



# Your Personal Rapid Response Plan HACKS TO GET YOU BACK ON TRACK



# Pull Your Thoughts Together



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# #1 PRACTICE MINDFULNESS



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# Practice Mindfulness

- ▶ Take any routine and give it your full attention
- ▶ Pay attention to the senses associated with the activity, such as the sound and feel of the water, the movement of your hands, the scent of the soap, etc.
- ▶ Do the dishes to do the dishes; take a walk to experience each step, the smells, how you are feeling, etc.







## #2 PRACTICE EMERGENCY BREATHING



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# Practice Emergency Breathing (4x4)

- ▶ Find a comfortable place and sit or lie down
- ▶ Keep your back straight
- ▶ Take 4 deep cleansing breaths
- ▶ Count to 4 as you inhale through your nose
- ▶ Count to 4 as you hold your breath
- ▶ Count to 4 as you exhale through your mouth
- ▶ Do it until you feel grounded



# Move from Anxiety to Peace



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## #3 PRACTICE NATURE MEDITATION

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# Practice Nature Meditation

## 1

- Sit comfortably. Keep your eyes focused a yard or two in front of you.
- Close your eyes. Begin to follow your breath.
- Relax your muscles. Concentrate on keeping your spine straight.
- Follow your breath.
- Let go of everything that is in your mind.
- Imagine you are a pebble that was just thrown into a stream.



# Practice Nature Meditation

## 2

- You glide through the water effortlessly
- Detached from everything, you fall by the shortest distance possible, reaching the bottom—the point of perfect rest.
- You let yourself fall into the stream, letting go of everything.
- Follow your breath.
- When you feel yourself resting like the pebble on the riverbed, you will feel relaxed.



# Practice Nature Meditation

## 3

- You are no longer pushed or pulled by anything.
  - When you are feeling totally relaxed, thank your body for its work and remember this feeling throughout the day.
- ▶ Source: Shimoff & Associates, Inc.



# #4 Listen to Your Body



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# Listen to Your Body

## 1

- Sit quietly with your eyes closed.
- Take a few deep breaths in and out through your nose. Breathe from your belly, not your chest.
- Notice where you feel discomfort anxiety or tension.



# Listen to Your Body

## 2

- Continue with deep breaths and make them deeper, if possible.
- Take one or both hands and place them on the anxious or tense place in your body.
- Keep breathing gently and feel the warmth of your hands on that place



# Listen to Your Body

## 3

- Allow the warmth of your hands to comfort this part of your body.
- Accept yourself fully at this moment.
- Take as long as you need to feel you are complete.
- Take a few more deep breaths.



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# Listen to Your Body

## 4

- Send loving energy throughout your body, especially to the place you just listened to.
- Thank your body for communicating with you.

**Source: Shimoff & Associates, Inc.**



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# Go from Exhausted to Invigorated



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## #5 PRACTICE THE BREATH OF FIRE



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# Practice the Breath of Fire

## 1

- Breathe from your belly (not your chest).
- Take a big belly breath.
- Exhale through your nose.
- When you exhale, pull your belly back to the spine.



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# Practice the Breath of Fire

## 2

- Empty your breath and release your belly.
  - Quicken the pace—like you are blowing a candle out with your nose.
  - If you feel lightheaded, slow down a bit.
- ▶ Source: Dr. Sue Morter





## #6 BOUNCE AND SHAKE!



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# Bounce & Shake

## 1

- Stand with your feet shoulder width apart
- Bend your knees and bounce up and down on your knees—don't jump, just bounce.
- Have your arms hanging down at your side.
- Shake your hands while you are bouncing up and down for about 20 seconds.



# Bounce & Shake

## 2

- Then, move your hands up to your waist level and continue shaking your hands and bouncing for another 20 seconds.
- Then, move your hands up to your shoulder level and continue shaking your hands and bouncing for another 20 seconds



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# Bounce & Shake

## 3

- Then move your hands over your head and imagine that you are at a rock concert and shake for another 20 seconds.
- Then, reverse it.
- You will feel so much energy flowing through your body.

Source: Shimoff & Associates, Inc.



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# Inner Wisdom Priorities



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## #7 CHOOSING YOUR YES OR NO



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# Choosing Your Yes or No

## 1

- Breathe up and down the central channel 3 times.
- Stay in your body and focus upon “yes.” Notice what’s happening in your body. You may feel like you are moving forward (moving towards).
- Notice your chest area. Say Yes. Yes. Yes several times.
- Do the same with your shoulders, belly, solar plexus separately.



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# Choosing Your Yes or No

## 2

- Notice how your body feels.
- Inhale and then exhale.
- Stay in your body and focus upon “no.” Notice what’s happening in your body. You may feel like you are leaning backwards (resisting).
- Notice your chest area. Say No. No. No several times.



# Choosing Your Yes or No

## 3

- Do the same with your shoulders, belly, solar plexus separately.
- Notice how your body feels.
- Inhale and then exhale.
- Remember how you feel with “yes” and “no.”



# Choosing Your Yes or No

## 4

- Practice this anywhere (like even when stopped in traffic) so that when you are faced with a question, you will know your “yes” or “no “ in an instant.
- Source: Shimoff & Associates, Inc.



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**Need  
Further  
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Advice!**



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