of healing with your beautiful voice!

Self Massage

Manual. Massage any part of yourself that you can reach without straining. Get creative. Feet are easy, because you can grab them with both hands. For the hand, use one thumb on the other palm. I drag my elbow down the opposite forearm and use a forearm to massage my own thighs. Don't be afraid to experiment. Just touch yourself and figure out what feels good!

With Tools. For the areas that I can't reach or apply enough pressure with my hands, I rely on my [foam roller and massage balls](#). The foam roller is great for the back and the legs, and the massage balls are best for targeting smaller areas, like knots in the upper back, or deep glutes. I will link my favorite products on the Resources page.



Body Oiling. Simply applying oil to the body has been shown to soothe the nervous system. If you don't want to massage yourself, just slather on some oil and chill. On IG, [@mythicmedicine](#) is a great resource for this practice! Make sure to designate a special shirt for after you oil, or sit on a towel until it absorbs enough to not wreck your clothes.

Masturbate. Need I say more? Orgasms 4 Health!!!



The Darkness Shower

The Darkness Shower requires some backstory...

I once had a lover who casually taught me how to soothe my nervous system way before it was even on my radar. He would wrap me up in blanket burritos and turn off the lights, and we would lay together, breathing. It was womb-like.

Years after that, I was talking with a massage client about hydrotherapy and they asked me if I had ever taken a shower in total darkness. Somehow, the answer was no. I LIVE for new sensory experiences, so I was very intrigued by the idea.

I have always loved sitting down in the shower, closing my eyes and feeling the water fall over me. Turning off the lights essentially takes away your sight and activates your other senses.



How To Set Up for a Darkness Shower:

Cover any windows in the bathroom (unless it's nighttime)

Put your towel within reach of the shower

Visually plan your journey to the shower so that you don't run into anything on the way,
once the lights are out.

Throw a couple drops of essential oil onto the shower wall (optional)

Turn on music (optional)

Lights out

Get in there & tune into your senses. Notice what comes up.

Guided Meditations. I am always able to go deeper with meditation when it is guided. The internet has a zillion options, but I'm going to plug my very favorite: Look up IMAGINE by Boreta & Ram Dass on YouTube. It has beautiful visuals if you prefer to have your eyes open, sounds by Boreta and meditation by RD. I will be recording my own guided meditations and visualizations soon!



Cleaning. Creating order in my physical environment relieves an impressive amount of stress. I like to put on my noise-cancelling headphones and blast tunes while I vacuum, do dishes, put things that have been sitting in piles “for later” back where they belong, fold laundry. I dance with the broom. Sometimes cleaning evolves into Yogancing. Make it silly. Infuse each act with love + blessings.

Touching dirt + plants. Sometimes I go outside and sit in my yard and pull single, renegade blades of grass out of the garden beds, just to quiet my mind. I tune into the tiny universe of bugs, always moving across the soil and between and under the plants. I do all of my gardening with bare hands (and bare feet if temperatures allow) so that I can really feel the textures. Put your hands or feet to the Earth and imagine what hurts flowing out of you and into Her. She doesn't mind, she told me. I collect all of the small pieces of plastic and glass that I find, as my reciprocal offering of Love.



Sometimes I go full-body-contact. Drastic times sometimes call for drastic measures, you feel me? Press your face to the soft mossy blanket on a tree. Sit with your back against that tree and breathe. Remember that being a human with a brain is only one of so many expressions of Spirit. Imagine being some other creature.

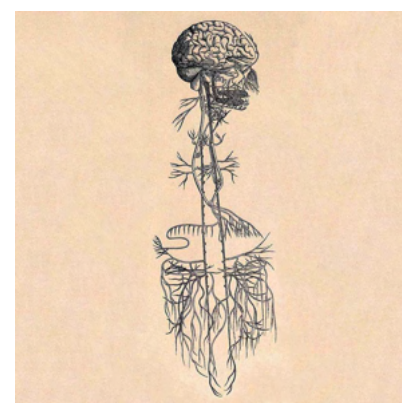




The Vagus Nerve is one of 12 cranial nerves. Amusingly, I first learned about this very important nerve while reading a book about Jesus and the symbolism and significance of the numbers 12 and 13 were being explored. Did I mention I was on an airplane? I put down the book, got on the plane's wifi, googled "Cranial Nerves" and proceeded to tumble down a magical rabbit hole of divinity and human anatomy.

This is the information that I consider important/memorable/worth sharing:

The Vagus Nerve exits the skull, traveling down the side of the neck and into the abdomen, where it branches to contact many of the organs. This nerve is responsible for processing a lot of sensory information and put simply, its job is to determine whether we are safe or not. The most exciting discovery I made during this initial research was that our "gut instinct" is transmitted through the Vagus Nerve! Our instinct to self-preserve is quite literally coming through the nervous system via information detected in the gut.



Vagal Tone is the Vagus Nerve's ability to move out of fight/flight/shutdown back into rest/digest/thrive. You can measure your Vagal Tone by feeling your pulse (I do this on my wrist or neck) and noticing the subtle difference when you inhale & exhale. The heart rate will increase slightly when you inhale and decrease when you exhale. A greater, more noticeable difference means higher Vagal Tone.

Just a couple of loose ends ~ these two lifestyle changes have had perhaps the most tangible impact on my day-to-day quality of life . . .



Significantly decreasing caffeine intake. For me, this meant quitting coffee. I have quit and un-quit and quit again more times than I can count. Think about how caffeine makes you feel. Your heart races, you feel jittery. It's like a cup of simulated fight-or-flight. Nobody's nervous system needs coffee in times of extreme stress. Decrease/eliminate coffee and replace or balance with delicious herbal teas. I have jars of loose leaf herbs and flowers so that I can blend based on what I need. There are lots of yummy coffee-replacement beverages out there. RASA is a favorite of mine (@wearerasa) I started taking A LOT of Ashwaganda when I quit coffee. By the combined forces of this combination, it did not take very long to feel the suit of somatic armor that is ANXIETY fall away from my body. Hallelujah! Always check in with yourself and/or your doctor if you're unsure about working with new herbal medicine.

Significantly increasing boundaries. It is SO hard to identify and hear the voice of your own inner guidance when it is competing for your attention alongside societal rules, religious or spiritual influence, familial and professional expectations, and more. Also, we cannot expect those around us to just KNOW what we need! Establishing boundaries with the people in your life will create the necessary space to attune to the voice within that will tell you what you need in order to thrive . . . not to mention, it is very likely to improve the quality of your relationships!

Two books that have supported me in the practice of communicating my boundaries are Nonviolent Communication by Marshall Rosenberg and The Dance of Anger by Harriet Lerner.

Boundaries can be scary . . .and your sovereignty awaits you on the other side of that fear!

Recipes From My Witch Pantry



For Drinking

~blend as you wish~

Chamomile

Rose

Tulsi

Lavender

Milky Oats

Linden

Passionflower

Damiana

"Honey Lemon"

~my son's favorite warm drink~

hot water

squeeze of lemon

swirl of honey

(ice cube if necessary)

For Immunity

Elderberry syrup

Chewable vitamin C

Mushroom Tinctures

Colloidal silver

Fermented foods

(my favorite is sauerkraut!)

Avoiding sugar &
inflammatory foods

Lots of pure water

For Your Face

~a mask~

green clay powder

ground-up lavender, calendula, rose

honey

dash of activated charcoal (optional)

enough water/witch hazel/rosewater to form

a paste

~ a steam, for your sinuses* and* your face ~

rosemary

sage

thyme

(fresh, if possible)

bring a pot of water to boil

add herbs

simmer for 10 min, covered

set pot on a towel on a table where you can sit

lean your face carefully over the steam

once the temperature is tolerable, you can
create a tent over your head and the pot with
a bath towel.

~ breathe deeply ~



For Smoking

~ "Flower Joints" ~

Cannabis

Rose

Lavender

Chamomile

Mugwort

Damiana

grind, mix + smoke.

I usually go 1:1 with cannabis : flowers
roll into a joint or put into a pipe

For The Bath

~scented salts~

epsom salt

a few drops of EO (mix as desired)

- yang ylang

-rose

-lavender

(insert your favorites)

*always mix the EOs into the salt, not
directly into the water*

Light some candles

Turn off the lights

Ambient music

Some tea, water, wine, etc

Admire and speak loving words to
your beautiful body!

Ritual as Self Care



Ritual can bring a comforting sense of predictability and rhythm to our lives when the state of the world feels scary, uncertain and unfamiliar.

Again, be patient and gentle with yourself and those around you. It may take time to feel energetically and emotionally resourced enough to enact positive change.

Ritual does not need to be elaborate and it certainly doesn't need to look or be perfectly curated to work its magic on your heart.

If you wake up every day and make a cup of coffee or tea, guess what . . . you already have a ritual!

My favorite daily ritual is to wake up and spend time alone before my son wakes.

I tiptoe upstairs to make my tea. Then I cozy up somewhere with a blanket, light a candle, maybe some incense. I turn on some ambient music. If I'm really killin' it, I will spend a few minutes breathing with my eyes closed (or gazing at the candle flame) and then do my process writing.

Maybe I'll read the daily passage in the [The Book of Awakening](#) by Mark Nepo.

And in the spirit of transparency, some days I just make my tea and watch TikTok videos for 20 minutes.

I'm a morning person, so this works well for me. Nighttime is great, too! If you don't have kids, choose your favorite time of day! Maybe that's 2 pm. Maybe it's 6 am. You do you.

Some rituals have a daily rhythm, and others may be seasonal.

Every summer, when my mom's garden is in full bloom, I make a flower crown.

Knowing that this will be available to me, regardless of what I am reading in the news, brings me a sense of normalcy and comfort.

What makes it a ritual is consistency. When life feels out of control, ritual is something that you can control, simply by showing up and doing it.



Creating an Altar

An altar is simply a surface or space that you have designated to devote to what is sacred to you.

Choose a spot that you will pass throughout the day or where you sit during your ritual time, and make it one that will not be disturbed by children or pets.

A windowsill, a shelf in the bathroom or on your bookshelf, the top of a dresser, or if you have the space . . . a whole table!

Start simple: a candle, an incense burner, a vase of flowers, a picture of someone or someplace that soothes you, a crystal, a stone, a piece of paper with an affirmation written on it.

Engage with your altar by pausing to sit or stand before it and take a few breaths to remember your commitments to self and others. Regularly cleanse and refresh your altar with your favorite cleansing smoke (I use sage & palo santo) and removing or replacing the objects that rest there. I completely clear my altar tables every month or so and start over.

One of my favorite altar practices is to fill a bowl over time with elements that represent something I am actively working on. Add to it over time, and watch the story of your heart manifest in physical form! Remember, there is no wrong way to create an altar! Let your intuition guide you ~

A Playlist for Uncertain Times

“Mothership” ~ Aurora
“Give a Little, Get a Little” ~ Nahko and Medicine for the People
“Bound” ~ RY X
“The Trapeze Singer” ~ Iron & Wine
“Turning Wake” ~ Ayla Nereo
“Remember Jah” ~ Satsang
“A Reminder (East Forest Remix)” ~ Trevor Hall
“Transatlanticism” ~ Death Cab for Cutie
“One Day” ~ Matisyahu
“Great Spirit” ~ Nahko and Medicine for the People
“A Song for Our Grandfathers” ~ Future Islands
“Drowning” ~ Lapsley
“Hole in the Ocean Floor” ~ Andrew Bird
“Seeds” ~ Ayla Nereo
“Father Mountain” ~ Nahko and Medicine for the People
“Akanamali” ~ Sun-El Musician
“Sunday Best” ~ Surfaces
“Hallelujah” ~ Burna Boy
“The Big Day” ~ Chance the Rapper, Francis and the Lights

[Click to open the Spotify Playlist!](#)



Miscellaneous Ideas that Didn't Make the Cut

I think these might just be things that I like to do... but they count as self-care... right?

Selfies. When I'm stressed, I usually slip into some body dysmorphia. I find it helpful to see my body from the outside, rather than in a mirror when my brain is being a jerk and misconstruing reality. Reality check: You're HOT. Alternatively: take a selfie with absolutely as many chins as you can achieve & send it to your best friend to inspire them to do the same. Shoutout to my first love for teaching me the art of the shovel-face selfie.

Sunbathe. Do it through a window or get dat butt outside! Let your bare skin feel the sun. If you have privacy, get your literal butt out and let it feel the warmth too.

Brush your hair or give yourself a scalp massage. Check out the resource page for my favorite brush! The cat even loves it. Release some of that sweet oxytocin, baby!

Write a haiku. If you have family or friends handy, take turns writing the lines and then marvel at your collaborative masterpiece!

Bust out the art supplies. As you would with process writing, just draw your feelings. Paint em. Smear the pastels. Make it collaborative with your kids or your sweetie or your mom. You draw the legs, they draw the body, you draw the head, they draw the hair. Play! Enjoy! P.S. If you're like, "yeah right..lame..NEXT PLZ" surprise! this is your first assignment.

Find something that you'd like to give away and surprise someone with it. Doing random acts of kindness always uplifts me. Sometimes I pick a certain someone, others I just hide it in a public place and imagine it being discovered.



Beautiful, sweet human!

I hope that you will call upon the ideas in this guide whenever you need to come back to yourself, and the present moment. As you connect with your own inner guidance, new ideas will whisper themselves into existence. Heed their calls!

Let's again bring our hands to our hearts. . .

Say it with me,

"I am doing my best with what I have.

I will care for myself first and foremost,

so that I can support those that I love, and be of service to the Earth community during these challenging times.

I will give myself and those around me grace,
because none of us really know what the fuck we are doing."

In closing, I'm going to borrow some words from one of my favorite musicians, Nahko.

This is from his song "Manifesto"

"They sing

Don't waste your hate

Rather gather and create

Be of service

Be a sensible person

Use your words and don't be nervous

You can do this, you've got purpose

Find your medicine and use it!"

Find your medicine and use it, my loves ~



Resources

Many of the products I've mentioned can be found on this Amazon list:

Click [this link](#) to be taken there!

Online Shops

www.roxiejanehunt.com @roxiejanehunt @freeyourhairsalon

The brush (and magical human) that changed my relationship to my hair

<https://mythicmedicine.love/shop> @mythicmedicine

Herbal medicine, body oil & a wealth of wisdom. Love her podcast, too!

<https://www.bucknakedplantmedicine.com> @bucknakedplantmedicine

Herbal medicine + body care. Yum!!

<https://www.momokotherapeutics.com/shop> @momokotherapeutics

Divine aromatherapy + therapeutic self-care products (Iris' rainbow spray is my favorite)

<https://www.mountainroseherbs.com>

Bulk herbs, oils + more. For self-massage, bath salts, tea, smoking, masks, etc.



Yoga + Meditation

IMAGINE Ram Dass + Boreta

<https://youtu.be/1PrjX2yqGC4>

Yoga with Adriene

<https://www.youtube.com/user/yogawithadriene>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>



Resources

cont'd

Yoga + Meditation cont'd



Ram Dass

By now you can probably tell I'm quite partial to Ram Dass. He has been my primary spiritual teacher for many years. What I love and appreciate most about him and his teachings is that while he primarily practiced eastern spirituality, he never preached a specific religious or spiritual path.

More than anyone else, he has taught me how to be with suffering, uncertainty and fear. He has taught me to remain in the present moment and to see life as a drama that we can either be played by or step back and witness, with a sense of humor and grace. I recommend all of his writing, videos on YouTube, as well as the Ram Dass Be Here Now Podcast. A beautiful, beautiful human he was.

Podcasts

Tara Brach

Tara is a psychologist and teacher of Buddhist meditation. Listening to her podcast episodes has blessed me with great peace + release during challenging emotional seasons.

Duncan Trussell Family Hour

Duncan is way out there, and maybe not everyone's taste, but he interviews some brilliant humans and I usually laugh hysterically at least once per episode. Spirituality, comedy, psychedelics, death, creativity, etc.

Medicine Stories

Amber Magnolia Hill (@mythicmedicine)

Her episode about being a HSP (Highly Sensitive Person) vs an Empath was life changing. A podcast that courageously discusses many controversial but important topics.

Ologies with Alie Ward

A scientific podcast with flair. Take a break from Netflix + learn something new while you stretch or clean or walk or !

Some mo'

Resources

Some Inspiring + Enlightening Books

The Book of Awakening by Mark Nepo

Writing Down Your Soul by Janet Conner

The Artists Way by Julia Cameron

Loving What Is by Byron Katie

Comfortable With Uncertainty by Pema Chödrön

The Dance of Anger and The Dance of Intimacy by Harriett Lerner

Nonviolent Communication by Marshall Rosenberg

Women Who Run With the Wolves by Clarissa Pinkola Estés

Healing Through the Dark Emotions by Miriam Greenspan

The Great Cosmic Mother by Monica Sjöö

The Book of Freedom (and others) by Paul Selig

Polishing the Mirror + Walking Each Other Home + Grist for the Mill + The Only Dance There Is + Be Here Now
and more, by Ram Dass.

Love Poems from God and A Year With Hafiz by Daniel Ladinsky

A New Earth by Eckhart Tolle

The Fifth Sacred Thing by Starhawk

Every poem + short story written by Mary Oliver

The poetry of Rumi, as translated by Coleman Barks

And a few for the kids ~

Whisper From The Woods by Victoria Wirth

Sonya's Chidkens by Phoebe Wahl

You Are My Best Friend by Tatsuya Miyanishi



Thank you for spending this time with
me.

I believe that we are each our own best
healer and all it takes is a little bit of
intention to begin a lifelong dialogue with
our Inner Guidance, in support of our
most joyful, abundant life.

May your communion with self be ever-
deepening, and your heart be soft.

I love you.