

### **3 Minute Self-Care Ritual**

Embrace a daily wellness practice that liberates you from frustration, funk, and guilt, allowing you to feel nourished while actively making a positive impact through helping others.

Recognizing and releasing what isn't in alignment with you, your values, or the life you want to create is one of the most important parts of healing. Whether it's a pattern of behavior, a habit, or an insecurity, you can let it go by re-parenting yourself with the pure love and support provided by the Divine (or Spirit, the Universe, God, or whatever term resonates with you).

Movement is one of the simplest and most important steps we can take to jumpstart the healing process. That's because, when we feel scared, lost, or any other emotion that holds us back from being our full selves, we can collapse in on ourselves or freeze in order to feel safe.

In this 3-minute ritual, we'll use physical movement to reclaim ourselves and relax our bodies so that we can move through our day in a way that's aligned with how we want to show up in the world.

#### **Step 1. Center yourself by setting your intention.**

When we use our body and voice to state clearly that we're important and deserve to live a meaningful, purposeful, and fulfilling life just because we are, we can start to believe it. So, to help you re-discover your power and spiritual connection, let's start by saying the following out loud or to yourself:

"I align with the Divine on a fulfilling path, and my security comes from within me."

With this opening statement, you're declaring that it is your birthright to connect with the Divine to find the opportunities that bring you joy and excitement. And you don't need to be perfect to connect with it. No matter where that journey takes you, you'll remain your own source of security and safety—you won't need to find it outside yourself.

I encourage you to make this opening statement as personal to you, your life, and your goals as you can. That will make it even more effective in setting the tone for this ritual and the rest of your day.

#### **Step 2. Activate your relaxed sense of being.**

Stand or sit tall outside, near a window, or just imagine that you're currently outside. With your hands by your sides and your head facing forward, roll your eyes up toward the heavens and hold your gaze there for a few moments as your nervous system starts to naturally relax.

Close your eyes and repeat this again. Try to sense into that feeling of relaxation before opening your eyes.

#### **Step 3. Shake out of freeze mode.**

Starting at the top of your head and working down to your toes, shake out, roll, or move every part of your body. At first, this can feel uncomfortable, but try not to judge yourself. You can start by rolling your neck, shimmying your shoulders, waving your arms, and keep going until every cell in your system has been shaken up. You're also welcome to shake in whatever way feels

most comfortable or true to you. There's no wrong way to do this part. Keep going until your body starts to feel good.

#### **Step 4. Soak in energy from the powerful, radiant divine energy of the sun.**

If you're outside or near a window, face the sun and extend your arms above your head with your palms facing forward and your fingers spread wide. If not, imagine the sun's warmth shining down on you. Close your eyes and imagine any frozen parts of you that need to be held, nourished, or seen (these are often the parts of us that we may try to avoid, ignore, or push down) melting.

Imagine that you're absorbing the powerful, radiant divine energy of the sun, and it's moving through your body into the earth. Pay attention to how this feels in your body as you inhale through your nose into your belly for five seconds, hold, then exhale through your nose before holding again. Repeat these breaths three times.

#### **Step 5. Visualize your energetic self.**

As you tune into how your body feels, try to visualize that sensation as a color, pattern, shape, or thing. Adding in a playful nature here ~ maybe it's the color purple or an animal like a giraffe. There's no wrong answer.

#### **Step 6. Deepen your relaxation.**

Place your left hand over your chest and your right hand over your belly button, and spread your fingers wide. Imagine that the calming energy coming from your hands is entering your body and reaching your spine. Try to see this calming energy as a color, animal, or whatever comes up for you. Name it and greet it.

Now, visualize your body turning into tiny particles that become mist. Think about those particles merging with the calming energy you were just picturing, and allow it to travel through your entire being. Notice if any visuals come up for you and thank them for showing up. This invites more playfulness and joy, which is a catalyst to healing.

#### **Step 7. Reset your spine.**

Briefly shake out your arms, legs, and whatever body parts are craving movement. Then, bend at the hips, allowing your arms to hang toward your toes. Keeping your knees slightly bent, imagine absorbing the Divine energy from Mother Earth up through your body. Hold this for a few seconds.

Slowly begin to restack your spine, rolling up one vertebra at a time. Each time you roll upward, say your first and middle name out loud. Repeat this until you're standing straight.

#### **Step 8. Reclaim yourself.**

Standing straight up, say "I'm FIRST NAME, MIDDLE NAME, and I approve this message." Claiming your given name on your birth certificate can sound and feel a little silly, but this allows you to take ownership of your whole Self.

Then, do another full-body shake out before starting or returning to your day.

#### **Step 9. Incorporate the ritual into your day.**

Anytime you're feeling frustrated, guilty, anxious, insecure, or scared, you can pick any step of this ritual and quickly run through it to get centered and relaxed again so you can feel nourished while you make a positive impact.

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### **3 Minute Self-Care Ritual Abbreviated Version**

Embrace a daily wellness practice that liberates you from frustration, funk, and guilt, allowing you to feel nourished while actively making a positive impact through helping others.

#### **Step 1. Center yourself by setting your intention.**

"I align with the Divine on a fulfilling path, and my security comes from within me."

#### **Step 2. Activate your relaxed sense of being.**

With your hands by your sides and your head facing forward, roll your eyes up toward the heavens and hold your gaze there for a few moments as your nervous system starts to naturally relax. Close your eyes and repeat this again.

#### **Step 3. Shake out of freeze mode.**

Starting at the top of your head and working down to your toes, shake out, roll, or move every part of your body. There's no wrong way to do this part. Keep going until your body starts to feel good.

#### **Step 4. Soak in energy from the powerful, radiant divine energy of the sun.**

Imagine the sun's warmth shining down on you. Close your eyes and imagine any frozen parts melting. Imagine that you're absorbing the powerful, radiant divine energy of the sun, and it's moving through your body into the earth. Belly breaths 3X.

#### **Step 5. Visualize your energetic self.**

As you tune into how your body feels, try to visualize that sensation as a color, pattern, shape, or thing. There's no wrong answer.

#### **Step 6. Deepen your relaxation infusing calming energy in your body.**

Place your left hand over your chest and your right hand over your belly button, and spread your fingers wide. Imagine that the calming energy coming from your hands is entering your body and reaching your spine. Visualize your body turning into tiny particles that become mist and merge with the calming energy.

#### **Step 7. Reset your spine with Divine Mother Earth energy.**

Shake your body then, bend at the hips, connecting with Mother Earth. Slowly begin to restack your spine, rolling up one vertebra at a time. Each time you roll upward, say your first and middle name out loud. Repeat this until you're standing straight.

#### **Step 8. Playfully reclaim your Self.**

Standing straight up, say "I'm FIRST NAME, MIDDLE NAME, and I approve this message." Then, do another full-body shake out before starting or returning to your day.

#### **Step 9. Incorporate the ritual into your day.**

Anytime you're feeling frustrated, guilty, anxious, insecure, or scared, you can pick any step of this ritual and quickly run through it to get centered and relaxed again so you can feel nourished while you make a positive impact.