

There is an Indian proverb that says that everyone is a house with four rooms: a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but unless we go into every room every day, even if only to keep it aired, we are not a complete person.
Rumer Godden

HELLO MY LOVE! MY NAME IS TESSA RIDLEY AND I AM A SELF CARE EDUCATOR & HEALTH CARE PROFESSIONAL FROM VANCOUVER, BRITISH COLUMBIA, CANADA.

WELCOME TO MY SCHOOL OF MYSTERY.

I WANT TO TELL YOU HOW GRATEFUL I AM THAT WE GET TO SHARE THIS KNOWLEDGE BETWEEN OUR HEARTS. EVERY THING THAT I AM SHARING WITH YOU IS INFORMATION THAT HAS ASSISTED ME IN OVER COMING A LIFE LONG BATTLE OF ADDICTION & SELF HARM. EVERY THING I SHARE HAS HELPED ME DISCOVER MY TRUE SELF. BEING BORN INTO A WORLD WHERE NO ONE SEEMS TO TEACH US ANYTHING UNLESS WE PAY FOR IT HAS LED ME TO BECOMING A SELF STUDIER ... A SCIENTIST OF MY OWN EXISTENCE. I TRY NEW THINGS TO LIVE NEW LIFE. I TRY NEW THINGS TO GROW AND TO EVOLVE AND TO EXPAND AND TO KNOW MY POTENTIAL.

IN THIS SPACE, WE ARE SAFE TO HOLD OURSELVES CLOSE, PERHAPS FOR THE FIRST TIME EVER. I BELIEVE IT IS TIME THAT WE ALL LEARNED HOW TO BECOME OUR OWN MOTHER / LOVER / BESTFRIEND. I FEEL COMPELLED FROM WITHIN MY SOUL TO SHARE THIS INFORMATION WITH EVERY PERSON WHO IS WILLING TO OPEN THEIR EYES TO SEE AND EARS TO HEAR, IN A NEW WAY:: TO PUSH THE BOUNDARIES OF THEIR KNOWLEDGE & BELIEF SYSTEMS:: TO ALLOW NEW INFORMATION TO COME IN.

AS HUMANS BORN ON EARTH, WE HAVE NOT BEEN TAUGHT HOW TO LOVE AND HONOR OURSELVES, WHICH IS WHY AS A CULTURE WE STRUGGLE SO HARD WITH MAINTAINING A BALANCE BETWEEN OUR BASIC HUMAN NEEDS WHILE WORKING LIKE ROBOTS NON STOP.

WE MUST LEARN TO EAT AND DRINK ENOUGH FOOD TO MAINTAIN CELLULAR HEALTH AND NERVOUS SYSTEM FUNCTION. WE NEED TO REALIZE THIS PHYSICAL BODY BELONGS TO US AND IS ONE OF THE GREATEST BIOLOGICAL CONSTRUCTS ON THE PLANET EARTH TODAY. WE NEED TO LEARN TO MOVE OUR BODY EVERY DAY IN DYNAMIC WAYS SO WE CAN ENGAGE ALL OF OUR MAJOR MUSCLE GROUPS AND ASSIST IN REGULATING HORMONAL AND METOBOLIC FUNCTION. WE NEED TO WAKE INTO THE BODY WITH JOY AND AWE FOR EVEN BEING ALIVE ON A PLANET THAT IS SPINNING ENDLESSLY THROUGH OUTER SPACE.

THIS HUMAN LIFE IS A MIRACLE AND AFTER YOU ENGAGE IN THIS CONTENT YOU WILL UNDOUBTEDLY FEEL IN AWE OF LIFE ITSELF. STAY OPEN. STAY CURIOUS. STAY COMPASSIONATE. STAY WILLING. THIS WILL TO GROW & LEARN MORE IS YOUR SPIRIT IN ACTION.



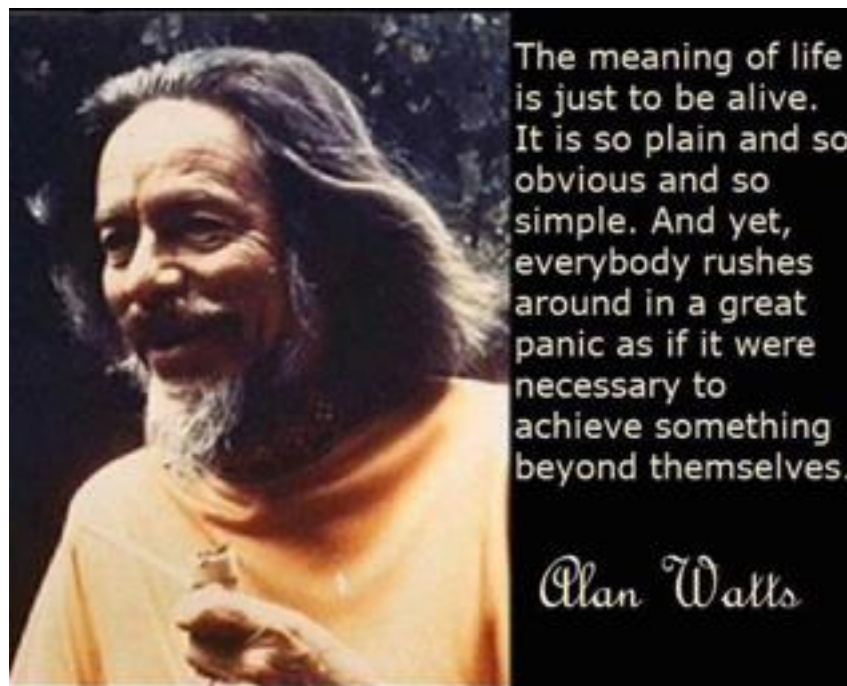
THIS IS WHAT YOU SHOULD DO,
love the Earth and the Sun and
the animals, despise riches, give
alms to everyone that asks, stand
up for the stupid and crazy,
devote your income and labor to
others, hate tyrants, argue not
concerning God, have patience
and indulgence toward the
people, take off your hat to
nothing known or unknown or to
any man or number of men,
reexamine what you've been told
at school or in church or in any
book, dismiss what insults your
soul, and your very flesh shall be
a great poem.

~ from the preface to the first
edition of *Leaves of Grass* by
Walt Whitman, 1855]

AS TIME HAS GONE ON, HUMAN PRIORITIES HAVE BECOME DARK & TWISTED. KNOWLEDGE ABOUT THE TRUTH OF WHO AND WHAT WE ARE HAS BEEN HIDDEN, BUT NOT ANYMORE. THIS IS THE INFORMATION AGE NOW. WE ARE SURROUNDED BY THE INFINITE WONDER OF THE INTERNET. IT IS NOW A GIANT BRAIN OF SUPER CONSCIOUSNESS WE MAY ACCESS ANYTIME. **THE QUESTION IS... WHAT ARE YOU TUNING INTO?** EVERYTHING HERE I HAVE PERSONALLY DISCOVERED ON MY “SPIRITUAL AWAKENING” JOURNEY THAT BEGAN IN LATE 2011.

EVERY TIME I FOLLOW MY INTERNAL CALLINGS OF >>> “I WONDER WHAT THAT MEANS” OR “WHAT ELSE HAS THAT PERSON WRITTEN ABOUT?” OR “WHAT ELSE CAN I FIND OUT ABOUT THAT” ... I AM ALWAYS LED TO AMAZING INFORMATION. FOLLOWING CURIOSITY IS A HUGE PART OF LEARNING TO LISTEN TO YOUR OWN HIGHER SOUL SELF.

This moment of your life is a huge wide-open signpost to remind you all is changeable and that is the best part of this BEING HUMAN. STAGNATION and PAIN, both emotionally & physically are callings for us to move forward into bigger & better things for self and body. I love this insight, as it gives hope.



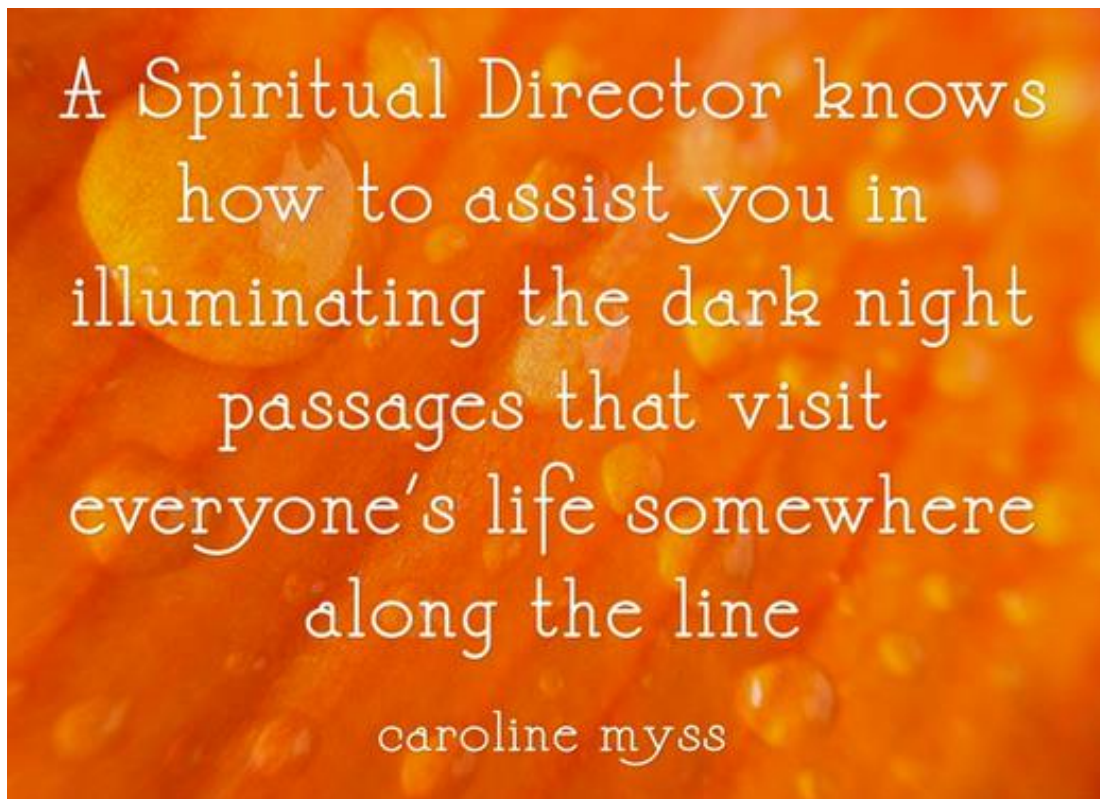
The information contained in the modules to follow is intended as guide for your **DAILY SELF CARE PRACTICES!** My intent here is to create a RADICAL SELF CARE resource, so you will learn to be self-motivating and self-loving. You will discover the answers to all the questions you have ever desired answered, when you begin to learn to tune into the whole of you>>> BODY MIND SPIRIT AS ONE!

That said, IF THERE IS ANYTHING HERE THAT DOESNT NOT SPEAK TO YOU, CAST IT ASIDE! ONLY TAKE IN THAT WHICH RESONATES WITH YOUR SPIRIT.

Your intention should be to read / watch / listen + PRACTICE new ways of being daily. This has to be your pact with Self: to discover more of you everyday AND WILLINGLY uncover all the painful/confusing feelings & memories that are stuffed deep inside you. This is the bravest road you will ever walk. Trust, you are SAFE. In order to assist this process you must become interested in learning about your Self and PHYSICAL BODY. You must willingly learn to honor your body everyday. You need to feed and hydrate yourself properly as **NUTRITION IS ONE OF THE MOST IMPORTANT PIECES OF THE SELF LOVE/ TRANSFORMATION PUZZLE.**

CLICK>THE MOLECULES YOU INGEST EVERY DAY LITERALLY BECOME YOUR BODY. HOW OUR BRAIN FUNCTIONS AND PROCESSES IT'S WORLD IS ABSOLUTLEY, 100% DEPENDANT ON THE NUTRIENTS YOU ARE TAKING INTO THE BODY.

THIS IS FULL INTEGRATION AS A WHOLE HUMAN AND IT STARTS WITH THE BODY!



Out of all of the content that I share, I would definitely suggest focusing on your connection to your PHYSICAL HUMAN BODY first and foremost everyday. Taking time to create a practice of healthy eating and drinking, movement/stretching, breathing & meditation EVERYDAY will give you more profound insight into Self.

[CLICK>SELF CARE IS SACRED](#)

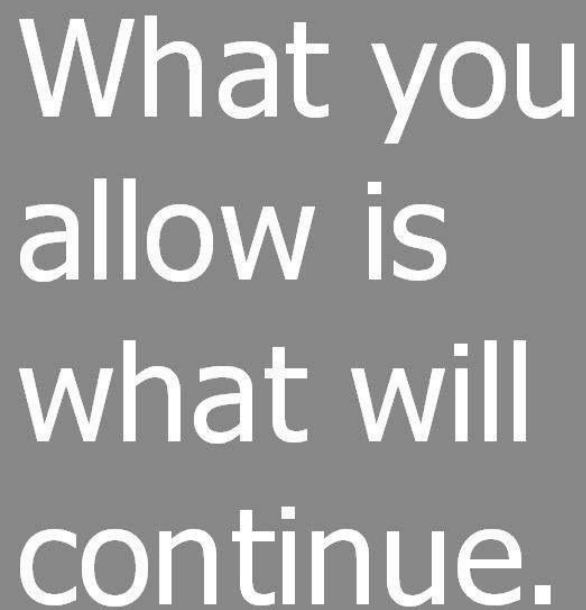
[CLICK>SUITESTPEE RITUALS FOR THE BODY MIND SOUL](#)

"I am convinced that the deepest desire within each of us is to be liberated from the controlling influences of our own psychic madness or patterns of fear. All other things—the disdain of ordinary life, the need to control others rather than be controlled, the craving for material goods as a means of security and protection against the winds of chaos—are external props that serve as substitutes for the real battle, which is the one waged within the individual soul." Caroline Myss

EXPLORE CAROLINE MYSS' WEBSITE & FREE RESOURCES THAT HAVE CHANGED MY LIFE:

<https://www.myss.com/free-resources>

https://www.goodreads.com/author/quotes/11236.Caroline_Myss



What you
allow is
what will
continue.



PEMA CHODRON IS ONE OF MY MOST INFLUENTIAL TEACHERS AND ALL OF HER TEACHINGS AND TEACHING STYLE TRANSFORMED MY BRAINS:

PEMA EXPLAINS **MAITRI** AKA **UNCONDITIONAL ACCEPTANCE OF ONESELF**:

<https://youtu.be/7s-rRMUI04I?list=PL1Cy0YTZErWpbQQz7lNIMBrFKpIq4L3md>

LEARN ABOUT “SHENPA”:

https://www.youtube.com/watch?v=kLoiLnKKIOs&index=68&list=PLVXB8U_gMRXYkoHMRVbLH4kG6OVKBi6cO

<https://www.lionsroar.com/how-we-get-hooked-shenpa-and-how-we-get-unhooked/>

CLICK> [**HOW TO PRACTICE FEEDING YOUR DEMONS**](#)

CLICK> [**SUITESTPEE PEMA:: A COLLECTION OF LIFE AFFIRMING TEACHINGS & QUOTES YOU CAN PERUSE AGAIN AND AGAIN**](#)

I WILL GIVE YOU INSIGHT INTO MY DAILY SELF CARE PRACTICES:

MY WATER/HYDRATION PRACTICE:

WHEN I WAKE UP, I IMMEDIATELY DRINK 1 OF WATER TO ASSIST IN KICKSTARTING MY BODY'S METABOLISM FOR THE DAY. DURING THE DAY I ALSO DRINK AT LEAST 2L MORE ALL DAY WHILE OUT AND ABOUT. I ALWAYS HAVE A WATER BOTTLE WITH ME.

YOU CAN READ ABOUT THE HEALING POWER OF WATER HERE:

<http://www.watercure.com/>

WATER BLESSING SONG ~ THE GRAND INVOCATION:

UCHU NO MUGEN NO CHIKARA GA KORE KOTTE.

MAKOTO NO DAIWA NO MIYO GA NARI NATTA

The Eternal Power of the Universe has gathered Itself to create the World with true and grand harmony This Japanese mantra, "The Grand Invocation" is a very powerful prayer. It has been promoted by Dr Masaru Emoto of the Emoto Peace Project to assist in purifying the planetary waters, since the Fukushima meltdown”

<https://www.youtube.com/watch?v=ZKnKDzE-j4g&list=PL1Cy0YTZErWoTaJ9puViD9fBZEGbWtDQZ&index=5>

THE SECRET LIFE OF WATER:

<https://www.youtube.com/watch?v=5-Og14EVgu8>

<https://www.youtube.com/watch?v=PDW9Lqj8hmc&index=7&list=PL1Cy0YTZErWo5QNDu2xd7gL2BL-cGndGP>

SACRED KNOWLEDGE OF VIBRATION AND THE POWER OF HUMAN EMOTION:

<https://www.youtube.com/watch?v=o0gBoV0ygJc&feature=youtu.be>

MUSIC FOR VIBRATIONAL HEALING:

<https://www.youtube.com/playlist?list=PL1Cy0YTZErWr68N4tZdmQbUzqzG5E4j9b>

MY INTERNAL HEALTH PRACTICE:

I EAT A NUTRITIOUS BREAKFAST/LUNCH/DINNER AND SNACKS EVERYDAY TO KEEP MY BODY AND MIND FUNCTIONING AT AN OPTIMAL LEVEL. THERE ARE DIRECT LINKS BETWEEN DEHYDRATION/MALNUTRITION & OUR CULTURE'S RAMPANT ANXIETY.

EXPLORE MY ANXIETY EDUCATION HASHTAG ON IG:

<https://www.instagram.com/explore/tags/SUITESTPEEANXIETY/>

FREE ONLINE COURSES IN HOLISTIC NUTRITION:

<https://alison.com/courses/nutrition>

NUTRITION CONSCIOUSNESS ON MY YOUTUBE CHANNEL:

<https://www.youtube.com/playlist?list=PL1Cy0YTZErfWpfJYPV4s8jHze7VHk7W9KN>

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YOU CAN READ MORE ABOUT SUPRISING TRIGGERS OF ANXIETY HERE:

http://bodyandhealth.canada.com/channel_section_details.asp?text_id=6053&channel_id=11&relation_id=101186

MY JOURNEY HEALING HISTORICAL ANXIETY, DEPRESSION & PTSD:

[#SUITESTPEEANXIETY](#)

[#SUITESTPEEDEPRESSION](#)

[#SUITESTPEEPTSD](#)

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MY YOGA/MEDITATION PRACTICE:

I SET TIME ASIDE EVERYDAY TO STRETCH AND CONNECT WITH MY BODY FOR AT LEAST 20 MINS IN THE AM AND 20 MINS IN THE PM -- BOTH TIMES I ALSO FOCUS ON MY BREATH WORK, AND WHERE MY MIND IS AT, AND HOW I AM FEELING. THIS SIMPLE MOMENT OF CHOOSING TO BE WITH SELF, AWAY FROM ALL DISTRACTIONS, HAS BEEN THE MOST BENEFICIAL OF ALL MY PRACTICES.

HOW DO YOU MEDITATE?

<http://boundariesarebeautiful.com/meditation>

EXPLORE MY BLOG ON YOGA NIDRA:

<http://boundariesarebeautiful.com/yoganidra/>

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Explore My YOUTUBE CHANNEL Healing Playlists:

LEARN THE HEALING POWER OF MEDITATION:

<http://www.youtube.com/playlist?list=PL1Cy0YTZErWq-zV5mU5tMYSKoRL4svW8>

EXPLORE THE CONCEPT OF DNA ACTIVATION ~ TURN YOUR BODY ON WITH STILLNESS / BREATH / SOUND / SELF CARE:

<https://www.youtube.com/playlist?list=PL1Cy0YTZErWqXZg1Ukg5sTdXX74fKq07I>

EXPLORE MEDITATION MUSIC FOR FULL BODY VIBRATIONAL HEALING:

<http://www.youtube.com/playlist?list=PL1Cy0YTZErWr68N4tZdmQbUzqzG5E4j9b>

EXPLORE YOUR HUMAN FEMININE ENERGY THROUGH SOUNDS OF THE GODDESS:

http://www.youtube.com/playlist?list=PL1Cy0YTZErWpc79n86HtX5TBlljQO_WUe

LEARN ABOUT YOUR CHAKRA SYSTEM! EXPLORE CHAKRA SCHOOL:

<http://www.youtube.com/playlist?list=PL1Cy0YTZErWrSQqzt1ldmkyG-xECGRes>

MY SELF MASSAGE PRACTICE:

Therapeutic Massage is the biggest component of my LIFE. It is what I “do for a living” and it is my most turned to self-care practice, as it brings me closer & closer to my heart & soul every time I intentionally & actively connect with my own body.

I believe when humans learn to nurture their bodies deeply they will uncover the truth of who they truly are. SELF-MASSAGE is a powerful gateway into SELF LOVE.

LEARN MORE ABOUT THERAPEUTIC SELF MASSAGE:

<http://selfcareissacred.com/SELFMASSAGE1/>

LEARN SELF MASSAGE TECHNIQUES:

<http://www.youtube.com/playlist?list=PL1Cy0YTZErWqmKoZenMOw6Q1wW2-eqrex>

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MY STRENGTH TRAINING PRACTICE:

I SET TIME ASIDE AT LEAST 2 DAYS WEEK FOR AT LEAST 30 MINS TO BE WITH MY BODY AND ACTIVELY CONTRACT MY MAJOR MUSCLE GROUPS IN ORDER TO REMAIN STRONG AND BALANCED IN MY BODY. I TAUGHT MYSELF MANY, MANY DIFFERENT WAYS TO MOVE BY TRYING NEW EXERCISES AND MAKING PEACE WITH MY BODY. THIS TOOK UP TO A YEAR FOR ME SPECIFICALLY TO FEEL COMFORTABLE MOTIVATING SELF TO TAKE CARE OF SELF. ITS BEEN AMAZING AND IAM THANKFUL FOR THE PATIENCE AND PERSEVERANCE OF THIS SELF CARE JOURNEY.

CLICK> [TO GET TO KNOW YOUR MUSCULAR & CONNECTIVE TISSUE SYSTEMS](#)

CLICK> [TO EXPLORE MY BODY SELF CARE YOUTUBE CHANNEL PLAYLIST](#)

MY EARTHING PRACTICE:

I TAKE 10 MINUTES OUT OF MY DAY, USUALLY AFTER A WORK DAY, TO BE BAREFOOT ON THE EARTH TO RECONNECT TO MY SOURCE ENERGY. THERE ARE INCREDIBLY HEALING BENEFITS TO USING THE EARTH AS A TOOL TO RECALIBRATE OUR ENERGETIC SYSTEM. GAIA IS OUR MOTHER! LET HER HEAL YOU!

CLICK> [TO LEARN MORE ON EARTHING](#)

EXPLORE NATURE'S MAGICK:

<https://www.youtube.com/playlist?list=PL1Cy0YTZErWoTaJ9puViD9fBZEGbWtDQZ>

<https://www.instagram.com/explore/tags/SUITESTPEEGAIA/>

<https://www.facebook.com/search/top/?q=SELF CARE ISSACRED NATURE>

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MY SLEEP PRACTICE:

I REPEAT SELF-LOVING AFFIRMATIONS AND INTENTIONS FOR MY SLEEP AS I AM DOZING OFF TO MAINTAIN PEACE OF MIND WHILE MY BODY IS REPAIRING AND MY SUBCONSCIOUS MIND IS ACTIVE.

CLICK> [HOW DO YOU SLEEP?](#)

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MY AFFIRMATION PRACTICE:

I WRITE & SPEAK SELF-LOVING, SELF-AFFIRMING MESSAGES/INTENTIONS TO MY WORLD AND MYSELF EVERY MORNING TO REMIND MYSELF OF WHO I AM. LEARN TO ACTIVATE YOUR BEAUTIFUL VOICE! CHOOSE TO USE THE WORD PURPOSEFULLY IN YOUR LIFE.

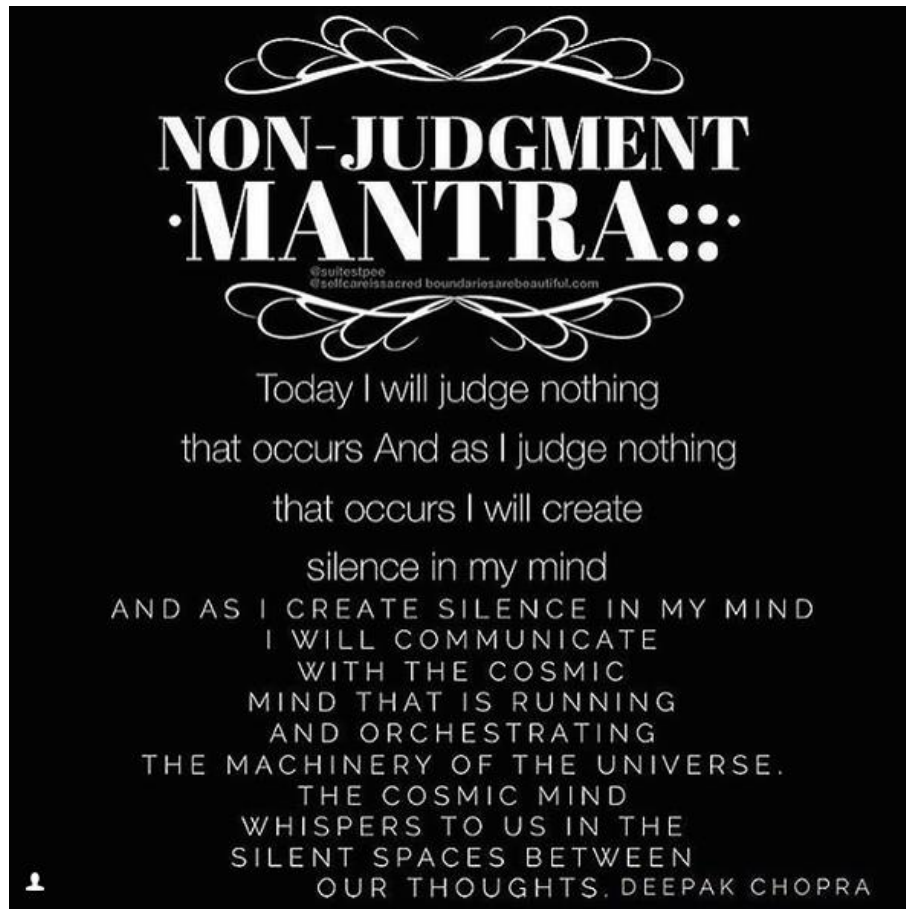
SPEAK WITH INTEGRITY AND INTENTION. LEARNING AFFIRMATION & DECREE PRACTICE HAS TRANSFORMED MY LIFE & MY RELATIONSHIP TO MY BODY. IT HAS INCREASED MY CONFIDENCE & COURAGE IN SO MANY WAYS. HAVING HAD A NEGATIVE MINDSET & INTERNAL DIALOGUE FOR SO LONG, THIS PRACTICE HAS BEEN TRULY INTEGRAL IN MY PERSONAL HEALING JOURNEY.

CLICK> [EXPLORE MY MULTIPLE AFFIRMATION BLOGS](#)

CLICK> [AFFIRMATIONS FOR BODY MIND ENERGY HEALING](#)

CLICK> [DECREE PRACTICE FOR THROAT CHAKRA ACTIVATION](#)

"I call on life to fill and overwhelm me, to excite, terrify, capture and spill through me - like the warm breeze from the whirling skirts of a Dervish, which carries up the pain of too much tenderness. Oh this mournful triumph of dismantling, battering through our cherished losses, preparing the cold ground for new allowing. I find the fertile path between disparate things and I walk on it. Oh! This is why we break our hearts! To open them." - ~[Dreamwork with Toko-pa](#)



MY NON-JUDGMENT PRACTICE:

I ACTIVELY MONITOR MY INTERNAL DIALOGUE FOR JUDGMENT OF SELF OR OTHERS AND REPLACE EVERY NEGATIVE, NON-LOVING THOUGHT WITH AN INQUIRY AS TO WHY I FEEL THAT WAY AND WHERE THAT FEELING IS COMING FROM.

THIS HAS BEEN ONE OF THE MOST CHALLENGING PRACTICES OF ALL. LEARNING TO CONTROL ONE'S MIND IS A JOURNEY FEW WILL HAVE THE COURAGE TO TAKE. This monitoring of the MIND'S automatic program brings incredible peace to one's life. The more we recognize when we are feeling something undesirable and follow it to it's SOURCE, understanding it's origin, we begin to create an intentional, loving vibration. Judgment is TOXIC and keeps us from connecting to others. Judgment of SELF is what we are working to heal in this program, first and foremost.

<https://www.instagram.com/explore/tags/SELF CARE ISSACRED MIND/>

<https://www.instagram.com/explore/tags/SUI TEST PEE HIGHER SELF>

***If you judge people, you have no time to love them.
~Mother Teresa***

If you have food in your fridge, clothes on your back, a roof over your head and a place to sleep you are richer than 75% of the world. If you have money in the bank, your wallet, and some spare change you are among the top 8% of the worlds wealthy.

[CLICK> MY GRATITUDE PRACTICE:](#)

I GIVE THANKS FOR ALL I AM GRATEFUL FOR IN THE MORNING AND EVENING AS PART OF MY MEDITATION + USE GRATITUDE WHEN I AM FEELING FRUSTRATED BY SITUATIONS/OTHERS, KNOWING THEY ARE IN MY PATH FOR MY LEARNING PURPOSES. I DO NOT USE GRATITUDE TO SPIRITUALLY BY PASS DIFFICULTIES IN MY HUMAN LIFE, BUT RATHER SOURCE STRENGTH FROM MY GRATITUDE, FOR IT HELPS ME TO CREATE THE MEANING TO THE SITUATIONS THAT ARE HAPPENING IN MY LIFE. I REPEAT: I GIVE THE MEANING TO MY OWN LIFE. NO ONE ELSE CAN DO THAT FOR ME.

[CLICK> LISTEN TO THIS POWERFUL MESSAGE ON GRATITUDE By: Louie Schwartzberg](#)

IT IS SO IMPORTANT TO CULTIVATE A THANKFULNESS / GRATITUDE / MINDFULNESS PRACTICE IN ORDER TO RECLAIM YOUR OWN PERSONAL POWER. THIS IS WHAT WE ARE REALLY TRYING TO DO... WE ARE INTENDING TO BRING A PRESENT SELF TO THE PRESENT MOMENT IN CURIOSITY FOR YOUR OWN LIFE.

[CLICK> LEARN TO PRACTICE THE FOUR AGREEMENTS FOR LIFE.](#)

[THESE TEACHINGS BY DON MIGUEL RUIZ](#) HAVE HELPED ME HEAL FROM ALMOST 20 YEARS OF SELF-HARMING THOUGHTS AND BEHAVIORS. WRITE THEM OUT, POST THEM IN YOUR HOME, REPEAT THEM, BREATHE THEM, LEARN TO BE INTENTIONAL WITH ALL THOUGHT, WORD & ACTION.

The Four Agreements

1

BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2

DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3

DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4

ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.



HOW LONG DOES IT TAKE TO CREATE CONSCIOUS NEW LIFE HABITS? Daily intentional implantation of new ideas, thoughts and feelings into your human brain is the KEY!!! We must learn new concepts and PRACTICE THEM SO OUR BRAIN CAN CREATE NEW PATHWAYS THAT SUPPORT OUR NEW INTENTION FOR SELF!

CLICK> [INSIGHT ON FORMING NEW HABITS](#)

ONLY YOU KNOW WHAT YOU REQUIRE FOR YOU. ONLY YOU KNOW WHAT PREVENTS YOU FROM TRYING NEW THINGS AND PRACTICING THEM EVERYDAY FOR YOURSELF. ONLY YOU KNOW WHAT MAKES YOU UNCOMFORTABLE. ONLY YOU KNOW WHAT YOU ARE CURIOUS OVER.

YOU ARE IN CHARGE OF THIS LIFE OF YOURS AND BY TRYING NEW THINGS, GIVING SPACE FOR YOUR HIGHER SELF TO COMMUNICATE WITH YOU THROUGH THESE PRACTICES YOU WILL NATURALLY COME INTO CONTACT WITH PURPOSE. YOU WILL FEEL INFUSED WITH A NATURAL DRIVE TO CREATE NEW LIFE IN EVERY MOMENT YOU ARE ALIVE.

7 Tips to Develop a Daily Practice for Growth, Healing, and Happiness |

By Victoria Gigante

“Our way to practice is one step at a time, one breath at a time.” ~Shunryu Suzuki

If you're feeling stuck in your life, developing a daily practice can be a huge catalyst toward growth and healing. Your practice doesn't need to be yoga and meditation. It can be almost anything as long as it gives you the time and space to let go and reconnect with yourself, each and every day. Here are 7 steps to help you develop your own daily practice:

1. Be clear. | While my goal was “to heal my life,” my main motivation was actually to tackle the pain surrounding a lifelong struggle with an undiagnosed eating disorder. I knew this was the one issue I'd been avoiding for decades, and that it was the first area that needed to be addressed.

Ask yourself: “What value can come to my life by devoting a few minutes a day to my self?” The more specific you can be, the better. If you don't know, just be honest. Part of developing a daily practice is learning to be in touch with why you want things. Be patient. It will come.

2. Develop a vision. | Once my goal was clear, I developed a vision of what it would look like to attain that goal of healing my life. It meant being off all medications, being gentle with my body, eating nourishing foods, and surrounding myself with supportive people. Visualizing what I wanted made my motivations for developing a daily practice more tangible.

A simple way to develop your vision is to create a Vision Board, or a collage of images, phrases, and words that serve as a visual representation of what you want out of life. By writing a few words about the images you've placed on the board, you set a clear intention for your vision.

3. Create a safe space. | Every day, when I step onto my yoga mat early in the morning before anyone else is awake, I create a safe space to perform my daily practice. A safe space is one in which you can express yourself fully and freely. Identify a time and space where you won't be interrupted.

While it would be nice if we could all have a room to call our own, that isn't always possible. As an alternative, to establish your safe space it can be helpful to have a specific object that you place in your environment when your practice commences, like a yoga mat or candle.

4. Get in touch with your body. | At the beginning of my daily practice, I do a short breathing exercise to get in touch with my body. Getting in touch with my body means being present with all it's physical sensations and figuring out what they're trying to tell me. This body awareness sets the foundation for deeper levels of self-awareness. Every time you start your daily practice, take a few minutes to focus on your breath moving in

and out of your nostrils. See if you can direct the breath to different parts of your body, and notice any physical sensations that occur, such as tingling, tightness, or throbbing. What are these sensations trying to communicate?

5. Get in touch with your emotions. | Awareness of my physical body helped me tap into my emotional body. The physical body is a direct reflection of your emotional body, and every day is different. It's important that you feel that difference, both physically and emotionally, and reflect that change in your daily practice.

If you feel tired, do something relaxing; if you feel energized, go out for a walk; if you feel creative, paint. That's how you create a sustainable daily practice that you can be excited about, each and every day. That's also how you create an environment that supports both your physical and emotional well-being.

6. Journal. | At the end of my practice, I take a few moments to write down my reflections for the day. After that, I list five things I feel positive about and an affirmation I'd like to focus on for the day. Even on days when I feel sad and frustrated, I push myself to identify five positives, helping me develop a sense of gratitude for everything I have in life.

Start a journal and every day list five things you are grateful for in your life. Based on the things that come up during your practice, create a positive affirmation to carry forward throughout your day. This is one small way to bring the energy you create in your safe space into other areas of your life.

7. Commit. | When I started my daily practice, I made a commitment with myself to never miss a day on my mat. But some days, especially in the beginning, I didn't feel like doing my practice; it seemed like just another obligation I needed to force myself through. However, as I became more comfortable in my space and more receptive to the things that were coming up during my practice, I learned that the days I resisted my practice were the days I needed it the most.

But things happen, and you may simply forget one day. Every moment is a chance to recommit. If you miss a day, start again. If you don't know what to do one day, be still. Strive for progress, not perfection.

Take it one step at a time, one breath at a time. It's been over a year since my yoga practice became a non-negotiable part of my daily life, and I am still amazed at the insight, growth, and healing I experience because of it.

So what does a daily practice look like for you? Is it writing, painting, dancing, or playing the piano? I encourage you to take a few minutes today to work through step one, and ask yourself: "What value can come to my life by devoting a few minutes a day to my self?" That's all it takes to be on your way toward developing a daily practice of your own.

CLICK> [TO LEARN MORE WITH VICTORIA](#)

THIS IS AN AMAZING AUDIOBOOK BY DEEPAK CHOPRA CALLED THE 7 SPIRITUAL LAWS OF SUCCESS. THERE ARE SOME LIFE CHANGING CONCEPTS HERE. YOUR DEEPEST QUESTIONS CAN ONLY BE ANSWERED BY YOU AND YOUR SELF-ENQUIRY INTO YOUR OWN HEART. CHOOSE TO DISCOVER YOUR TRUE PURPOSE IN LIFE. I HOPE YOU ENJOY:

CLICK> [THE 7 SPIRITUAL LAWS OF SUCCESS](#)

The 7 Spiritual Laws of Success by Deepak Chopra

1. Law of Pure Potentiality

When you discover your essential nature and know who you really are, in that knowing itself is the ability to fulfill any dream you have... and the more you experience your true nature, the closer you are to the field of pure potentiality.

2. Law of Giving

"Practicing the Law of Giving is actually very simple; if you want joy, give joy to others; if you want love, learn to give love; if you want attention and appreciation, learn to give attention and appreciation; if you want material affluence, help others to become materially affluent. In fact, the easiest way to get what you want is to help others get what they want."

3. Law of "Karma"

"The best way to understand and maximize the use of karmic law is to become consciously aware of the choices we make in every moment."
Karma. The law of cause and effect. The concept that we reap what we sow.

4. Law of Least Effort

"Nature's intelligence functions with effortless ease . . . with carefreeness, harmony, and love. And when we harness the forces of harmony, joy, and love, we create success and good fortune with effortless ease."

5. Law of Intention/ Desire

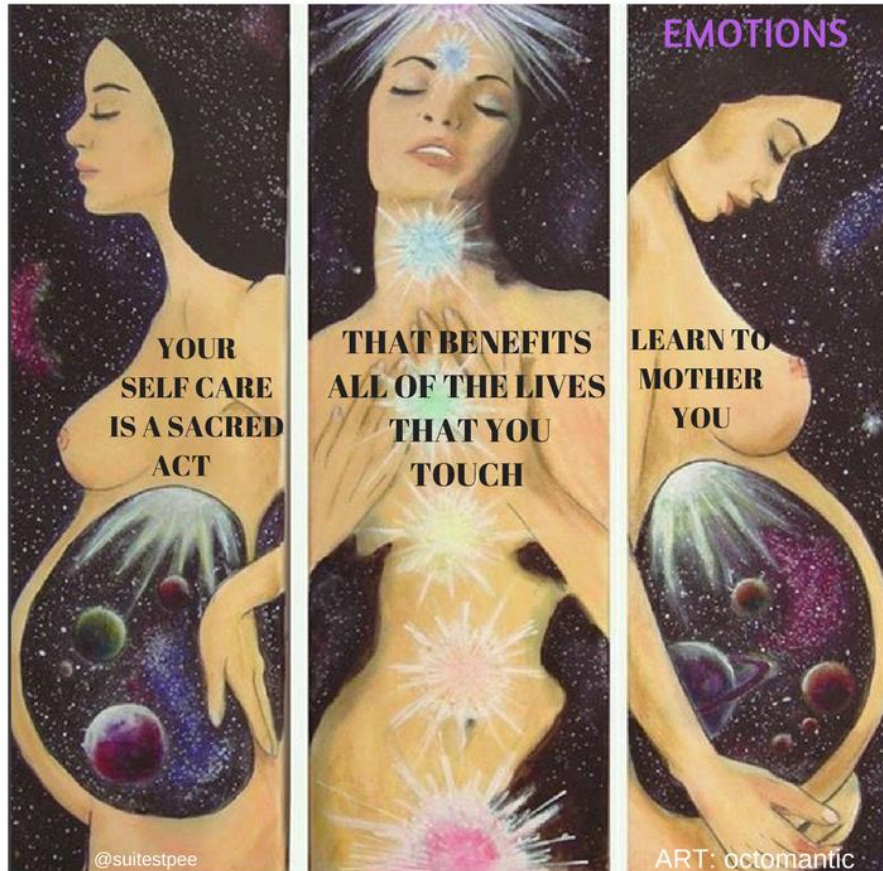
"Inherent in every intention and desire is the mechanics for its fulfillment . . . Intention and desire in the field of pure potentiality have infinite organizing power. And when we introduce an intention in the fertile ground of pure potentiality, we put this infinite organizing power to work for us."

6. Law of Detachment

"The Law of Detachment says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean that you give up the intention to create your desire. You don't give up the intention, and you don't give up the desire. You give up your attachment to the result."

7. Law of "Dharma"

"Everyone has a purpose in life... a unique gift or special talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of goals."



"Everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual . Most of us tend to live in one room most of the time but unless we go into every room every day, even if only to keep it aired, we are not a complete person."
~INDIAN PROVERB

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THE INFORMATION SHARED IN THIS FILE ARE ALL EXAMPLES OF DAILY PRACTICES ONE CAN DO WHILE BEING MINDFUL OF SELF EVERY DAY. THIS IS THE WHOLE REASON FOR ALL THIS INFORMATION >>> FOR YOU TO HAVE IDEAS TO COME BACK TO AGAIN AND AGAIN AND AGAIN, ESPECIALLY ON DARK DAYS WHEN WE FEEL HOPELESS AND ALONE. YOU ALWAYS HAVE YOURSELF AND YOU ALWAYS HAVE THE CHANCE TO SHOW UP AND SHOW YOUR BODY, MIND, EMOTIONS, SPIRIT DEEP REVERENCE AND APPRECIATION.

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