

RUNE RITUAL

Self Mastery

part 4 - self practice



Part 4 - self practice

Self practice = Your personal ritual

Habits

Rituals

The moon

Your cycle

Creating your self practice

why self practice?

“Depending on what they are, our habits will either make us or break us. We become what we repeatedly do.” .

Practice of this part

Tune in

Rebels Breath - 3 min

Gyan Chakra Kriya - 7 min

Uplevel: Prosperity mantras

The rebels breath

This breathwork gets you "high on your own supply" and releases frustration and old tension. It was taught to us by the teacher Biet Simkin

POSITION: Sitting crosslegged in easy pose

BREATH: Breath in through an O shaped mouth and as you inhale lift your hands up, palms facing forwards ear high. Keep your eyes open. Exhale through the mouth, bring your hands down into an upside down L and head down. Repeat this three times and on your fourth inhale, look up, hold your breath, release your belly. Hold your breath a while and when ready to exhale, tap on your heart three times.

REPEAT 3 times for best results

Gyan Chakra Kriya

Gyan Chakra Kriya is also known as the “Brighten Your Halo” meditation. This meditation is a way of aligning yourself with the frequency of abundance and prosperity, as it opens our heart and adjusts the magnetic field around our heart. As well, it strengthens our nervous system and life force. This allows us to move through any situation with grace & ease. This meditation’s primary effect is that it brightens your halo and builds the aura to bring prosperity.

How to:

Posture: Sit in Easy Pose with a straight spine.

Mudra: Hands are in Gyan Mudra (the tip of each thumb and the tip of each index finger together forming a circle). The other three fingers are straight and pressed together side by side. Begin by making large alternate circles with the arms. The right arm starts in the front of the body and swoops in a large circle over the head, back behind the body. As the right hand reaches above the head, the left arm moves in a large clockwise circle over the head and back behind the body.

1. **Mantra:** Chant clearly and forcefully from the navel point to the top of Sat Nam Wahe Guru “Sat naam, sat naam, wahay guroo, wahay guroo”
2. **Time:** 11 minutes in total with the last 30 seconds moving as fast as possible.
3. **To End:** Inhale, stretch the arms straight up to hug the ears and stretch the spine as much as possible. Hold 10 seconds, exhale leaving hands up and then repeat two more times. During the last inhale twist the body left then right seven times then come to the center, exhale, and expand your fingers and slowly release down to your sides, expanding your aura and grounding your fingers on the ground.



YOUR PERSONAL
PRACTICE

self practice

Creating your own self practice is an important cornerstone for health, happiness and wellbeing. Self practice means the habits and rituals you want to incorporate in your life. Now that we are finished with the purify part you should know by now you are capable of all sorts of changes and upleveling. In the vision part you figured out what you want to grow into. Waking up every morning and knowing what practices serve you and your life, make it much more likely that you do them. The purpose of this last part is to craft your personal self practice for the next 40 days. You will decide what you are going to do and when and share it with your circle. Practices that fit your lifestyle, your dosha, your code, and most importantly your vision. The repeated habits and rituals will make up your life. When this is set all goals and dreams will be easier to achieve, big or small.

ATT!* In this chapter we are recommending all our favourite things but your are of course not obliged to buy anything to make this happen! Just follow your heart to what serves you best. All you need is within!:)

YOUR HISTORY OF SELF CARE

To start with it is good to travel back in time and look at your self practice and self care history. Are you capable of putting yourself first? Have you been letting yourself down in this regard?

What lies beneath that? Beliefs that self care is selfish? Or is it low self worth? Or is it priorities? Try to figure out the root to be able to move forward. You are your own caretaker, and you need to take care of yourself with compassion and discipline. You are worthy of complete love and care.

AND REMEMBER - THE BEST WAY TO RAISE YOUR SELF WORTH IS TO KEEP YOUR WORD TO YOURSELF!

TAKING INVENTORY

1. Who taught you how to take care of yourself?
2. Did they teach you well or is there something you need to unlearn?
3. Is it easy for you to make yourself (body, mind and spirit) a priority?
4. Do you have a history of being self destructive, what is it?
5. Are your self care practices and rituals yours or are they borrowed?
6. What area do you most need to improve/change in your current self practice:
 - a. movement
 - b. meditation
 - c. breathwork
 - d. eat and sleep
 - e. rituals/deep self care
7. What habits that you have are you most proud of?
8. What habits that you have are not serving you?

- MEDITATION

Choosing and committing to a 40 day practice. After trying different meditations find one to commit to

- RITUALS

Sacred rituals create a sacred life. Learning about different rituals to find the ones that fit you, and you want to keep and deepen.

- MOVEMENT

Finding your types of movement you LOVE and moving mindfully in some way every, single day.

- BREATHWORK

Breathing deep to gain energy and release! Important for both your health and mind. Create a practice built on your dosha or specific needs.

THE 4 RITUAL HABITS

A photograph of two young women with long, wavy hair, smiling warmly. They are positioned in a bright, airy space with a white wall and a window in the background. The woman on the left is wearing a white long-sleeved blouse with a striped vest over it. The woman on the right is wearing a white ribbed sweater. The text "GOOD HABITS" is centered over the image in a black, serif font. A thin black line frames the top and right sides of the image.

GOOD HABITS

HABITS

„First we create a habit, then the habit creates us.“

Habits make up most of our lives without us knowing it. When and how we bathe, sleeping habits, eating habits, ect. Then there are the key habits. According to The Power of Habit author Charles Duhigg, “keystone habits influence how we work, eat, play, live, spend, and communicate”, and they “start a process that, over time, transforms everything.”! Meditation is just that, a key habit that transforms, with time, everything else you need to change. Exercise in general is another that effects sleep, work and even your sexual life. So rather than going after every habit, incorporating these kind of key habits into your life is the key to see the rest transform naturally.

MORE ON HABITS

Neuroscientists have discovered that meditation is one of the most powerful tools for cultivating self-control. People who meditate regularly, are said to have brains that are “finely tuned willpower machines.”

Regular meditators, it turns out, have improved impulse control, attention, focus, self-awareness and stress management.

So try to look for keystone habits, that create a chain reaction and spark other good habits to put into your routine. These key habits with a few good rituals can have a major effect on every area of your life.

In the next few pages we talk about a few strong habits, some you might have, others not. And the importance of routine. Read through all of it and try incorporating those missing from your life and getting a fresh perspective on the habits you already do.

The highest form of self love is self discipline

When we love ourselves, we treat ourselves with the upmost respect. That level of respect channels through our behaviors, our actions, our thoughts, and even our emotions. It channels through everything that we do. That love and respect that we have for ourselves makes us a powerhouse. Discipline and control tends to have a negative connotation to it. Often times when we think of control we think of it in the sense of having control over others. However, we all need to start practicing the mindfulness of understanding that to be in control does not necessarily mean to have control. To be in control means to that you understand the various ways in which you operate. You understand your triggers, the buttons can be pushed to turn you into a mean person, the things that you want in life and just how you are going to get it. To be in control means that you are aware of your presence and the energy that you give to and receive from the presence of others. You understand your behaviors, your emotions, your thoughts, and how you manifest them in this world. To be in control of all of those things means that you have self-control. Having self-control will serve you greatly in this world, especially when you have self-love and self-worth to go along with it, and that comes pretty quickly when you have self control and discipline. When you have self-control, you are constantly aware of your place in this world, your purpose for this life, and the things that will and will not require your energy. That self-control will feed your self-love and self-worth and ultimately guide you to where it is you desire to be in life. Having self-control will allow you to always be clear about what your goals and desires in life are, and will you give the necessary discipline to achieve them all.

SLEEP

This is the obvious big key stone habit, but still so many of us ignore it and are not taking the steps we need to have a deep good sleep every night. We are the only animal that doesn't sleep when it needs to and this can really damage our health. While we sleep the body cleanses the nervous system, the digestion and starts fixing problems in the body. So we believe in helping the body in these matters. There are a few simple ways that you probably know, but maybe we all should sharpen these things in our lives.

1. Don't eat 2-3 hours before sleep
2. Drink plenty of water (not too much though) and keep water on your nightstand
3. Magnesium is the best thing to absorb before sleep, drink it in water or take a magnesium bath
4. Going to sleep at the same time every night can do wonders, then your body can go into a rhythm at a certain time every night.
5. Digital detox, not watching screens just before sleep can deepen the sleep and make it easier to actually fall asleep
6. We sleep 1/3 of our lives, so making the bedroom a non toxic beautiful place is so worth it. Minimize electronics, have organic cotton or linen sheets, a silk pillow case for the skin and hair and having a plant that cleanses the air in the room. Make a little self care altar on your bedstand with water, handcream & your books.

MAKING THE BED

We've long believed that tiny tangible acts like making your bed each morning are sacred, so long as they're infused with intention. Maybe you are thinking who cares if my sheets lay messy from morning until you return again? You had more important things to tend to than the fluffing of pillows and tucking of corners.

And yet: "Make Your Bed And Change Your Life" was the title of Adm. William H. McRaven's 2014 commencement speech at the University of Texas, as he smartly articulates the power of accumulated small habits. It's a keystone habit — something that kickstarts a pattern of other good behaviors.

Making your bed, a "success habit," ignites a "chain reaction for other productive habits,".

What if making your bed was a ceremonious act of undoing and redoing? As we mindfully transform the wrinkled mess into a portrait of neat, smoothed-out structure, we embody the simple truth that how you do one thing is how you do everything.

To consider: We chronically overestimate the time it takes to do small tasks. Challenge yourself to stay present for the 1-3 minutes it'll take to make your bed. When you return to your neatly made bed, recognize that it was prepared for you from you — an honest form of self-care.

BREATHWORK FOR YOUR DOSHA

We have repeatedly written about the benefits of breathwork for your health, just to emphasise the importance of having deep breathing a part of your self practice. It can play an important part of your energy and outlook. You have already tried a few in the last weeks. But here are a few breathing techniques recommended for each dosha. Try the one for your ruling dosha this week and see how it feels! Takes only a few minutes!

BREATHWORK FOR YOUR DOSHA

VATA: NADI SHODANA DOSE: 3-5 MIN

One of the great techniques for balancing and harmonizing vata is the alternate nostril breath, Nadi Shodhana, which is rhythmic, soothing, and grounding. Nadi Shodhana is excellent for not only releasing physical tension, but also for supporting a clear mind, enhanced tranquility, and stress reduction. It's perfect for anytime you're feeling anxious, nervous, stressed, depleted, or exhausted. It is very similar to the left nostril breath, except you alternate closing the nostrils, closing the right with your right thumb and your left nostril with your right ring finger. Begin by closing the right nostril and inhaling gently up the left nostril. Close the left nostril with the ring finger. Lift the thumb and exhale down the right nostril. Inhale back up the right nostril. Exhale left, then continue at a comfortable rhythm. The breath should be smooth, soft, comforting, and relaxing.

BREATHWORK FOR YOUR DOSHA

PITTA: SITALI DOSE: 1-2 MIN

As Pitta is made of fire and water, its main qualities are hot, oily, light, and sharp. Cooling Sitali Breath has the opposite qualities, so it cools and calms the excess pitta. Sitali Breath is best for the summer season of pitta or anytime you're feeling irritated, angry, frustrated, or noticing a little acid indigestion. The sitali breath will make you feel physically and mentally refreshed. Notice the increased clarity, coolness, and spaciousness in body and mind.

Take a comfortable seat and rest your hands on your lap. Close your eyes. Curl your tongue, point it a bit out of your mouth and breath in through your mouth, feel the cool air coming in. Then close the mouth and exhale through your nose, letting the tongue touch the roof of the mouth. Repeat inhaling through the curled tongue, exhaling through the nose, Establish a relaxing, calming rhythm.

BREATHWORK FOR YOUR DOSHA

KAPHA: BREATH OF FIRE DOSE: 30 SEC X 3

As Kaphas main qualities are heavy, sticky, cool, and oily the Breath of fire has the opposite qualities, to stimulate, warm, and lift the excess kapha. The breathwork helps increase the flow of prana through the body's energy channels. It also helps to remove excess congestion in the lungs and brighten the mind. It is good for kaphas anytime you feel sluggish, lethargic, mildly congested, or unmotivated. Try the breath at different times of the day when your energy drops.

Note: This breathing technique is meant to be done on an empty stomach. Avoid it during pregnancy, or if you have heart or respiratory conditions.

3 reasons to keep meditating

Here are a few good reasons to put meditation as a part of your daily practice for the long term.

1. A DAILY CLEARING

Meditation is a daily clearing of our subconscious mind. It helps to break habits that have been formed by subconscious patterning, so we can form new ones to move forward. Our subconscious mind is where our beliefs live. Because our beliefs create our reality, we want to clean out the old stories that no longer serve us daily.

2. NEW SUBCONSCIOUS PATTERNS

40 day meditations empower us to create new patterns that BECOME US. This means that if we commit to a meditation for 40 days, we reverse old patterns and step into a new version of ourselves. We stop fighting an uphill battle to change as we align our subconscious mind with our conscious desires.

3. BECOME ALIGNED AND MAGNETIC

Practicing a meditation will help you feel more confident, powerful, and radiant, so everything we desire can find us - rather than chasing after everything. Meditation can make our lives feel magical and serendipitous while also allowing us to feel grounded and strong.

Types of meditations

In this class you have already tried a silent mantra meditation, a guided meditation and this week a singing mantra meditation. Here are the main categories of types of meditations to choose from to have in your own self practice going forward. Explore what resonates with you.

1. Silent meditation

The basis of meditation is sitting still and focusing all your attention on your breath, it is a great experiment to try that out as well as it is for five minutes. It challenges the mind in a different way than with mantra and guided meditations.

2. Guided meditation

Guided meditations like you have been doing with us are a great way to start and keep a practice going. The only thing is that you might need to switch them out regularly for them to have proper power.

3. Mantra meditation

Practicing a mantra meditation in silence or out loud is great to get rid of monkey mind. The mantra comes instead of the noise in your mind and you can feel it repeating in your mind throughout the day. The rvk ritual meditation is a mantra meditation in silent and the meditation of this week was a singing mantra meditation.

MOVEMENT

Most of you probably move in some way. As you know exercising is not just good for the body it does wonders for the mind and it moves energy and releases blocks in the chakras. Finding a type of movement fitting to your lifestyle and you as a person is vital. Don't force yourself to do exercise you don't like, as there are so many options out there, and to make it stick you need to enjoy it. If you have found your thing, think about how you can do it more mindfully, with more compassion and healing vibes. And maybe try some of our suggestion for a fresh input or try out a new sport you have been dying to try! If you are struggling finding movement you love we recommend you try as many of our suggestions as you can and tell us what you like the most!

Here are a few ways we love to move...

YOGA/PILATES

YOGA (asanas) & PILATES - We are both trained yoga teachers so obviously this is our go to movement. We have both done yoga for more than a decade now or maybe two! haha who's counting!; hatha, ashtanga and vinyasa yoga. To keep motivated we need new inspiration regularly or try new types of yoga; like when we started kundalini yoga a few years ago & lately Pilates has been our thing. Kundalini is mostly built up of breathwork and meditations, but some movement aswell. We also believe that consistency trumps length, so just doing 10-40 minute of movement daily or on a regular basis is the key to a strong body. Also getting pilates in the mix really takes the body to the next level, strengthens and lengthens the whole body.

On The Self Mastery instagram we have short yoga movement videos & pilates for you to try out

After Self Mastery you can join our monthly membership [THE RITUAL CLUB](#) that keeps an archive of yoga, pilates & the Ritual Method, workshops, meditation, breathwork & interviews so you can keep consistent in moving your body.

WALKING/RUNNING

WALKING/RUNNING OUTSIDE: Getting daylight, fresh air and movement at the same time is as good as it gets. Eva is a runner and Dagný likes walking. The magic is doing it on your pace, sometimes in silence and getting into a meditative state and at other times listening to some groovy tunes or inspiring stories! Doctors are increasingly prescribing time outdoors to combat stress, an adaptation of the longstanding Japanese tradition, Shinrin-yoku, or “forest bathing.” In a recent study at the University of Edinburgh, researchers used lightweight brain-scanning devices to understand the impact of green space on the mind. The results indicated that walking through busier, urban areas increased frustration and irritation in participants. Green space and parkland alternatively led to calmer and more meditative states. “Natural settings gently engage the brain while allowing it ample space to ruminate in the background on life’s quandaries and complexities.”

Check out Evas running playlist on [SPOTIFY](#)

DANCE

Putting on some good music and moving fluently is one of the best ways to activate the second chakra and get in a feminine flow state. We both love to dance like nobody is watching as it releases stagnant energy and boosts your mood. Do it alone or with the kids. Put on a song you REALLY LOVE and let the music guide your movements. Everything from Tchaikovsky to Wu-Tang Clan can be good for both the mind and spirit. Think about this as a form of release, let go of being perfect, just drop from your head to your heart, and let the body do the rest. We also have a fun dance class in our membership, the ritual club.

Call it a 3 minute dance break!

Use Dagnýs [Method playlist](#) for a smooth dance vibe.

HEART PUMPING

Different sports, Aerobic classes or HIIT exercises can be so good to get the heart pumping and energy moving in the body! Lifeforce! We like throwing this in the mix to get our bodies stronger and ready for anything!

Here are a few favourites

1. Tennis: is our new thing! Both movement and spending time in great company! We found it by trying out different sports and classes and figuring out what we needed in our lives. The great thing about sports is that you forget that you are exercising and just forget yourself in the game.
2. POPSUGAR - Check out their youtube channel for all sorts of Hiit classes, tabata and more cardio
3. 80's jane fonda videos - Not kidding they are still fabulous! The outfits are the best! Search for jane fonda on youtube for a 80's overload.

READING LIST

Being a student for life of all things wellness and spiritual is a promise to continued growth and expansion. We both like reading before bed as it is a great way to get off our phones and into nighttime mode, but some people like reading in the morning. Both of us like doing it at night to control what goes into our subconscious just before sleep, as scrolling on instagram and facebook can be triggering. Here are some of our favourite books on spiritual matters and growth. (we have a longer booklist in our membership The Ritual Club)

- Don't just sit There - Biet Simkins
- The Universe Has Your Back: Transform Fear to Faith - Gabrielle Bernstein
- Living Beautifully: with Uncertainty and Change - Pema Chondron
- Shambhala: The Sacred Path of the Warrior - Chogyam Trungpa
- The 5 AM Club - Robin Sharma
- Vibrate higher daily - Lalah Delia
- The Untethered Soul: the journey beyond yourself -Michael A. Singer

Journaling

Journaling has some real practical and proven benefits that make it more than just a good tool for reflection. Journaling is good for you — physically, mentally, and emotionally. According to studies it reduces stress, sharpens memory, improves immune functions, regulates emotions and boosts your mood! That are some good benefits for a simple exercise! Also it helps you remember ideas and "downloads" from the universe. If you are confused on how to journal we recommend free writing for one-three minutes without editing after meditation. Also we recommend weekly reflection where you check in with ourselves. Try answering the questions on the next page and let you circle know how it felt.

Is journaling something you want in your self practice?

WEEKLY QUESTIONS

I. WHAT AREA OF YOUR BODY REQUIRES YOUR ATTENTION TODAY?

II. HOW CAN I CREATE MORE ENERGY AND VITALITY?

III.: HOW IS MY ATTITUDE? AM I GENERALLY POSITIVE OR NEGATIVE

IV. AM I KEEPING MY WORD TO MYSELF?

V. WHAT DID I ENJOY MOST ABOUT THIS WEEK?

VI. WHAT DID I LEARN THIS WEEK?

VII. WHAT IS WORKING AND WHY ?

VIII. WHATS NOT WORKING AND WHAT AM I WILLING TO DO ABOUT IT?

IX. WHAT ARE THREE THINGS THAT I MOST APPRECIATE ABOUT MY PARTNER/CLOSEST PERSON?

X. WHAT IS ONE THING I CAN DO NEXT WEEK THAT WILL CREATE THE BIGGEST RESULTS IN MY LIFE?

MORNING ROUTINE

Morning routine sets the tone for the day. Most successful humans have a strong morning routine as it sets the tone for the day. It is the most important time of the day

As your day starts, it's easy to get lost in the habit of checking messages, scrolling on instagram, replying to email and checking the news. It's easy to waste your day away doing a thousand small harmless actions ... but the essential actions get put off. The antidote is putting a little emphasis on making the first hour of your day the most powerful hour. Treating that first hour as sacred, not to be wasted on trivial things, but to be filled with only the most essential, most life-changing actions.

These kind of sacred actions, changes the whole day. You become more mindful, more energetic, and more focused and productive. Treating this first hour as sacred helps to remember that every hour is sacred, if we treat it as such.

We want you to practice figuring out what you think would be most powerful routines and rituals for your life, and put those into your sacred hour. You might not know what mix works for you ... pick something and try it and then adjust.

A good mix might include: Some kind of meditation or reflection (gratitude journal, for example). Your most important task. Something that takes concentration, like creating, reading, or studying. Something physical, like a run, yoga, workout, tai chi. But none of that is fixed in stone. If you find that you can't concentrate in your first hour, maybe you use it for physical activity like taking a walk. If you don't like physical activity, maybe you do something you've been putting off for a long time, like decluttering. Just create your sacred first hour.

Sacred actions might include:

- Meditating
- Breathwork
- Journaling
- Reading
- Writing (or creating in some other way)
- Practicing or studying
- Practicing yoga
- Exercising
- Focusing on your most important task of the day.
- Fixing food for you and family
- Showering + skincare

EVENING ROUTINE

An evening routine is talked about less but is just as important as the morning one. How you end your day, can influence & prepare your next day, get you a jumpstart. Creating a sacred last hour makes you feel better about yourself, calms you and the coming day. Deciding when you go to bed so you know when to start your routine is important. Here are ideas that make your evening nicer and with that your mornings:

- checking your calendar for the next day
- plan your 3 most important tasks for tomorrow
- digital detox for the last hour
- drink a calming nightcap
- pack lunch if needed
- get your clothes ready (and gymgear/workbag)
- tidy up a bit
- do a self care ritual
- stretch mildly
- do some good skincare
- set your alarm
- read
- journal
- listen to yoga nidra or calming meditation





RITUALS

RITUALS

WHAT ARE RITUALS ?

Rituals have many definitions. Some define them as symbolic behaviors we perform before, during, and after meaningful event. Rituals take many shapes and forms. At times performed in communal or religious settings, at times performed in solitude; at times involving fixed, repeated sequences of actions, at other times not. People engage in rituals with the intention of achieving a wide set of desired outcomes, from reducing their anxiety to boosting their confidence, alleviating their grief to performing well in a competition – or even to make it rain! Recent research suggests that rituals may be more rational than they appear. Why? Because even simple rituals can be extremely effective. Rituals appear to benefit even people who claim not to believe that rituals work! SO, performing rituals with the intention of producing a certain result appears to be sufficient for that result to come true! And this is scientific stuff!

Rituals are often used interchangeably with habits, but we think they are entirely different. A ritual, takes your full attention into it. The meaning behind the task transcends the purpose of your actions. Take making a cup of tea. For many making tea is probably something you don't put much thought into. We pick out a teabag, place it into a mug, pour in some boiled water and move on with our day. Compare this 'habit' version of making tea to its ritualistic counterpart: the Japanese Tea Ceremony. Also called Ocha, the Japanese Tea Ceremony is more than just making a bowl of tea (in this case, Matcha). Preparing tea here means pouring all your heart and soul into the movements and aesthetics of the task.

Every action — considerate.

Every gesture — deliberate.

This is ritual, it is calm, slow, and just for you. The difference between a mundane chore and a meaningful gesture lies in the perspective of the doer. Simple rituals can inspire sacred experiences, so long as we're willing to shift our perspective, which over time, can change your life.

All you need for a ritual is

intention

awareness

repetition



CHOOSING YOUR RITUALS

A part of creating a good, solid and enjoyable self practice is trying out new things and seeing if they fit you. Here are a few rituals we encourage you to try this week and see how they make you feel, and if they are something you want to take with you into your life. .

PALM INHALATION

Palm inhalation is the simple yet impactful act of receiving scent from your hands. This aromatherapeutic technique is often used as a transformative tool for self-soothing, as the sense of smell has a direct pathway to the limbic system, the part of our brain that governs emotion, memory, and motivation. The physical and psychological effects of inhalation — versus skin absorption — are nearly instant. In esoteric dialogue, the hands are an extension of the heart, so unlike a perfume that is often worn for the pleasure of others, palm inhalation is an authentic form of self-care.

How to practice:

Select a scent that supports your intention. We use ylang ylang or lavender before bed, peppermint or lemon when we need energy, and cedarwood or sandalwood to ground.

1. Apply 1-2 drops to the palm of your hands.
2. Rub hands together in a circular motion, activating the blend by way of the natural oils on your skin.
3. Cup palms in front of your face without making contact.
4. Inhale deeply.
5. Remove your hands to exhale freely.
6. Repeat 3 times or as desired.

WALKING MEDITATION

“Most of the time walking is merely practical, the unconsidered means between two sites. To make walking into an investigation, a ritual, a meditation, is a special subset of walking, An integral part of Hindu and Buddhist devotional practice involves circumambulation — “to walk in a circle around” sacred objects, deity images, or a holy place. The mechanics of motion are specific and important. From spiritual pilgrimages to personal odysseys, walking has always offered both poetic and practical relief, restoration, and resonance. Beyond the realm of sacred tradition, our mental states are altered when walking, especially in nature. In other words, it lets your mind off the hook for a while; going for a walk allows your brain to roam along with your body. A Journey on Foot. With every step forward — one foot in front of the other — walking renews our chance to move differently, to be different.

How to practice walking meditation:

1. **Move slowly: Very slowly.** This stretching of time deepens space.
2. **Engage the senses walking** Take note of what you see, smell, taste, hear and touch as you put one foot in front of the other. Put your focus entirely on this like you do a mantra in a meditation
3. **Walk without a destination** in reverence to the journey itself. This reminds us that its the journey not the destination. Just walk.

GROUNDING

Grounding, also known as earthing, is when humans make an electrical connection to the earth's energies. The simplest form involves walking barefoot in the grass, dirt, or sand.

Grounding is simple science. Humans are bioelectrical beings that carry a positive charge, which can build up in our bodies. Earth has a negative charge. When we make contact through grounding, we discharge our excess energy, producing a healing effect at the cellular level!

Grounding can:

- reduce inflammation
- reduce cortisol
- increase energy
- increase healing speed
- decrease pain
- restore balance to the body

Three ways to practice grounding:

1. Outdoor savasana. Get that skin-to-earth connection by laying in a wide space at a park or in the sand at a beach listening to the sea. Or, next time you're doing yoga, try going outside and including a little savasana on the earth rather than on your mat.
2. Earth walker. Walking barefoot is the easiest way to have a skin-to-earth connection and wake up your senses. Savor the feeling of soft grass tickling your feet. Find a patch of dry, sun-warmed spot, take off your shoes and socks and enjoy the sensation.
3. Embrace your inner mermaid. If you're more of a beach babe, this one's for you. Swimming in oceans, lakes, or rivers (safe ones sans rapids, obviously) are perfect ways to ground yourself. Feel the cool water, soft sand, and even slimy rocks or smooth river stones to feel more connected to the Earth.

ABHYANGA

.Abhyanga means “self-massage with oil,” according to Ayurveda. Doing a daily practice of self-massage nourishes and soothes the nervous system, boosts lymphatic detoxification, improves circulation, nourishes the skin, and promotes overall mind-body balance. The word for oil in Sanskrit is sneha -- which translates to “love” or “affection.” The essence of a plant is its oil, just as the essence of who we are is love. If we keep extracting something down to its purest essence, what remains is love. When you massage your body with oil, you are literally coating it with a layer of affection, as well as a healing touch. Western science supports this fact, showing that when we receive massage, we release a cascade of feel-good hormones into our bloodstream. Research shows that massage can also decrease the stress hormone, cortisol.

HOW TO

1. Choose an oil. For example sesame oil, almond oil, coconut oil, olive oil.
2. Warm your oil. You can simply place the glass bottle of oil directly in your bathroom sink. Close the drain and fill with hot water. Allow it to sit for a while to warm up.
3. Remove all clothing and jewelry. Sit on an old towel so as not to make a mess.
4. Start at the top of the head and pour the oil directly onto the crown. If you are doing this before work and do not want an oily head for the rest of the day, you can skip this part and save it for a day when you do not need to be presentable. That said, Ayurvedic tradition places heavy emphasis on massaging the head and neck. Of the 107 energetic points of the body (called marma), 37 are located on the head and neck.
5. Continue onto the face and the rest of the body. On the arms and legs, use back-and-forth strokes. On the joints, use circular strokes. On the belly, use circular strokes in a clockwise motion (if you are looking down at your belly), as this is the direction in which our long intestine moves and will stimulate proper digestion.
6. Try to spend 15-20 minutes massaging your body, spending time on the parts of your body you “don’t like.” Then, let the oil soak into your skin for at least 20 minutes.

COLD SHOWER

Cold showers are an ideal habit to incorporate into your life as the benefits are many for the body and also the mind. They are a form of hydrotherapy and are known as Ishnaan in the East. They are one of the most basic yogic technologies. The cold water stimulates the blood in the internal organs to rush out to the capillaries on the surface of the skin. This cleanses and energizes the glandular system and gives us the grit to meet the challenges we face.

The benefits are endless, but here are a few: 1. Brings blood to the capillaries 2. Cleans the circulatory system 3. Reduces blood pressure on internal organs, flushing internal organs and giving them a new supply of blood 4. Strengthens the parasympathetic and sympathetic nervous systems 5. Contracts the muscles and causes them to eliminate toxins and poisons more quickly 6. Brings the power of resistance and resilience to the body 7. Keeps the skin young and shining 8. Prevents the body from developing an extra layer of fat, which affects the liver 9. Balances all the glands 10. Circulation and nerve problems can be prevented by regular cold showers. **Note:** When menstruating, women should not take a cold shower. And if breastfeeding, avoid the chest area.

HOW TO

Precede cold showers with a massage of oil. Be sure to massage the breasts, too.

1. After the oil massage, step into the shower.
2. Let the cold water strike your body while you briskly massage the water into the skin.
3. Move! Chant Sat Nam Wahe Guru! You should not stand continuously under a cold shower,
4. Rub the skin vigorously. Then step out of the water and continue to massage the skin.
5. Then step back in, and be sure to stand under the spray and allow the breasts to be massaged by the water; continue massaging your entire body, step out again and repeat this process three or four times until you feel warm—even though the water is still cold. The capillaries open up and bring blood to the surface of the skin, making you feel warm.

CREATING AN ALTAR

There is something to be said about setting aside space: space to grow, space to explore, space to discover. Altars provide that room to play especially when used in tandem with ritual work. The word altar is derived from a Latin word meaning "a high place" and altars were traditionally elevated on platforms.

Your altar can be a beautiful reminder of the work that you are doing within yourself. It doesn't have to be something you have seen before, it can be a corner in your closet or something on your kitchen table, or a shelf somewhere. The beauty of altars is your relationship to it. It also gives your home the sense of a sanctuary.

STEPS

1. Decide where you want to have it
 2. Put a cloth down or make sure it a specific place that you pass daily
 3. Gradually collect items to it that inspire you to slow down and start a dialogue with yourself
 4. Ideas for items: flowers, shells, stones, crystals or other elements representing nature. a spiritual book you can read again and again. a journal and pen. Candle, sage and palo santo. Your meditation essential oil, a spiritual deck of cards. a photo of something or someone, a quote or a positive affirmation, meaningful jewelry,
- create a portable version as well. Have a little bag with a few little things that you travel with to remind you of your practice.

CACAO CEREMONY

Cultivate a relationship with your heart and the medicine of chocolate through this mindful daily/weekly practice!

Drinking cacao in a ceremonial context is not merely a western invention of hipsters. According to Mayan tradition, the term for cacao is literally translated as “heart blood” and theobromine (the psychoactive ingredient) translates as “food of the Gods”

Ceremonial cacao refers to a cacao grade that is evaluated by the quality and source of the bean, the process of making cacao, and the intentions that go into making it. It is 100% pure cacao made from roasted and ground whole shelled cacao beans. Nothing is ever added, chemically altered or taken away. Unlike cacao powder, they leave in the cacao butter, the best carrier of all of cacao’s benefits.

Ceremonial cacao is heart-opening mood enhancer, full of anti oxidants, full of healthy fats, increases concentration and gives you a dose of vitamins and minerals (like magnesium)

RECIPE - makes one cup

Ceremonial cacao 20 -25 gr

1/2 cup boiled water

half a teaspoon cinnamon

one spoon almond butter

sweetener of choice

mix together in a blender!

Optional: either orange essential oil and peppermint are great for cacao, 1 drop is enough and make sure its an oil safe to ingest.

RITUAL

1. SET the mood, sage, music, we love the artist Danit for cacao Make the cacao, mix the ingredients and pour in a beautiful cup.
2. SIT down and call in the chocolate goddess CHIKUIII
3. HOLD your cup of cacao in front of your heart. Breathe in the rich, sweet fragrance. Close your eyes, take a breath and ground into the earth. Thank your cacao for its medicine and ask it to guide you and soften you. Then, ask your question, set your intention, or make your dedication. Sip slowly and feel the cacao warm your bones. Sit in silence, meditation, or journal your insights to integrate your experience.

MATCHA CEREMONY

Matcha tea powder is a far superior grade of tea containing up to 15 times more nutrients than loose leaf green tea. Because matcha powder represents the ground tea leaf in its entirety, you get the benefits of the whole tea leaf's nutrients and vitamins. In comparison, in regular brewed green tea leaves, its nutrients and vitamins such as vitamins C gets left behind in the tea leaf and are usually discarded.

Ceremonial grade matcha is specifically distinct from its color to how it feels. It should have a vibrantly green color and smell light, fresh, and slightly grass like.

There are two traditional types of matcha preparation known as usucha (thin tea) and koicha (thick tea). Usucha is typically made from the leaves of tea bushes that are less than 30 years old, and koicha is made from the first harvest of plants that are over 30 years old. That higher grades of matcha, usually are more vibrant color, has loads of natural sweetness, maximum umami (pleasant savory taste), and very long finish, is typically used to make thicker, denser and stronger tea (koicha), and that lesser grades are good for thinner and weaker tea (usucha). The third modern way is the matcha latte where you mix it with your favourite herbal mylk.

The traditional Japanese matcha tea ceremony is a series of actions and hand movements that takes years to master but we love making a very simple ritual out of the making of the matcha in whatever form you make it.

1. **CLEANSING:** wash your hands to wash away dust from the past.
2. **SET UP:** set up the utilities in a beautiful way (whisk, cup, matcha, spoon)
3. **MIX:** Add a spoon of matcha to the bottom of the cup. Next add a little bit of hot water (not boiling). Using the bamboo whisk rapidly and stir the mixture creating a green paste. Now choose if you want to add more water into the mix to make a matcha tea or heated herbal milk to make a matcha latte.
4. **DECORATE:** Put cinnamon or pumpkin spice on top or dried flowers to make it a beautiful vision to look at.
4. **DRINK:** Bring the cup to your heart chakra (that's green as well) and take a moment to appreciate this sacred drink made from this beautiful plant that has travelled the world to be with you now to give you energy. Take in the energy with each sip as you enjoy the matcha, feeling the green open the heart.

HERBAL INFUSION

Drinking herbal infusions of all kinds is an ancient way to ingest the power and healing of plants. There are different ways to do it and tea is the most accessible one. We love tea of all kinds and making a mindful ritual of drinking our matcha or herbal tea is a daily occurrence in our lives. Another way to celebrate plants and fill up on minerals and get some herb magic into our systems are HERBAL INFUSIONS. That is using different herbs for whatever problem we are dealing with or just to add in the nutrients we want to fill up on.... psst this is also our biggest beauty secret. Infusion is the process of soaking herbs in water until the water absorbs all the oils and flavours from the plant. They are different from herbal tea in the way that the herbs lie in the water for a longer time, around 4-10 hours, making a very potent herbal water that can be cooled and is a great refresher throughout the day. Herbal infusions can provide a good amount of calcium and other minerals; vitamins, essential fatty acids and proteins in their most natural form. They also contain antioxidants and can calm the nerves, support the immune system, stabilise blood sugar, improve digestion and are generally just filled with amazing health benefitting qualities, all depending on the herbs chosen.

We believe they can be a more effective way to supplement the bodies needs than through typical manmade supplements and this way the digestive system can really absorb the nutrients thoroughly. Scientific studies have shown that it takes at least four hours for a significant amount of minerals to extract into the water, and longer (up to eight hours) for roots, which are tougher and take longer to release their medicinal constituents into the water.

HERBAL INFUSION FOR BALANCING HORMONES AND BEAUTY

Mix together in a glass container with hot water and let steep for 4-10 hours

2 part Nettle leaf

2 part Red Raspberry leaf

1 part goji berries

When the mixture is ready use a strainer to get the leaves from of the water and keep the herbal infusion in a closed bottle in a cooler -We would recommend drinking it that same day or the next.

*we buy our herbs in Iceland in Heilsuhúsið, Jurtaapótekið or at iherb.com.

TAROT AND CARDS

A Tarot reading is a great way to connect to your inner knowing about the future and understand how your present day reality is grounded in the past. But the energy of the Tarot deck and other spiritual decks can also be used as a developmental tool. You can experience great personal growth through a disciplined use of the decks in daily rituals.

Use them daily or weekly to take inventory and also just for fun!

We love the tarot deck in Systrasamlagið and our [Inner Compass deck](#)

THE DAILY PULL

Shuffle the deck and take a card out in the morning. Meditate on it early in the day, carry it with you, study it, read every word about carefully, what is it trying to tell you? The energy of the card is yours for the day. There are no bad cards in this ritual.

Each evening you should reintroduce that card to the deck and give it a few complete shuffles. Leave the deck out until morning and develop the method by which you pull out the card of the day.

How you do it is entirely up to you, but what is important is that you repeat the same method each day. Do you pull the top card off the deck as you make your morning cup of tea? Do you pull a small stack of cards off the deck and draw from the middle? Do it your way, but do it the same way each time. Rituals are about repeating the same behaviour in order to lay a foundation of consistency and stability in your life. By doing this ritual every day, you are building a relationship with the deck that will provide the card of the day that you need. Keeping that card in mind all day can be a great tool for problem solving

OTHER FAVOURITE RITUALS

- BATHING RITUAL - [Read here](#)
- YONI RITUAL - [Read here](#)
- GUA SHA - [Read here](#)
- Clearing space - Sage, palo santo, essential oils (last weeks workbook)
- Moon rituals - see next chapter

WHAT RITUALS FOR WHAT DOSHAS?

Different rituals work better for different doshas. All of the rituals above are magical for any human BUT especially these for these ruling doshas

PITTA

- Cold shower (cooling)
- Walking meditation (slowing down)
- Palm inhalation: peppermint

VATA

- Abhyanga (grounding)
- herbal infusions (grounding)
- Palm inhalation: cedarwood

KAPHA

- Tarot and cards (air, inspire action)
- Cacao and matcha (stimulating and heart opening)
- Palm inhalation: lemongrass

RITUALS AND HABITS FOR EACH CHAKRA

1st CHAKRA

Grounding, creating an altar, sleep routine

2nd CHAKRA

Bathing ritual, abhyanga, yoni ritual

3rd CHAKRA

Cold Shower, movement, magic hour

4th CHAKRA

Cacao, Gua Sha, making the bed

5th CHAKRA

Journal, herbal infusions, breathwork

6th CHAKRA

Tarot & Cards, palm inhalation, reading

7th & 8th CHAKRA

Journaling, meditation, breathwork,



THE MOON

THE MOON

The moons orbit around the sun takes approx 28 days, which is the length of a lunar month.

During this orbit, the moons changing position relative to the earth and the sun causes different parts of its surface to be illuminated resulting in

the different phases of the moon. Humans are more effected by the moon then we let ourselves realise. Women, especially. If we live away from artificial light, our cycle syncs with the moon!

Understanding the moon and honouring each phase makes it easier for us to understand ourselves and go with the natural flow of things

The cycles of the moon have historically been regarded as a sort of compass for self- reflection reminding us of our own rytims.



5 MOST IMPORTANT PHASES OF THE MOON

NEW MOON

It's when you can see the very first sliver of light in the sky. This phase promotes new beginnings, new endeavours and new relationships. It is a time to make positive changes, looking for fresh career opportunities, and planting seeds of ideas to harvest later.

WAXING MOON

In this phase the moon appears to be growing in size, shifting from new to full as though it's gaining strength. This time is good for increasing things of your own, your knowledge, your bank account, relationships, increase communications. This phase promotes healing.

FULL MOON

The moon's most powerful phase. This is a time of fulfillment activity, increased psychic ability, for perfecting ideas, getting your act together. The best time for rituals.

THE PHASES OF THE MOON

WANING MOON

The moon is decreasing in size as it journeys from full to dark. The waning moon is a time of decrease, release, letting go and completion. An excellent time to begin dieting, breaking bad habits, breaking off relationships or dealing with legal matters.

DARK MOON

The two or three days when the moon is not visible in the sky at all. The dark moon and the new moon are often considered the same phase but its a good time for discarding things in your life you do not want, contemplating what you have already accomplished and what you want to accomplish in the future. An excellent cycle to find time for yourself and for alone time.

MOON RITUALS

Moon rituals are an ancient and sacred practice that originated in Egypt, Babylonia, India, and China where moon worship was a part of the culture. The phases of the moon influence the growth or decline of plants, animals, and human life. So, basking in the moonlight was seen as a sacred and necessary part of every cycle. Today, moon ritual carries just as much sacredness and brings a beautifully primal practice into the modern world. It's something we desperately need in our always-looking-at-a-screen way of life, and when life itself is often filled with challenges, heartbreak, and despair. The beautiful thing about rituals, especially those related to the moon, is that they invite you to get quiet. They ask you to plant seeds of intention, and be one with the energy of our environment. Free from distractions. And while there are 8 phases of the moon, the most potent phases are the new moon and the full moon.

A NEW MOON RITUAL

The new moon is a blank page, a fresh start, a moment to turn inward and consider what we want to call into our lives and what we need to let go of. It's indeed a time for rest and reflection, so the perfect ritual would be in the comfort of your own home

1. **Set the environment**, burn sage, light a candle, turn on soothing music, and clear energy. And keep a few pieces of paper and a pen on hand for writing.
 2. **Conjure a connection** to a higher power/nature.
 3. **Sit comfortably and write** down the things in your life you either wish to call in. Consider what you want to call into your life. This could be a job opportunity, a relationship, more financial abundance, an adventure—you name it
 4. **Declare.** The next step is to read your desires out loud. Speaking them aloud plays a crucial role in bringing them to life. You may notice that they evoke even more emotion when spoken, and that feeling is essential to manifestation.
 5. **Meditate and complete.** Now that you've let go and made space for what you truly desire, sit quietly for a three minutes, follow your breath, and visualize your desires coming to fruition. Set the intention to stay open to these elements and experiences entering your life, and any other growth opportunities you may need along the way.
- *You can either do this ritual solo or invite your soul sisters to join you. While doing it alone is beautiful, there is also something compelling about being heard and held by the ladies you love, so that they, too, can hold your desires for you—and vice versa.

A FULL MOON RITUAL

When the full moon arrives, it's time to create space to take stock of what has and hasn't come to fruition just yet. A full moon ritual is a time to reflect and celebrate. Unlike the new moon, the full moon represents fruitfulness and completeness and brings with it a lot of energy.

1. **Be calm.** Since there is likely quite a bit of energy present, it's best to find a way to bring calmness into your space, so that you can harness the energy to your benefit. Take a few cleansing breaths, sage your space, and chill.
2. **Write it out.** Take a moment to reflect on the past few weeks. What has happened? Where are the successes? What was hard? What didn't happen? Where do you see opportunities for growth and expansion? What were you inspired by?
3. **Release and Declare.** Once you've clarified what's come to fruition and what hasn't, it's time to write down and release what is getting in the way of the experiences that haven't arrived yet, BLOCKS, write them down. They can be your own behaviour and thought-patterns or frustrations, a relationship that is blocking you or something else. You can either ceremonially flush these "written barriers or blocks" down the toilet or burn them in a fire-safe vessel.
4. **Take a moon bath.** If you can, get outside and let the moonlight touch your skin. Just like our bodies need the Vitamin D from sunlight, we also benefit from moonlight. It's said to help reduce inflammation and known support our menstrual cycles.
5. **Dance it out.** Whether you're celebrating or still calling in your dreams, dance to your favorite music to move any stagnant energy out of your body and bring more lightness and joy inside.

A faded, grayscale background image of two women with long, wavy hair. They are positioned on either side of the text, facing each other as if in conversation. The woman on the left is looking down and slightly to the right, while the woman on the right is looking towards the left. The overall tone is soft and intimate.

CONNECT TO YOUR
CYCLE

THE CYCLE

Some of our greatest strength comes from fostering a relationship with ourselves by seeking to better understand what is happening inside of our bodies. Tapping into the rhythms of life – rhythms such as the phases of the moon, the change of seasons, our hormones and the menstrual cycle – can help you to connect deeper to your intuition.

As some of our students are women in their reproductive years, we want to give you a intro into each phase of your cycle and how to flow with it not against it. But more importantly than trying these tips out, try listening deeper to your body and exploring what it needs in each phase. With this tool you can ease your symptoms, live with less pain, and look and feel your best! Which is what every woman (and human) deserves. In the next few pages we give a tiny little intro into each phase and tips on what the body could need.



The Follicular Phase

When: The 7 to 10 days after your period ends.

PRESCRIPTION: CARDIO, ENERGY SUPPORT & CoQ10

Right after your period ends, you can feel fatigued and less focused. Support your follicular phase with high-quality ubiquinol, the reduced, antioxidant form of CoQ10 that is critical for the cellular energy production cycle.

During the follicular phase, specifically, metabolism is slower and resting cortisol levels are lower. You should tailor your food and exercise routine to match this infradian effect. We recommend running or other form of cardio during this phase.

Women should try to take supplements specific for each phase of their cycle as a way to further optimize their hormone health. For phase-based support during the follicular phase, we recommend women take a supplement that builds energy.

CoQ10 is vital but you could also try to add some ashwaganda, rhodiola and so on.

Taking this powerful antioxidant during your follicular phase helps protect egg and ovarian health no matter your reproductive goals. Because this supplement helps decelerate cellular aging, with specific benefits for ovarian aging, it offers excellent protection for all people with ovaries. And while there is no wrong time to take CoQ10, taking it during the follicular phase, when your ovaries are ramping up to produce an egg during ovulation, may be especially valuable for egg health, ovarian health, and overall infradian support.

CoQ10 is also valuable for women in the follicular phase because it helps support ovarian health, ovarian response, and the health of your eggs. Research suggests that CoQ10 can help boost ovarian response and embryo quality in younger women trying to get pregnant, as well as boost the embryo quality in women in their late 30s and 40s who are trying to conceive. Robust levels of CoQ10 are also associated with a higher rate of pregnancy in women going through IVF.

It also supports healthy blood sugar balance for more energy, gives you extra help for diagnosed period issues and protects your future fertility

The Ovulatory Phase

When: The 3 to 4 days in the middle of your cycle, right after the follicular phase (which lasts for 7 to 10 days) and before the luteal phase (which is the phase just before your period).

PRESCRIPTION: HIIT, ALL FORMS OF FIBER, PSYLLIUM HUSK & DIM

During the ovulatory phase, specifically, your testosterone is high and you will have more energy, so you can go all out with your workouts. This is a great time for high-intensity interval training and bodyweight circuits. However, if you have issues breaking down estrogen in your liver and gut, you may experience ovarian pain or acne. Eating cruciferous vegetables during this time helps flush excess estrogen from your body. It's also important to prioritize fiber from whole foods during this time, which will help keep excess hormones moving toward the exit!

For phase-based support during the ovulatory phase, we recommend a supplement to help with estrogen metabolism.

Key Supplement for that is DIM.

DIM stands for 3,3'-diindolylmethane, and it is a powerful health-promoting compound derived from cruciferous vegetables. One of its key functions in the body is to help moderate and enhance estrogen metabolism. In other words, it helps the body efficiently process and eliminate used-up estrogen, which is important during the ovulatory phase when estrogen is high.

Estrogen dominance is a condition in which levels of estrogen are high relative to the amount of progesterone in the body, and it is one of the most common conditions in women with hormone imbalances and period problems. The liver is the body's main organ of elimination and it processes and eliminates excess estrogen. DIM helps the liver do its job more effectively, which helps prevent estrogen dominance and related symptoms like acne, PMS, and heavy or irregular periods. Research also suggests that DIM may help protect against certain estrogen-fuelled cancers.

DIM is found in broccoli, cauliflower, kale, collard greens, Brussels sprouts, and rutabaga, and prioritising these foods in the diet is profoundly good for hormone health and overall health. DIM can be taken as a supplement as well, and it may be especially beneficial to take as a supplement during ovulation, when the liver is working hard to eliminate the high volume of estrogen produced during this time. Like all the phase-based supplements we recommend, there is no wrong time to take DIM, but you may get the most benefit by taking it during the three or four days in the middle of your cycle when ovulation occurs.

Dim supports healthy estrogen levels, supports skin health and may reduce acne breakouts and may also stimulate fat breakdown and prevent fat storage

The Luteal Phase

When: The 10 to 14 days after ovulation and before your bleed.

PRESCRIPTION: PILATES, CHROMIUM & CINNAMON

During the luteal phase, specifically, your metabolism speeds up, and your resting cortisol levels are higher. You must eat more calories daily to maintain stable blood sugar, which helps balance insulin — a critical hormone that greatly affects the degree of PMS you will experience. In addition, don't engage in HIIT workouts during this time. Opt for gentler movement, like Pilates and other non-cardio strength training. How much PMS you have is totally in your control and directly related to how much or how little you support your infradian rhythm during this phase. Continue to emphasize cruciferous vegetables during this phase and add in some complex carbohydrates like those found in sweet potatoes, which are nutrient-dense.

The luteal phase is marked by a natural increase in metabolism, which means your body needs more calories. However, if you don't get that caloric level dialed in, you will experience sugar cravings during this phase. To keep those cravings at bay, it's important to emphasize complex carbs, like sweet potato and brown rice, during this phase. You'll want to continue to eat natural sugars and complex carbs throughout the entire luteal phase, because they help boost neurochemicals like serotonin and dopamine to keep your mood stable. Blood sugar dysregulation in this phase leads to cravings, energy dips, irritability, headaches.

As your need for calories and complex carbs goes up in the luteal phase, it's essential to keep your blood sugar stable and that's where chromium and cinnamon come in. Chromium and cinnamon are well documented to keep blood sugar levels balanced. So both will stabilize your blood sugar, they can support healthy cortisol levels, boosts energy and helps with weight management

Cinnamon is associated with a statistically significant decrease in fasting glucose levels, according to research, and has the potential to reduce blood sugar after eating a meal. Cinnamon has also been shown to help reduce insulin resistance, which can happen when blood sugar levels remain too high for a long period of time and which is a precursor to other, more serious conditions.

Chromium is an essential mineral that helps regulate insulin activity in the body and enhance the metabolism of carbs, proteins, and fats. Studies show that chromium can help reduce insulin resistance, which sets the stage for clinical conditions like PCOS and gestational diabetes, and keep blood glucose stable.

A good idea is to also add Vitamin D, Manganese and Zinc in your supplement routine.

The Menstrual Phase

When: The 3 to 7 days during your bleed.

PRESCRIPTION: RESTORATIVE, QUERCETIN & NETTLE

During the menstrual phase, specifically, your hormone levels are at their lowest, so it's important to eat adequate calories and focus on restorative workouts. Keep your workouts relaxed, even if you're not feeling discomfort. It's a time to take things slowly and prioritize rest.

Gentle walking or very light yoga is perfect during this phase. Make sure to get plenty of protein and healthy fat during your bleed, which will help with hormone production. (Your hormones are at their lowest levels during this phase.) Foods that help keep up your iron, like kidney beans, are helpful now, too. Adding in some mineral-rich seaweed also helps replenish mineral levels in your body.

Give your uterus deep support for cramps and discomfort. Support your bleed with a some kind of herbal blend of quercetin and nettles, which are antioxidants that fight oxidative stress and inflammation.

Quercetin is a powerful antioxidant that is good for hormone health and overall health. Studies show it helps reduce cramps and it may inhibit growth of endometrial tissue for people with endometriosis. An extensive body of research shows that quercetin has antidiabetic, anti-inflammatory, antioxidant, antimicrobial, anti-Alzheimer's, antiarthritic, cardiovascular, and wound-healing properties. It may also help protect against certain types of cancer.

According to research, quercetin helps modulate inflammation and regulate blood sugar, two factors that are essential for balanced hormones and a healthy cycle. And studies suggest it may help reduce symptoms of PCOS.

Quercetin is a type of plant compound known as a phytoestrogen, and studies suggest that it may help protect and support the ovaries from oxidative stress. As a phytoestrogen, quercetin may mimic some of the same actions as estrogen in the body, which is one reason to consider taking quercetin during your period, when estrogen levels are at their lowest levels all month.

Quercetin and other antioxidants may also help prevent urinary tract infections, according to some research. We recommend taking quercetin during the menstrual phase to support healthy estrogen levels and keep inflammation levels low.

Nettles help replenish magnesium in the body, which may help reduce PMS and other symptoms. Nettles may also help with heavy flow, and they are a good source of iron, which can help build up the blood after during and after menstruation.



YOUR PRACTICE

YOUR SELF PRACTICE

After going through this chapter, learning and being reminded about the importance of routine, good habits, rituals and the phases of the moon and your cycle its time to pick and choose what goes into your routine. Fill this out on a full page and create your self practice, share it with your circle and then start practicing it. Use your vision and action steps as inspiration, maybe you can do something daily that gets you closer to your vision? Make it doable for you but still ambitious so it makes a real difference in your life. This is not to be used as a tool to shame yourself when things don't go this way. More of a script of how you want your life to be.... but then life always has a say. See an example on the next page

- Morning routine (review the morning routine page in the habit chapter)
- Evening routine (review the evening routine page in the habit chapter)
- Daily commitments (water, movement, good habits, gratitude)
- Weekly and monthly rituals (choose from chapter or add your own)

Self Practice - example page

MORNING:

Wake up at 6:45

Make my bed

Lemon water

Meditation - Rvk ritual medi 8 min + addiction meditation 3 min.

Breathwork - Sitali for 1 minute

Movement - pilates/yoga with Rvk ritual or 20 min walk

Breakfast - smoothie and vitamins (b12 + multi + adaptogens)

Shower - drybrushing, abyangha, cold shower for 1 min

EVENING:

making a to do list for tomorrow

digital detox

tidy up a bit

calming essential oil in diffuser

magnesium drink

cleansing the face well

toothbrush and FLOSS!

Big glass of water to bed

reading at least 5 pages of a book

Go to bed before 10 am

COMMITMENT

Daily gratitude & 2 l of water

RITUALS

weekly:

- bathritual - friday nights
- ceremonial cacao saturdays
- Gua sha 2x a week

Monthly: Full & new moon ritual

NON NEGOTIABLES

Now lets prepare for a rainy day. When everything is going backwards, you get bad news, life turns upside down or the kids are just having a hard time. Then you have to choose 3 things from your morning and night routine that are non negotiables whatever happens. YOU ALWAYS DO THEM NO MATTER WHAT.

What are yours?

1. _____

2. _____

3. _____

GOING FORWARD

This is the last workbook of the class. We hope you keep them and use the tools you have learnt to fill your own cup as much as you can. Remember you deserve the absolute best. Nobody can take away your self practice, it is our anchor in the storm and messiness of life and gives us presence to enjoy life when the sky is clear. But it is always a choice, the daily choice of putting yourself first so you can really be of good in this world.