Zenfully Experiencing the Holiday Season!

How to maintain your inner peace now and continue your Zen into 2023!

Tara Reynolds

Intuitive Healer

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Zenfully Experiencing the Holiday Season!

Regardless of how or if you celebrate the holidays, it can still be a stressful time. Our To Do list gets longer, shopping lines seem endless and our patience can become shorter!

For those of us who currently practice daily mindfulness we can find ourselves skipping a meditation or another relaxing activity more frequently during this time. Over the course of days and weeks between November to the beginning of January we may find we have a lot less energy, our thoughts are scattered, and we somehow have taken the focus off of ourselves.

While we may be running on pure adrenaline with all the things there are to do during the holidays, we may not be taking time for ourselves as we should and the result of this is having to reset and recharge at the beginning of the new year. And for some of us, the break in habit of daily mindfulness can linger long pass the first few weeks of the new year.

This journal is designed to help support you:

- Reflect on your current mindfulness practices
- Maintain or develop a good mindfulness practice to support you throughout the holidays
- Think about how you will incorporate or enhance your current mindfulness practice into your daily activities next year

Should you desire to go deeper with your mindfulness practice (psychic medium counseling, energy work, customized hypnotic track etc.) connect with me and together we will create a customized program to support you!

Love and peace,
Tara

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When thinking about mindfulness...

Hello and welcome to my Zenfully Experiencing the Holiday Season Workshop!

I have a very simple definition of mindfulness and that is peace. Plain and simple.

When we take time to journey to inner peace we have entered a space that allows us time to connect with our soul and it is here where all things are possible!

As you begin reflecting and thinking about how to incorporate mindfulness into this holiday season and beyond, remember that peace is found in many activities to include:

- *Breathwork*
- *Meditation*
- *Yoga*
- *Coloring*
- *Earthing*
- *Massage Therapy*
- *Flotation Therapy*
- *Creative writing*
- *Time with our animals*
- *Reiki/Energy Work*
- *Readings*

And the list goes on!

Today I will expand on some of these practices to support you in achieving a Zenful holiday season!

Remember to always consult with a health care provider before starting any new wellness practice.

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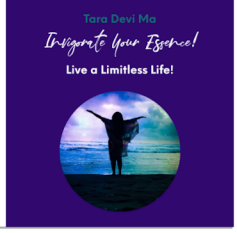

R E F L E C T I O N

Do I have a daily mindfulness practice?

If yes, describe it and how it supports me mind, body and soul.

Were there days when I was unable to make time for my practice and if so can I recall some of the reasons why? How did I feel on these days?

If no, was there a reason I chose to not have a daily practice?

In addition to or aside from having a daily practice, did I incorporate other relaxation techniques (flotation therapy, time in nature, energy healing sessions, readings etc.) into my life?

My Takeaway from this reflection is...

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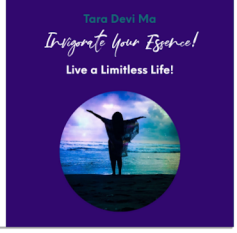

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HOLIDAY ZEN

How do the holidays look for me (do I celebrate, do I travel, does family come into town, do I cook, by gifts, decorate etc.)?

How do I support myself with these extra activities (additional meditations, nature walk, massage etc.)?

What is one thing I can do ***each day*** to ensure I am taking care of myself? How will it make me feel?

What is one thing I can do ***each week*** to ensure I am taking care of myself? How will it make me feel?

My Takeaway from this reflection is...

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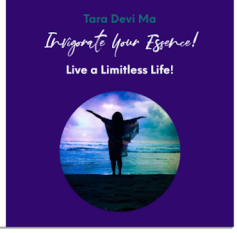

HOLIDAY ZEN

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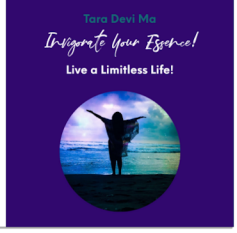
ALL ABOUT ME IN 2023!



After reviewing my reflections of 2022, creating my Holiday Zen Plan and participating in today's workshop...

Which of my current practices will I bring in to 2023 and why?

What new practices will I bring in to 2023 and why?

will I leave any practices in 2022 and why?

I am worthy and deserving of these changes because..

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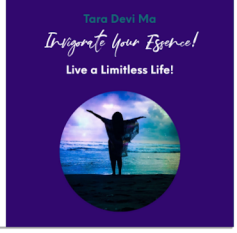

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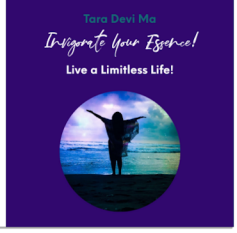
ADDITIONAL THOUGHTS



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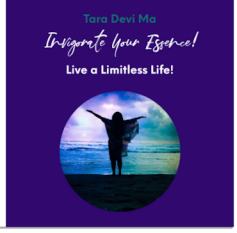

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Meet Tara!

After living an unfulfilled life for decades, Tara was divinely sent on a soul awakening journey which revealed her soul's purpose as a healer.

Invigorate Your Essence, LLC was founded by Tara to support others in achieving inner peace and awakening to their soul's purpose.

Tara serves as an Intuitive Life Coach supporting individuals and businesses, and schools. She also works with animals and their parents to support an integrated home. Tara is a licensed Real Estate Agent who incorporates a variety of alternative healing modalities into the real estate experience! She serves as your Home Integration Guide helping your real estate experience to be a mindful and relaxing journey! Tara is also an author whose work serves to educate, inspire and entertain adults and children.

Tara is certified as a Chopra Ayurveda Perfect Health Teacher, Mindfulness Life Coach, Reiki Master Teacher, Spiritual Counselor and Hypnotist. She is also trained in Essential Oil Aromatherapy, Breathwork, Motion and Flow practices. Tara also has training in animal communication, crystal healing, essential oil, flower remedies and acupressure for animals. Tara holds a Master of Business Administration from Oklahoma City University and a Bachelor of Science in Accounting from Alabama State University.

CTAA

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