Welcome! These practices can be used to balance, ground, and cleanse yourself.

Use these practices when you feel like you are in a funk, feeling like you need a boost, or just need a little extra you time. May these practices bring you peace, balance, and space to just be.

* Epsom salt bath
  + Draw yourself a warm bath.
  + You don’t need much salt. Hold the salt in your hands and visualize your intention going into the salt. If you don’t have a specific intention you can use ‘cleanse any frequency, any energy, that no longer aligns with my highest self’ or any affirmation that feels right to you
    - you may visualize this by repeating the affirmation or visualizing a color of light going into the salt. Don’t over think it. Feel it in your body, you know what to do.
  + sprinkle the salt into the bath and affirm ‘THANK YOU!’
    - You may add any oils, herbs, crystals, anything that is calling to you to your bath (i suggest making a ‘tea bag’ with your herbs and crystals).
      * if you choose to add crystals assure that they are safe for water.
  + Soak in this bath for 20 minutes or for however long you desire.
  + You may enjoy listening to high frequency music or a meditation while soaking.
    - Be sure to stay present to not drift off to sleep in the water!
  + When you are ready to get out affirm one last time ‘THANK YOU!’
  + Pat dry and moisturize with your favorite lotion or oil
  + Be mindful to drink plenty of water to assist with the detoxing process and rehydrate.
* Grounding with visualization
  + You may use this practice with your feet on the earth or indoors with bare feet or with socks on. It is most effective used barefoot directly on the earth.
  + Place your feet flat on the ground
  + Start with your palms facing up at your root chakra(by your hips)
  + Breathe in your nose, as you inhale raise your palms past your crown to the sky.
    - As you do this visualize energy (this could be by a color, a feeling, or anything your minds eye brings up) moving up with your hands.
  + As you get to the top hold or a moment, connecting with the universe, feeling the power.
  + flip your palms down
  + breathe out of your mouth while moving your hands down, visualizing yourself pushing the energy down to the earth
  + Pause for a moment connecting to the earth, feeling its power.
  + Flip palms up
  + repeat for 10 cycles, check in with yourself, evaluate if you want to repeat.
    - You may visualize pushing different feelings, beliefs, thoughts, out or different colors, feelings, thoughts in.
    - Play with this practice! It can be so much fun to add gentle moment up and down or however your heart calls.
* Brain dump
  + create a google doc, a note in your phone, or a dedicated journal for brain dumping.
  + Title this brain dump and go.
    - This is the place to get everything out when it feels like your brain is on hyper speed and wont stop. You dont need to spell check, you dont need to worry about punctuation or grammar. Just get it all out
    - You can write in sentences, in statements, or just in one long string of words.
    - You can create these as voice notes and just rant/vent if writing isn’t your thing.
  + You do not need to read this. This is for getting it all out.
    - This can also be called flow writing. We are getting all the conscious thoughts out and allowing the subconscious mind to speak.
    - clarity can be found in where this practice can lead.
      * Allow yourself to dig deep. Push yourself to keep writing for 5,10, even 15 minutes! The longer you go, the deeper into your mind you travel.
* Body scan
  + Start with your feet flat on the ground and your hands resting down by your side (facing palms up if you can)
    - you can be laying, standing, or sitting for this practice.
  + You can close your eyes or soften your gaze.
  + Take 3 deep breaths in through the nose and out through the mouth.
  + Bring your awareness to the top of your head - observing what you experience here. Using curiosity not judgment with what you find.
  + Move your awareness slowly to each part of your body pausing for a moment to give this part of your body all of your attention.
    - Allow yourself to breathe into each part of your body individually. Visualizing this, whatever that means for you.
  + After you reach your toes bring your awareness to your whole body. Breathing into your whole body.
  + Take 3 more deep breaths, slowly brining yourself back to the present moment
  + open your eyes and awaken with peace within your body.
    - You may do this as fast or as slow as you are able to. Allow for anywhere from one - ten breaths at each body part.
* Vocalizing
  + Humming
  + Growling
  + Screaming
  + Singing
    - All of these practices activate your vagus nerve and are amazing for releasing, grounding, and calming our systems.
      * Even humming one song can boost your mood!
        + Make sure it is a upbeat or high frequency song, something that makes you feel good!