

Spiritual Awakening Guide

Healthier Choices:

Grounding activities:

Walking in nature/lying on Mother Earth
Sitting next to/hugging trees
Be around animals/nice people

Swimming (especially in nature)

Dancing, singing, creativity

Tai chi, qigong, restorative yoga

Meditation:

Visualize being rooted to the earth through your sacrum
Walking meditation: breathe with your feet, get out in sun
Use white light protective shield
Sit cross legged only on ground

Be gentle with yourself:

Meditative and gentle movement
Be deliberate, seek out the new

Treasure your rest:

Stay off devices an hour before bed
Take naps as needed

Eat according to Chinese medicine/Ayurveda

Less Healthy Choices:

Activities:

Vigorous or strenuous activity

Rushing through activities

Violent/harmful behavior or shows

Staying out late, being in crowds

Being self-absorbed

Living space:

Cluttered and unclean spaces

Loud environments

Bright lights

Dietary:

Processed foods, dairy and gluten

Oily, spicy, fried and dry food

Created By:

