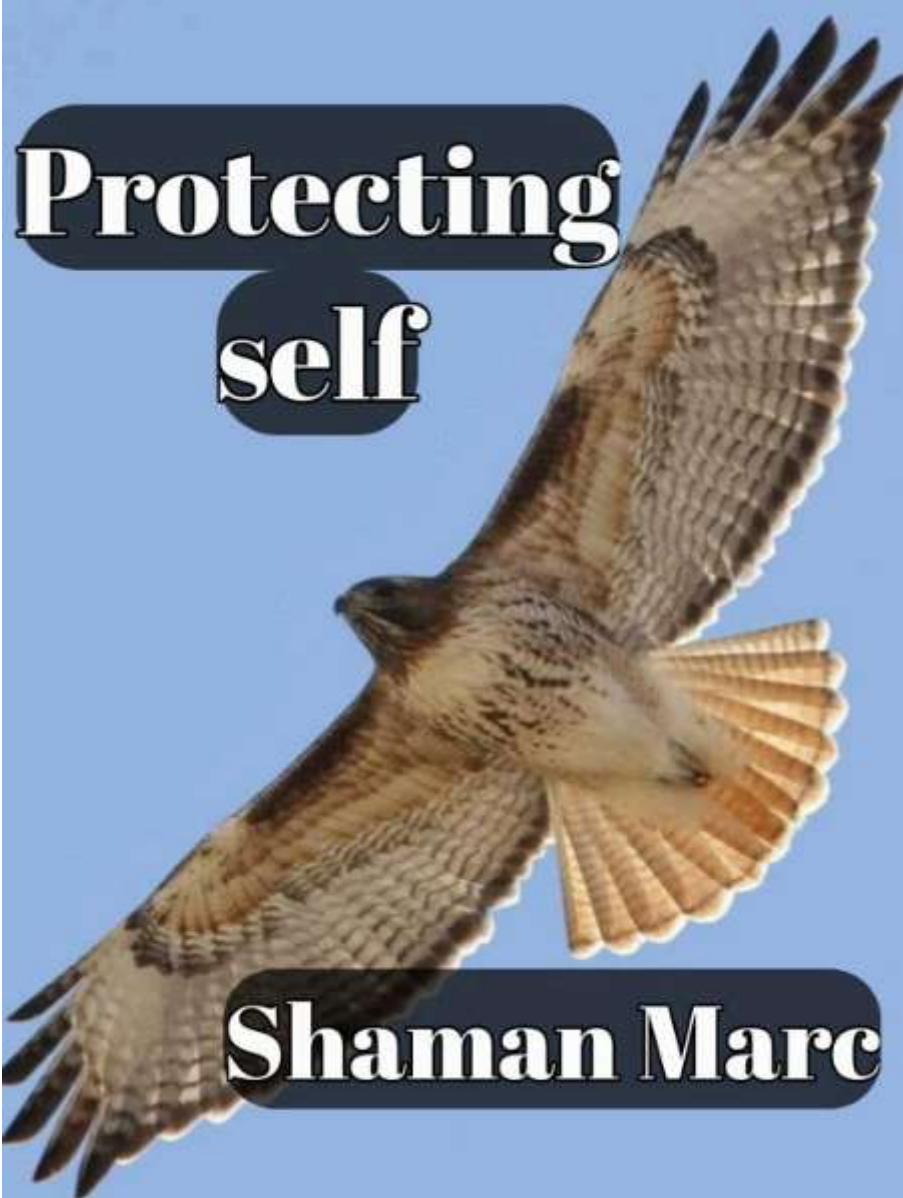


A hawk is shown in flight against a clear blue sky. The hawk's wings are spread wide, revealing the intricate patterns of its feathers. The bird is positioned diagonally across the frame, with its head turned slightly to the left. The overall image has a clean, professional look, suitable for a book cover or promotional material.

Protecting self

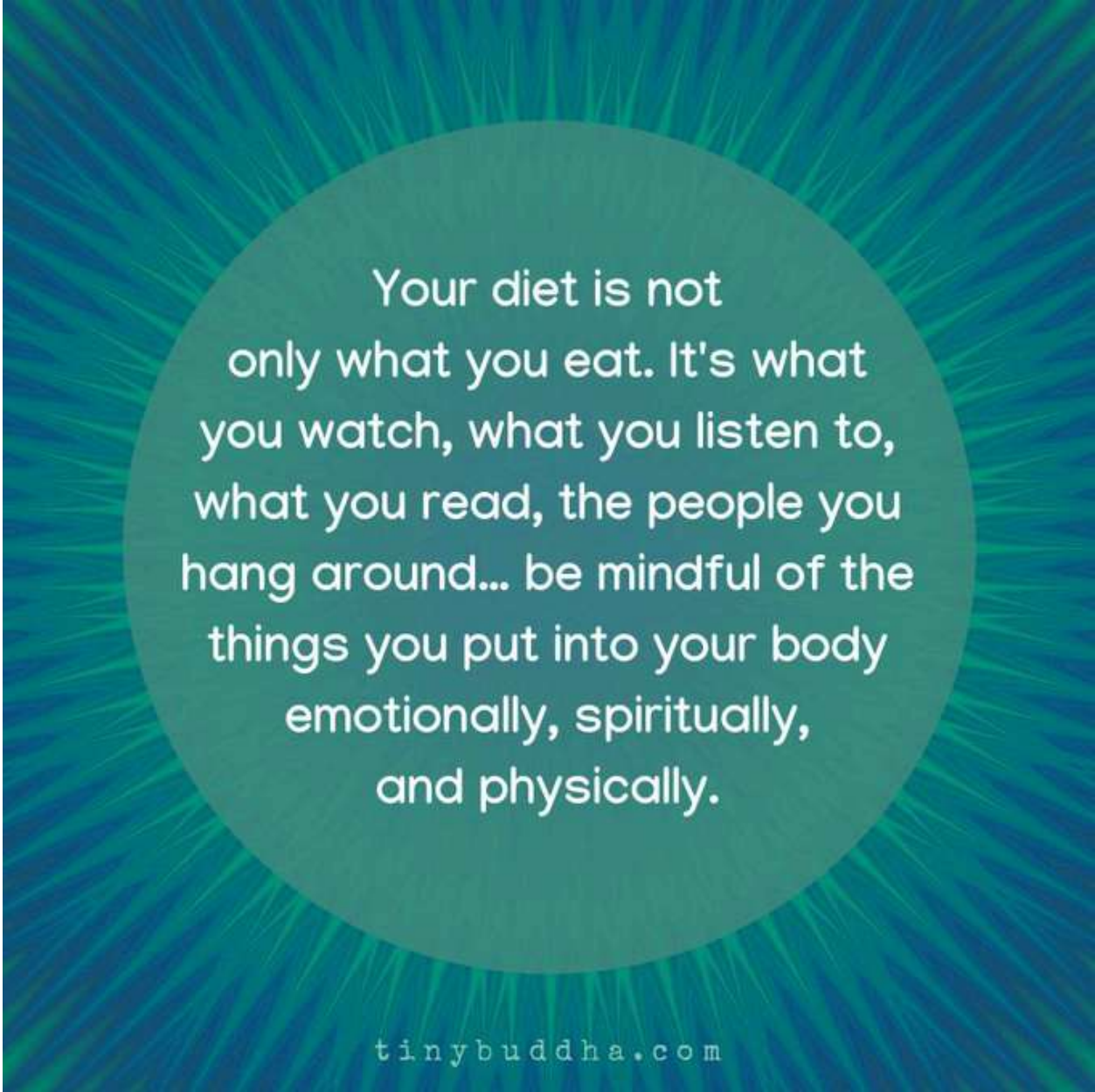
Shaman Marc

Protecting Self

Just like your car & your clothes get physically dirty, your energetic body & living/working spaces get dirty energetically & need to be cleansed occasionally

Some easy ways to cleanup/protect yourself & your living/working spaces

- Salt bath, either Epsom or Himalayan
- Burning of incense such as White Sage or Palo Santo
- Essential oils such as lavender, lemon or orange
- Meditation
- Calming music
- Sounds to include bells, whistles, singing bowls, drums, chimes
- Amulets or talismans
- Religious symbols or objects
- Prayers
- Staying in a positive attitude within positive environments
- Drinking plenty of water & eating a balanced diet
- Getting exercise
- Outdoor nature time



Your diet is not
only what you eat. It's what
you watch, what you listen to,
what you read, the people you
hang around... be mindful of the
things you put into your body
emotionally, spiritually,
and physically.

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