



# GUIDANCE FROM WITHIN

The Holistic Book  
& Journal

- + Connect
- + Align w/ Your Values
- + Create Systems that Liberate
- + Seasonal Physical, Mental, Emotional Guide
- + Tools to Let Go

Get ready for your most authentic  
inspiring, joyous year yet

by Anne Adametz

Holistic Mentor, Chinese Medicine  
& Yoga Practitioner

# Anne bio

As a Chinese Medicine Practitioner, Acupuncturist and Yoga practitioner with over 20 years of service and thousands of patients, Anne shares the wisdom we all need in order to find sure-footing in shifting sand.

Anne has unparalleled experiences like growing up on a farm, travelling the world, learning to heal in the only free Chinese Medicine Clinic in America, studying with world masters of yoga, and working with world-class counselors, mentors, and healers in nurturing herself through stress, anxiety, and the loss of 3 immediate family members. In this book, she shares the same skills she uses every day.



## Let's Connect

@anneadametz

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# Table of Contents

1. How to use this journal/book
2. Inner work
  - a. Intention
  - b. Release
3. Alignment
  - a. Know who you are
  - b. Know what you control
  - c. Know how to let go
4. Systems
5. Body
6. Mind
7. Energy
8. Seasons as a System
9. Daily Journal (by season)
10. Tools
11. Resources
12. Gratitudes



# How To Use This Book & Journal

The beginning pages are designed as **deep dives** into your values/truth/clarity.

Start deep, or daily journal, whatever flows, you can skip around.

**Be led.**

**Align your values** in your daily thoughts, words and actions.

*Your karma is curated in the everyday.*

Continuous reflections help you identify patterns.

Learn how to **integrate** your experiences into growth.

**Perfectionists: be aware.** There are no dates, on purpose. Begin in any season. There are 30 weeks (not 52) of daily journal in this book to get you started. There will be an addendum book of daily pages available to continue your work.

**The hope of this journal is to illuminate the systems, questions, tools and insights to enter into your calendar as recurring events so you can anticipate, plan, support and meet your needs consciously.**

There are many pointers, as well as best practices, **but nothing in this book is meant to diagnose, treat or give medical advice, always talk with your trusted practitioners and above all, trust yourself.**

My hope is that you **enjoy connecting with yourself**, finding your way, and experiencing all the blessings this life has to offer, and may you be a blessing unto others.

*So much Love*  
 *Anne*



INNER WORK

# This is Your Year

- What is a word that describes how you want to feel this year?  
Take time to connect to it.
- Put it in the center of your fire here.



INNER WORK

# BEGIN IN THIS MOMENT

Gratitudes

*The smallest voices can make it major*

Struggles

*The Syllabus*

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

If I don't judge my struggles, what are they teaching me?

Recurrent struggles are the courses we can focus on, where we can learn new approaches to our cyclical issues.

**Make the most difficult issue your practice,**

Your struggle is why you came and you can love yourself through it.

If you don't know *how*, ask "who" can help. You just don't know YET...

INNER WORK

# MAKE SPACE

## Write and Burn

What are some things that you are ready to let go of from this year?

Pour as many on this page, tear it out and burn it.

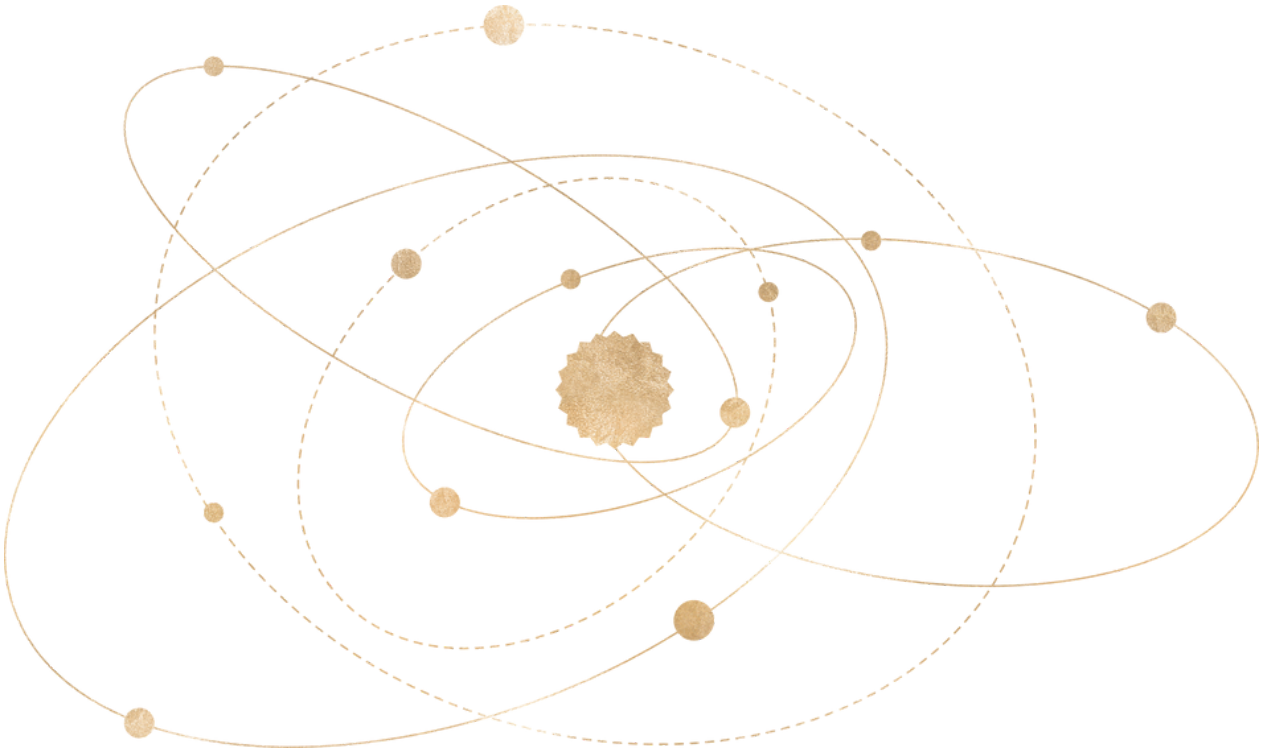
Go ahead, there's a bunch more of these later in the book (or write on any page and burn). Write and burns are phenomenal: when you watch the alchemy of your words turning to ash, you realize your transformational power to let go and create space for what you truly deserve.



Let Go. Start again.

INNER WORK







ALIGNMENT



Know Who  
You Are

ALIGNMENT



Pandit Jerome Smith drew this out for me, as a tool to see who we are, through the tools of yoga and I use it every single day.

**What we look like:**

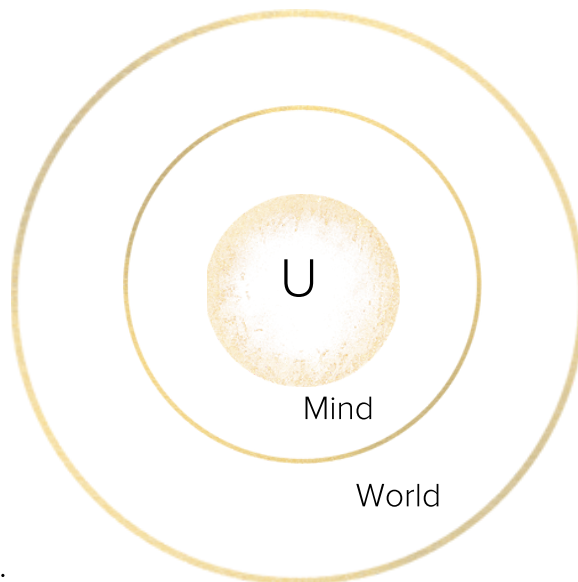
**U:** who you really are, the part of you that goes on and on, that hasn't changed since you were a child: pure energy, unlimited potential

**Mind:** The negotiator between U (potential, love, pure energy) and the world, which isn't always pure love...

The mind  
is the *storehouse*  
of *experience*.  
A wonderful servant,  
but a terrible master

**World:** Everything  
outside of us that we  
live in, but don't  
control.

Where *U*  
is the calm  
center of awareness  
the World  
is the hurricane of chaos outside.



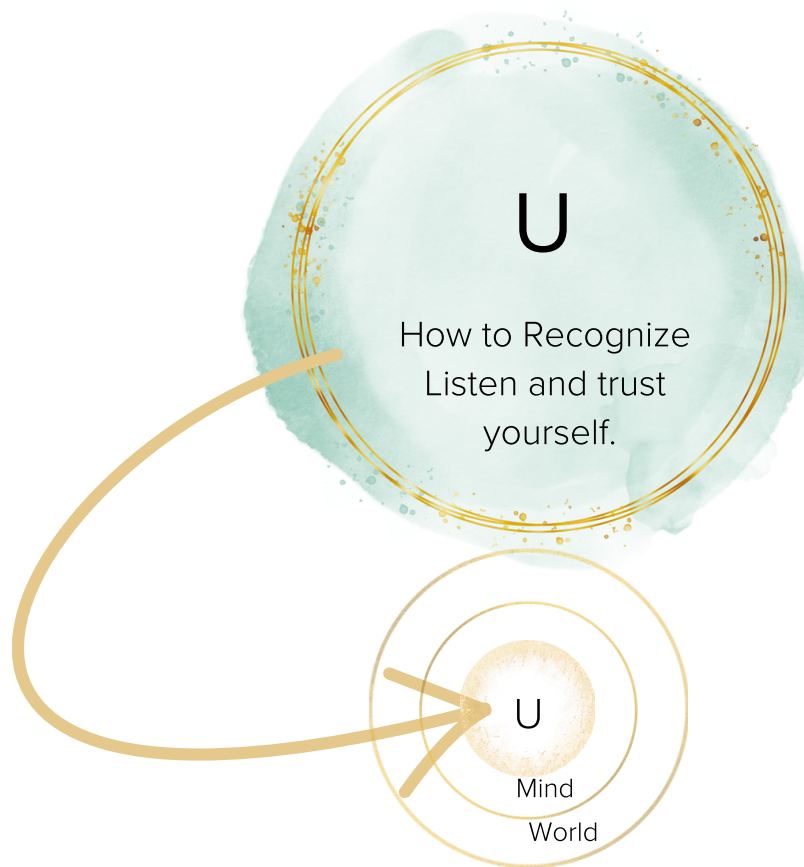
ALIGNMENT

**The Questions:**

Where are you focusing?

What is in your control?

How will you feel if you focus on the one thing you cannot control?  
(Out of control).



Want to quickly discern between the *small still voice of your highest self*, and the the endless chatter of your *mind*? Listening **within** is life-changing. Once, I felt “*take this back road*” and instead of taking a speeding highway, I took this quiet road, and at a sleepy stop sign, my entire front wheel fell off! I shudder to think what would’ve happened had I ignored my small still voice, and took the speeding highway home that day.

The U, or “small still voice” of your highest consciousness can be as simple as hearing *take a walk* to clear my head. Echo Bodine wrote a great book, *The Small Still Voice* on this. instead of continuing to worry, listening to the true U, can help connect to the real U. Listening to your highest self is a practice, as with any relationship, it gets stronger the more you pay attention to it. Here’s how to connect to, and listen to U.

1. You may *hear, see, feel or know it* in a moment
2. Comes as a nudge, always 3 words or less: *Take a Jacket, Not now, Go walk*
3. Always positive, kind, clear. *Call Jenn, Ask Dad*
4. Repeats only a few times, then quiets down (*it never nags, nor stresses*)
5. The *mind* will chatter, *pros/cons*, endless debate: *should I, shouldn't I*
6. Practice responding to *intuition: take the jacket, ask dad, go walk*
7. Noticing and responding to the small still voice strengthens your relationship to U.
8. The more practice, the more trust when it’s a big decision, like *take this job, or time to go*.



THE TRUTH IS NOT YOUR TRUTH UNTIL  
YOU HAVE EXPERIENCED IT.

-The Buddha

#### Meditation

- + Practice directing energy, is a single-pointed focus
- +The focus is on what you can control: just u
- + Let this app be another system to use upon waking, before bed, anytime to help you feel more clarity

Download this  
free app

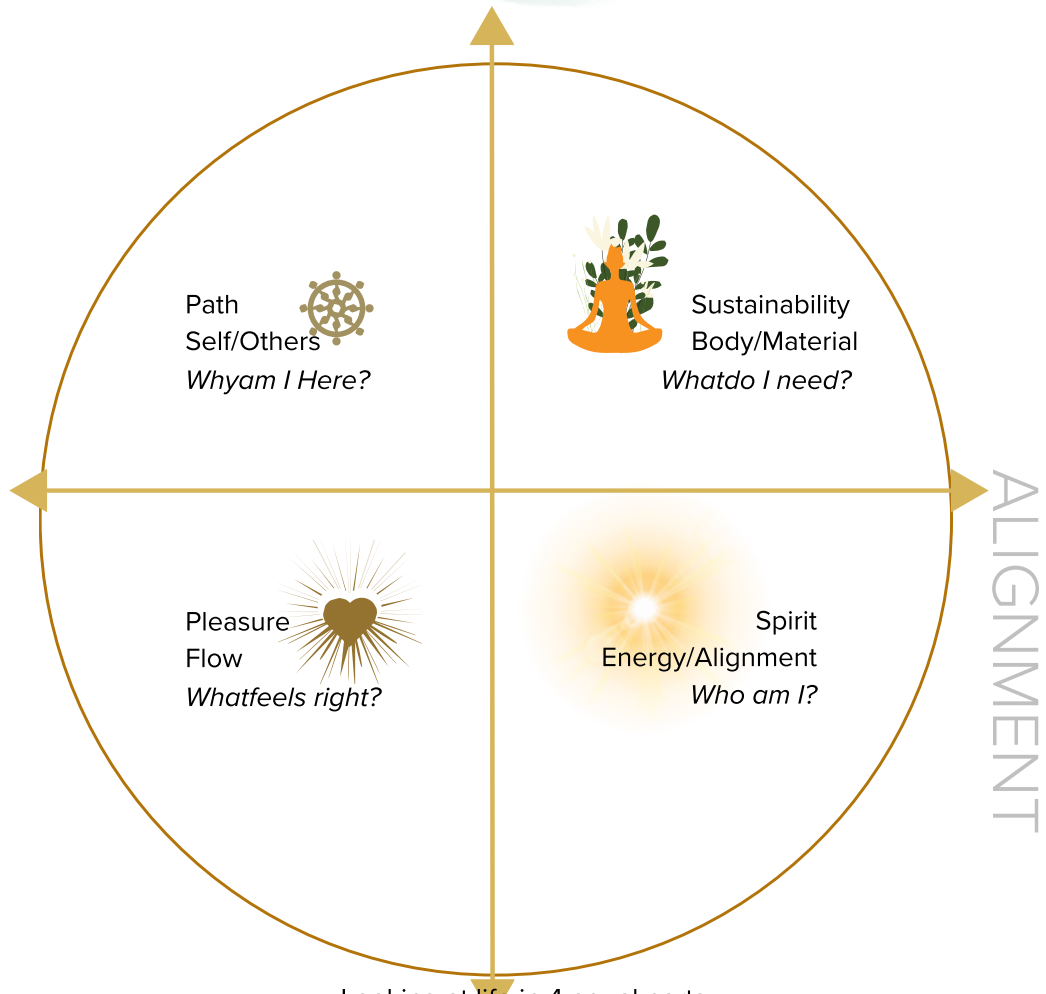


ALIGNMENT

Meditation: Lie down comfortably, when and where you will not be disturbed. Listen and document.

Search the free app for “anne adametz”  
the *Who You Are Meditation*

# 4 Aims of Life



Looking at life in 4 equal parts.  
Which gets most of your energy/time? Least?  
Let this serve as awareness to how to shift your focus.



Know What  
You Control

ALIGNMENT





**Spoiler Alert:**

We are only in control of ourselves. It is sometimes even difficult to calm the mind, and takes much practice.

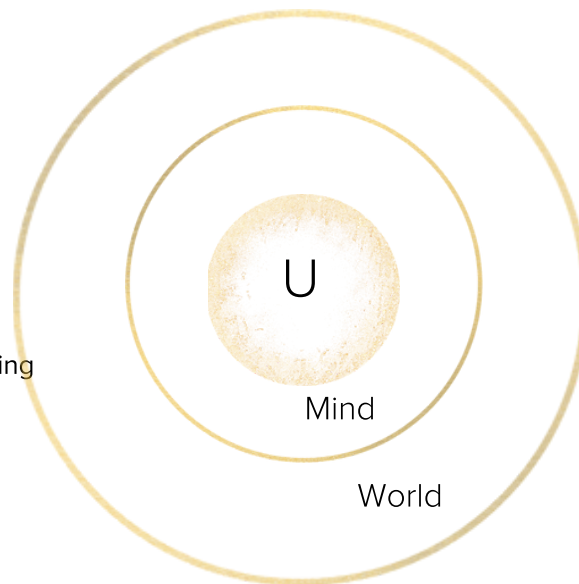
A great teacher once said, “Don’t worry you already have a practice, it’s just following your mind around!”

You simply need to change *the focus* of your practice, to observing, not following the mind. This is meditation.

Ultimately, we are *getting used to* understanding how the mind works, and harnessing it rather than being overwhelmed by our racing thoughts.

Even if the world is pressing, and it can be, we can only control how we are being in this world.

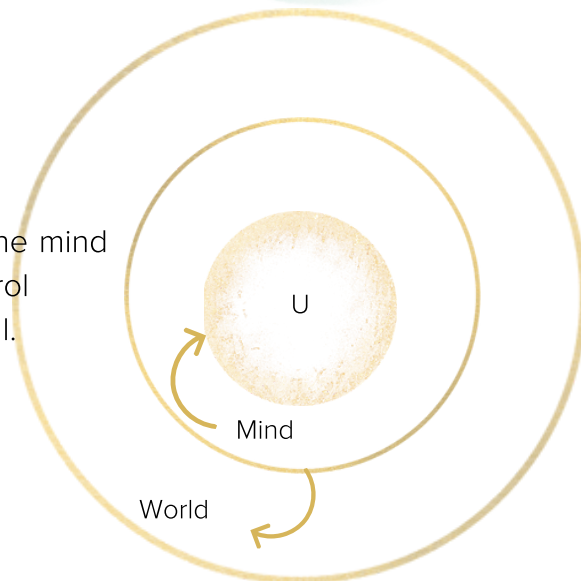
Our ALIGNMENT with our goal helps us DECIDE how we will respond and the tools here, self awareness, knowing your needs, practicing responses and being clear how we can find our sure footing in shifting sand.



ALIGNMENT

# Know What You Control

Practice focusing of the mind on what you can control and align with the goal. The result is freedom



Take time to decide, “What am I focused on?” Anxiety is the alarm telling us when we focus the mind on the world (the thing we cannot control). It takes time to practice letting go of all the things we cannot control, and re-investing in ourselves (the one thing we can).

ALIGNMENT

**Note:** clinical anxiety or panic attacks may alarm at anytime without a mental thought. In these cases, practice acknowledging *this is a case of the nervous system* (not mental state) and practice what to do: Focus away from panic or justifying the anxiety to taking steps: 1. Breathe out. 2. Let fresh breath in. 3. Notice colors around you.

Mantra: It's not good, it's not bad, it just is. Let it pass.

# INNER VALUES



Our values are in our control. These are the principles by which we prioritize our thoughts, words and actions. We are taught values that both apply and *don't* apply to us. It is important to first ask YOURSELF what are *my* values?  
What is most vital, what makes life worth living?

Without thinking, in no certain order, what are the 3 most important things in your life right now:

1. ....
2. ....
3. ....

ALIGNMENT

# VALUES CLEANSE



Values can arise from the way we were raised, societal expectations, religions and more. Some of them are valid, and some are “shoulds” that are not aligned with who you are today. Choosing to cleanse toxic values can help us clarify our actions and understand our “why” we do what we do. Take a moment to **Highlight** your values and **STRIKETHROUGH** those that don’t align.

Accountability Achievement Adaptability Adventure Ambition Approval Authenticity  
Balance Beauty Being the best Being right Being good Belonging Career Caring  
Clarity Collaboration Commitment Community Compassion Confidence Connection  
Contentment Contribution Cooperation Courage Creativity Curiosity Dignity  
Diversity Education Environment Efficiency Equality Ethics Excellence Exploration  
Fairness Faith Family Financial stability Forgiveness Freedom Friendship Fun  
Future generations Generosity Giving back Grace Gratitude Growth Harmony  
Health Home Honesty Hope Humility Humor Inclusion Independence Initiative Integrity  
Intuition Job security Joy Justice Judgement Kindness Knowledge  
Leadership Learning Legacy Leisure Unconditional Love Loyalty Making a  
difference Nature Openness Optimism Order Parenting Patience Patriotism  
Peace People-pleasing Perseverance Pleasure Productivity Personal fulfillment  
Power Pride Recognition Reliability Resourcefulness Respect Responsibility  
Reconciliation Resilience Risk -taking Safety Security Self-discipline  
Self-expression Self-respect Serenity Service Simplicity Spirituality  
Sportsmanship Stewardship Strength Success Teamwork Time Tradition Travel  
Trust Truth Understanding Unconditional-Love Uniqueness Usefulness Vision  
Vulnerability Wealth Well-being Leading with Heart Wisdom

ALIGNMENT

# Values Alignment



Knowing who you are, and taking control of your values means prioritizing your values and having your own back.

***This is freedom.***

From last page, Values I am  
shedding, that no longer serve:

Values I am aligning with:

-

+

-

+

-

+

-

+

-

+

ALIGNMENT

# THE PERFECT DAY

Be the CEO of Your Life

★ Take time to decide when you wake up, what is your self care? Visualize based solely on YOU. What are you doing? Who are you with? Choose things that light you up.

Take out the shoulds, needs, and just write hour by hour an ideal day, including your dream work. Forget industrialized 8 hours, how many hours would you be creating, working? When would dinner be? Your night time? End with your best time for optimum sleep.

**Hour by Hour ex: 7=8am What: Wake up, journal, coffee w/God**




# THE PERFECT DAY

Be the CEO of Your Life

**Hour by Hour ex: 7=8am**

**What: Wake up, journal, coffee w/God**


Take time to reflect on how you can integrate at least one of these today.



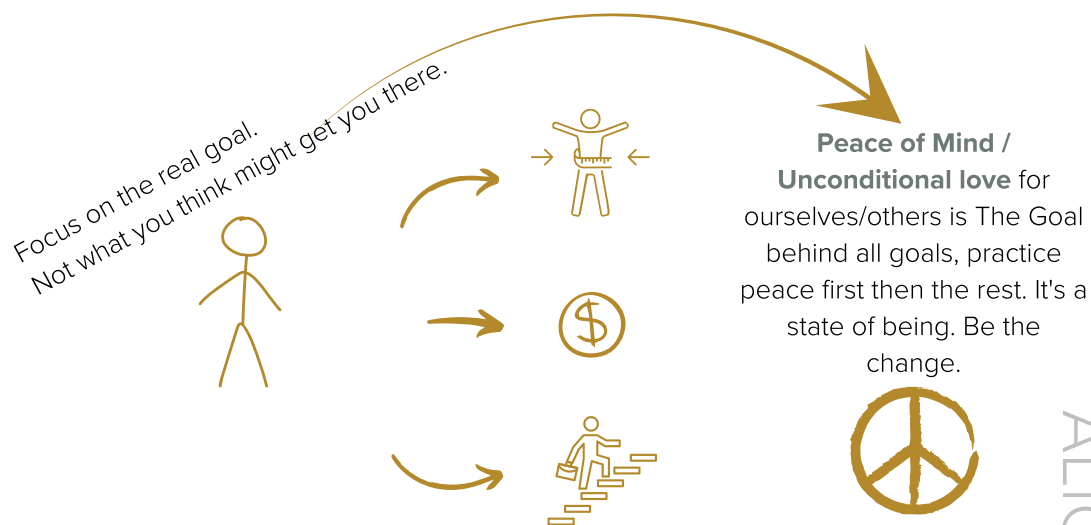
THE GOAL

ALIGNMENT





## PEACE: THE GOAL BEHIND ALL GOALS



ALIGNMENT

The goal behind all goals is to be at peace. Yoga teaches us that instead of focusing on what we think *might* bring peace, focus on **being** at peace. Our other goals are important, yes, however, we can become dependent on the outside world if we need those goals to be completed in order to feel peaceful.

We are aligning with self-reliance and community, *not* codependency.

**Carefully cultivating our goals and a *non-attachment to the outcomes* is key in being at peace.** A mantra for being at peace with ourselves is,

"Peace is the way, the goal and the means to get there."

Knowing peace is the goal, puts us at ease that our other goals are wonderful, and that *being at peace* is the *way* as well as the ultimate goal behind all goals.



LET GO



**The fundamental nature of life is that everything is temporary.**

My teachers said, if we simplify  
yoga (the tools of living a peaceful life)  
down to a single concept, it's  
"Let Go."

How? By understanding that the root of attachment= judging

**Attachment = + or -**

**+I want, - I don't want**

**+ I should - I shouldn't**

There is a 3rd option, which leads to freedom:

**It is. ~**

This neutral charge helps us accept our predicament and deal with it  
clearly, without the cloud of judgement. More on this in mentoring...



**Savasana:** (Pronounced sha VAH sun-Ah)

The final posture of a yoga session is always *savasana*.

When you lie down, and let go of all of your muscular structure, you are practicing the part of life that is the ultimate letting go: death, a part of every life. When lying in savasana, remind yourself it is good and right to let go of all that is temporary. "I release it all: the pain, the attachments, and emotions to the universe to recycle them into something better. I am releasing all that is not me to light and love. I am here to learn, not fix. I can release judgement of myself and others. It is. Today, I begin again in alignment with peace and prosperity for myself and the benefit of all."

ALIGNMENT



# A Yogi Tale of Letting Go

Once a yogi was walking on The Path.  
The Yogi heard a voice crying, "HELP ME, HELP, PLEASE!"

The yogi went off the path, deep into the woods to find a being, completely enwrapped in a thorny rosebush! Thorns digging into the beings arms and legs as they cried in pain, "I beg you, help me! I am suffering so much!"

The yogi offered, "I may assist, still, you must practice *the exact steps I give.*"

The being cried, "ANYTHING, I will do anything! I cannot take this one moment longer!"

The yogi instructed, "Take one arm to the left."

The being pulled their arm free, dragging thorns out and releasing one arm.

The yogi continued, "Now, pull the other arm to the side."

The being, drew the arm free, branches giving way.

The yogi continued. "Now take a large step back."

As the being stepped back, a *cool breeze of freedom* washed over them and the being sighed with such relief!

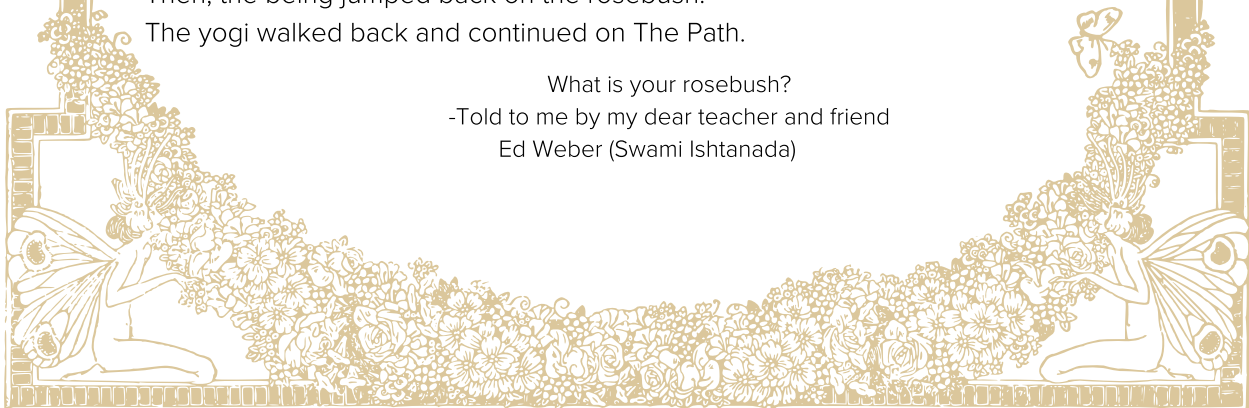
Then, the being jumped back on the rosebush.

The yogi walked back and continued on The Path.

What is your rosebush?

-Told to me by my dear teacher and friend

Ed Weber (Swami Ishtanada)















SYSTEMS



# CREATE SYSTEMS

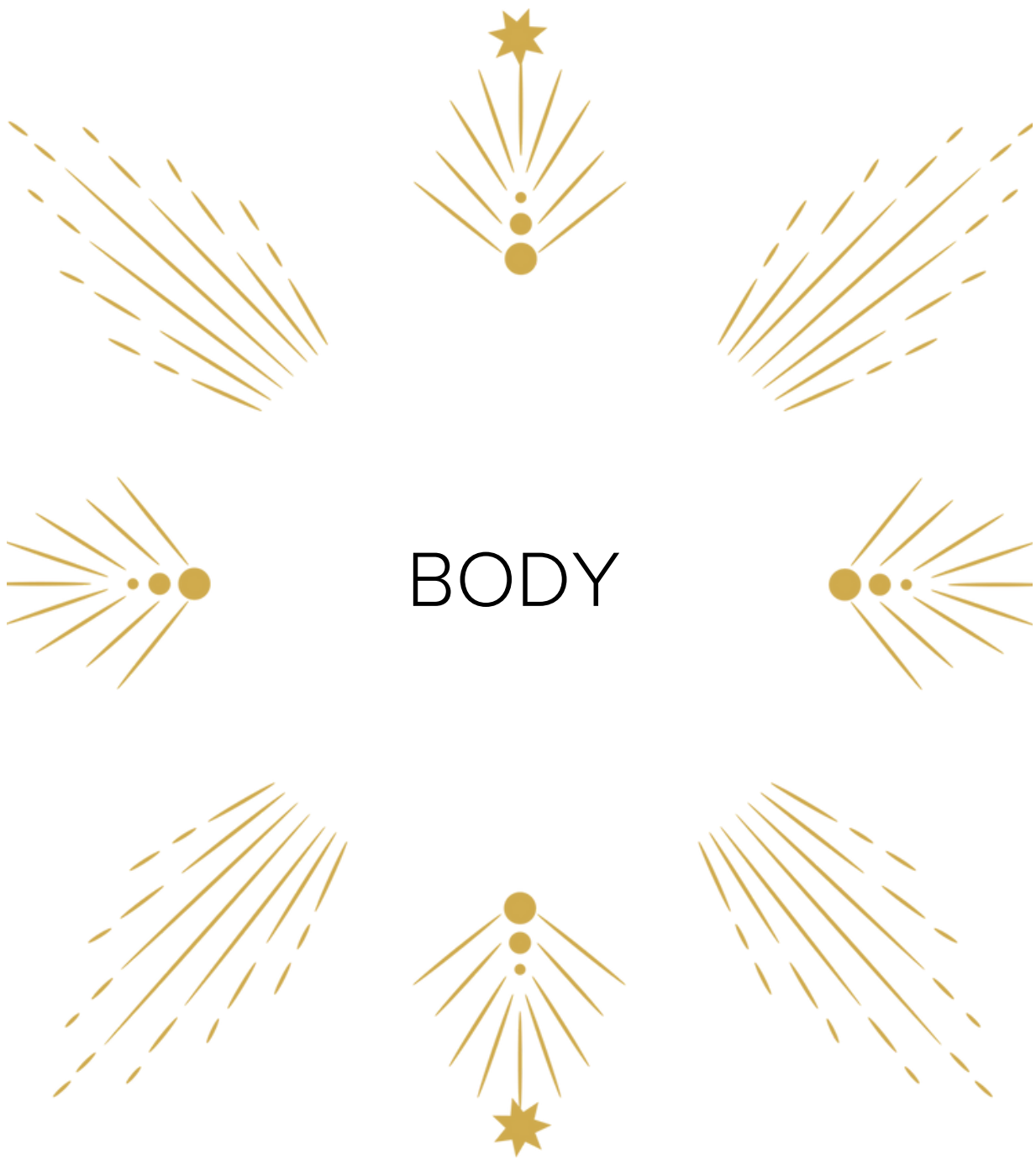
Daily		Create a separate health calendar to track symptoms, make recurring entries montly, yearly, edit from this day forward, you will have a record
Bi-Weekly		Set a monthly, bimonthly, or weekly date to check finances, pay bills, review expenses, plan
Weekly		Create a weekly meeting with your partner/significant other, or self to review calendar, personal needs, resolve issues, no longer than 1 hr, same time every week
Bi-Weekly		Create a standing appointment with your practitioners, every month, never miss, block time off, never cancel unless a true emergency
Montly		Schedule time, phone call, meet up, night away with an inspiring, life-affirming friend at least once per month or more
Daily		Schedule daily time outside, movement and flow
Weekly		Prioritize your spiritual practice, whether meditation, walking meditation, guided meditation to sleep. Can be simple, just make daily. Miss a day? No problem, never go 3 days without getting back into your practice

# EXAMPLE MONTH @ A GLANCE

SUN	MON	TUE	WED	THU	FRI	SAT
		Set up systems for monthly bills, accounts, etc. so you only need to check once/week or month, schedule it.				
	Mondays are for reset, start again, clean eating, checking systems movement, every day is new start					Schedule time with Green Friends at least once per monty
		Schedule recurring sessions, monthly or bimonthly with your most effective practitioner			Set a weekly sacred time to meet for no more than 1 hr about business/schedules, etc.	
	Partnered or self, Set a weekly sacred time to meet for no more than 1 hr about business/schedules, etc.					Date Night, at least once per month with loved one or partner
		Stagger appts with a week or so in between, to allow body to acclimate				

## DAILY :







# General Health\*

It is more important what you do NOT put in your  
body than what you DO. -Chinese Proverb \*

**Inflammation** is our natural immunity, yet too much inflammation causes digestion issues, and causes our body to feel sluggish (like it is constantly fighting an illness). An anti-inflammatory diet is a general good practice (aging itself is an inflammatory process).

## What Not to Eat

- Refined Sugar
- Refined foods, processed foods, meats
- Bad fats
- Hormone meats

## What to Eat Instead

- + Organic Meats, never fed antibiotics
- + Pure Real Maple Syrup
- + Good Fats: avocado, nuts, olive oil
- + Fiber rich foods metabolize best
- + Good carbs ex: black beans, great northern beans (can make a pot cooked with vegetables and keep to make your golf ball size carbs)
- +Special note: 1lb of fat = 3000 calories.

+++People with special dietary needs such as diabetes should always check with their Dr. and eat according to needs and numbers.

BODY

# Monthly Self Care Receiving

Self Care is about the *Quality of Life*

## THINK PREVENTATIVE

Feeling well is the first indication of wellness.

Self care is not a luxury, it's insurance.

1. Identify the treatments/practitioners who you receive the most benefit from and schedule at least monthly recurring sessions, the same time and date every month for the year, never skip unless emergency, these will keep you feeling good and prevent a great deal. 1-2 per month is a good start.
2. If you are sensitive, have high stress, chronic issues, special needs children, or are a caretaker, make sure to schedule at least 2 sessions per month.
3. Schedule sessions every other week, so if you have massage one week, have one week off, then schedule acupuncture on the 3rd week. This will give you a chance to assess how each feels, and be consistently caring for your body throughout the month.
4. It is good and right for your practitioners to receive treatment, and you should expect and ask if they are also doing work to heal. If not, find a practitioner who is. Those who we trust with our wellness must also be in right alignment. Trust your gut.

## What to Look for In a Great Practitioner

- There is mutual respect, they work for you, you work together
- Ask your network
- Trust your small still voice
- Trauma-informed
- How you feel around them: their general energy is vitally important, you should feel safe, comfortable, and that you can talk freely
- Feel free to call or visit and see if they are a good fit. Not every practitioner is for everyone, you should resonate with them

## Types of Monthly Treatments:

- Acupuncture
- Counseling, Brainspotting, EMDR, etc
- Coaching
- Reiki
- Reflexology
- Massage etc....

BODY

# My Western Medicine



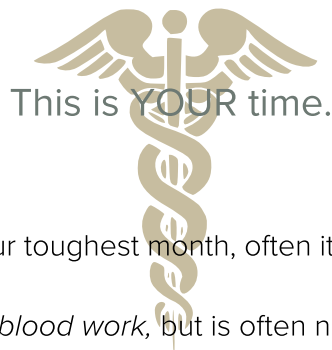
You are your greatest advocate

## **Advocating**

1. Showing up for appointments is a vulnerable position. It is important to *slow down, breathe* and *take YOUR time* during your appointments.
2. You have every right and must feel comfortable, answer only questions you feel comfortable with. Remind yourself that you can, and must practice saying *no*. You can always, if you are unsure, say, "that's interesting, let me think about that."
3. It is vital to show up organized, and on your own side, advocating for what you need. Have a working document with bullet points of your important history as well as recent symptoms over the past month. Have your written questions prepared.
4. If you are dealing with a major health issue, one way a friend could help, esp. if they have a health background, is to help you spend an hour preparing and either attending the appt with you in person, or by phone.
5. Anything that you are uncomfortable discussing in person, feel free to mychart the question, or if available, call ahead to the doctor's nurse. If you are anxious, it is a great accomodation to use phone or mychart before your visit. Do what *you* need. This is your time.
6. Chart/ track symptoms on your calendar. It is VERY USEFUL to have a recurring event on your calendar, which you update each month, you can then, print that calendar. I make a separate calendar, just for your symptoms.

BODY

# My Western Dr. Appointments.



This is YOUR time.

## Make use of Your Physical

1. Schedule your physical for your toughest month, often it is winter, but some it is another season.
2. Physicals are a great time for *blood work*, but is often not offered. You are very well within reason to ask for blood work to gain an internal view of needs. A diagnosis is often required for insurance companies to authorize a test. Simple diagnoses (ICD9 CODE) are diagnostics such as *Fatigue, insomnia, digestion, irregular menses, depression, anxiety*, any or all of these are valid reasons for checking and getting the most out of your physical. An unfortunate reality is that insurance companies dictate how and when we receive tests so you actually help your practitioner by advocating and asking for these things (make sure to find out if they are covered).
3. Organize & prioritize the preventative check ups for Mammograms, Dermatology, Colonoscopy and more. If 3 years out, set a reminder on your calendar so you needn't worry. Make sure to see the practitioner, not an assistant (ask prior) and take your time to ask all questions. If any biopsies are required, make sure to ask about this prior, and especially with dermatology, ask for careful stitches and care for skin. Some primary physicians can do mole removal, etc. so if you are more comfortable with them, you can ask. Consider mycharting these questions.

### Bloodwork

- Red/White blood cell count are standard, to see if you are fighting anything early.
- Thyroid levels (even if you fall within normal, are you high or low normal)?
- Vitamin levels: Magnesium (affects muscles, digestion, sleep, tension), vitamin b6, b7 (irritability) iron (energy), potassium, zinc (thyroid) and D (low energy, mood). You may also require methylated folate, which is a form of B that some need to receive energy from vitamin B. You can find this from a DNA test or try it.
- Knowing how low a vitamin deficiency is can help practitioner decide appropriate dosage, for example, D can be 400-60,000.
- Hormone check: affects energy, weight, mood, etc. Estrogen, progesterone, testosterone, Thyroid, T3, T4 (These can often be at an additional expense, esp. during perimenopausal symptoms 35+)
- **+++check, your insurance may or may not cover certain tests, you can always ask.**

Cycle: What are my ups and downs? Track one month to discuss

The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician. Always seek the advice of your doctor or other qualified health provider regarding a medical condition.

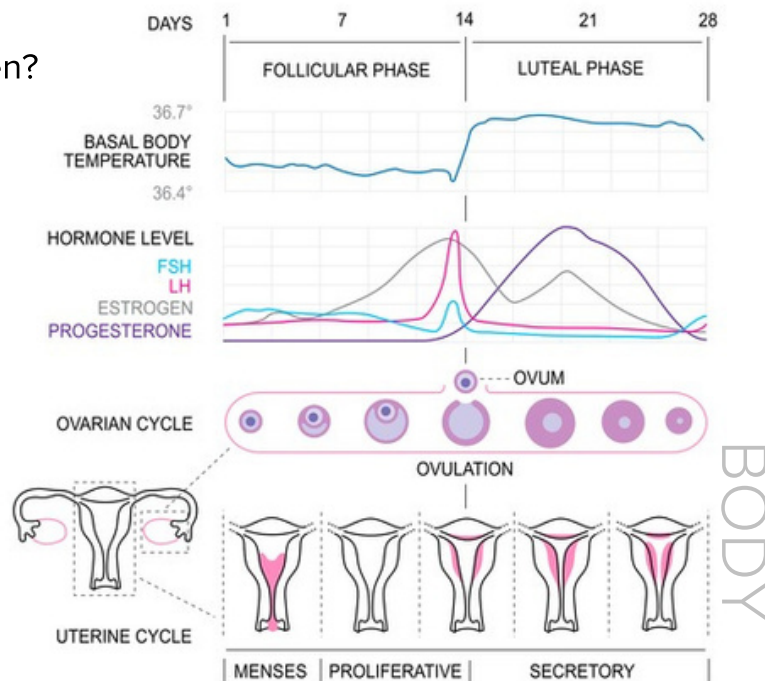
BODY

# My Western Medicine Appointments



## Track It

1. Period: pain, mood, depression, anxiety, it's great to note these at day 1, 7, 14, 21, 28 of your period. These are times when changes should be happening (see graph). Symptoms may indicate exact issues.
2. 14 Day mood: symptoms (ovulation)
3. Day 29-28 (Premenstrual)
  - a. Night sweats?
  - b. Day Sweats?
  - c. When, how often?
  - d. Brain fog?
  - e. Pain?
4. Bowel Movements
  - a. Constipation?
  - b. Diarrhea?
  - c. Gas/distention?
5. Urination:
  - a. Incontinence?
  - b. Waking ?
6. Sleep
7. Appetite
8. Energy: fatigue?



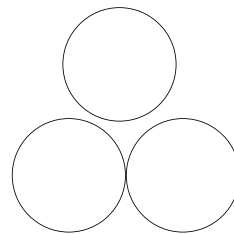
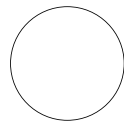
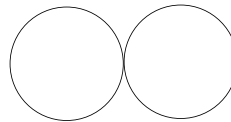
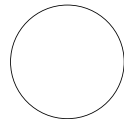
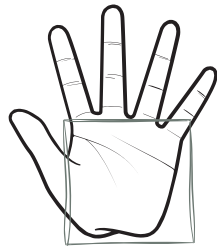
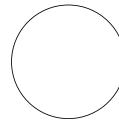
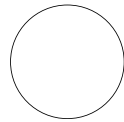
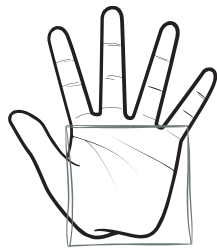
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<https://commons.wikimedia.org/w/index.php?curid=8703107>

# Blood Sugar Hormone Balance

Digestion is the cornerstone of health in Chinese Medicine and it affects just about every aspect of life. Science is just now realizing hormones (how we feel) are made mostly in our gut and nutrition is one of the most powerful ways to regulate hormones. Blood sugar directly affects cortisol, the stress hormone. Too many carbs or too little carbs (fasting) both stimulate cortisol, which triggers fight or flight and creates resistance to losing fat. So we need *just right amount of carbs* to regulate blood sugar, and in turn our *mood*. Eating to manage blood sugar manages mood, weight and hormones. No matter what our diagnosis, we can support western medicine with nutrition. While nutrition and blood sugar management is not a replacement for some needs of western medicines or hormone replacement, it is a support and should be considered to supplement your needs.

Protein	Fats	Carbs	Bright- Colored, not starchy Vegetables
20-30g	16-25g	15-20 g p	(Unlimited)
Palm size	Golf Ball Size	Golf Balls Size	

Dinner Lunch Bfast



BODY

"The Adrenal Reset Diet is the first scientifically sound, patient-tested weight-loss plan developed by a natural endocrinologist, Dr. Alan Christianson. He heals readers in any of the three stages of adrenal impairment--Stressed, Wired and Tired, or Crashed. Readers learn their stage and receive distinct strategies for diet, activity, and lifestyle change to bring them to Thriving. Recent study participants halved their cortisol levels in just 30 days--and lost an average of 9 pounds!"--



MIND

# Mantras

## \*Mental Alignment

\* A mantra is a word, or phrase that one repeats to bring thoughts to a particular single pointed focus.

### Example Mantras:

- + **I am**  
(not doing, not acting, whole without having to do anything)
- + **Om** (universal spirit, god)
- + **Om Namaha** (not mine)
- + **It is** (acceptance/allowance)
- + **That's Interesting** (non-judgement)
- + **Om Mani Padme Hum**  
(the mantra said to contain all mantras)



There are thousands of Mantras, spoken by millions of people, and because of that, they have a powerful vibration. Mantras can redirect or reprogram the mind from negative or low vibration to maintain focus on a higher thought, vibration.

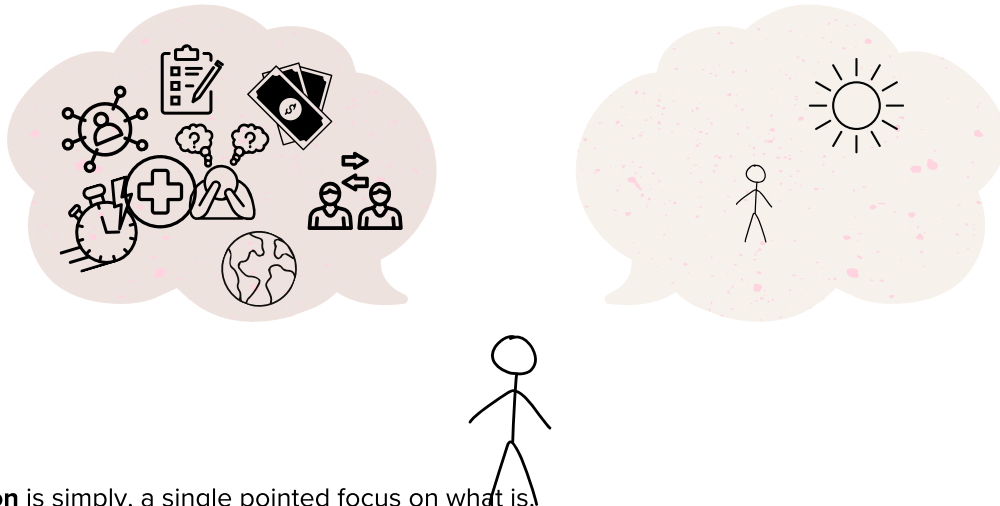
For example, waking up, and having a mantra is a great intention setter for the day. Rather than focusing on the *world* "I have to..." which leads to immediate *anxiety* and feeling *out of control*, we can train our mind to wake up and say the mantra, **"Peace is the way, the goal and the means to get there."**

Mantras can be changed or updated. As with any practice, consistency, or daily and using a mala, or beads as a counter to say them multiple times are wonderful ways of staying with the practice.



# Meditation

## Why Meditate?



**Meditation** is simply, a single pointed focus on what is.

What takes us out of the present moment is *analyzing* thoughts, by judging them as *good* or *bad* and then we begin to mentally work to attract more good, or avoid bad. The human predicament, unconsciously, can be the endless cycle of seeking pleasure and avoiding pain. Spoiler alert: it is the identification and perceptions that are causing needless suffering (there is much more on this). Meditation is the state of being fully present, watching thoughts, and instead of identifying or analyzing the thoughts, we are observing them as “interesting.”

First step to meditation is learning to *observe* the mind.  
*You are not your mind.*

The more you practice sitting and watching, the more you “get used to” the nature of the mind.

We learn not to fight, judge or follow thoughts, we simply begin to understand how our thoughts, our judgements and our identification with thoughts is affecting how we feel.

As Ram Dass said, “In all the years of meditation, I haven’t gotten rid of one neurosis, not one perversion, not one issue, instead, now we have tea, and they leave.” This is watching thoughts, versus fighting, or believing or judging them, they are simply rising up and passing away.

**The mind is a wonderful servant, but a terrible master. Thoughts are just things.**

Meditation is a single pointed focus, we watch and we rest in the U.

Observing without reacting to the thoughts, is when the thoughts stop having power.

Allow thoughts to just rise up and pass away. Watch, don’t engage. “Neti Neti Neti” is the mantra used to say to ourselves, “I am not this thought, I am not that thought.”

MIND

# Meditation

The official translation of meditation is  
“*getting used to it.*”

## Stages of Meditation

The first stage of meditation is simply to notice the thoughts, they are just things, rising up and passing away. The more we *notice* thoughts, and stop engaging with, believing or judging them, we begin to become conscious that there is something *beyond thought*. Our mind is turbulent because we are filled with judgement, desires, frustrations. *We want too many things. We are afraid of too many things.*

### ***What to do with thoughts? WATCH THEM.***

Acknowledge, accept, allow, let them pass.

The second stage of meditation is acknowledging thoughts and *not cling to them*. A great mantra for thoughts that come up is “neti neti neti” which means, “I am not this thought, I am not that thought.” Soon, we are less and less running off with thoughts, we are watching them rise up and pass away.

Seeing the thoughts is amazing because **it tells you what you were going to focus on all day**. Some of the thoughts take up a LOT of room in the mind, but **once you notice them, you are in a position to choose**.

MIND

# Meditation Practices

## Explore

There are many forms of meditation.  
Consider which might feel right for you at this time, explore.

### Forms of Meditation

**1.Guided** Where someone leads you through. You don't even need to fully pay attention (though it helps) as your subconscious is always listening. After my mom passed, my dad couldn't sleep. I put Rod Stryker's 3 Meditations Cd in his room and he started falling asleep immediately. When we can't focus, we can follow. I really love Insight Timer app. Search *Anne Adamez* for my meditations. Another guided or, once you hear it, you can do it yourself, is **yoga nidra** which systematically calls your attention to, and relaxes each part of the body one at a time. It is one of the best forms of meditation, and I suggest highly for bedtime. You can wear ear buds, it's also great for kids and anxiety. Lastly, in Chinese Medicine, they say the "Shen" or "spirit" sleeps in the heart. When we are anxious, or thinking, our "shen" can be working outside the body. Yoga Nidra, the focus of attention and energy back to the body, helps bring you back to your body for the night.

**2.Walking** I really love *walking or living* meditation, which means being single pointedly focused on each moment, breathing, observing, feeling (not thinking about it). As you prepare to walk first feel your feet, your legs, your body, notice the touch of cloth on your skin. As you step outside, use your senses to experience the moment, without judgement nor analysis. Tune IN to the moment, smell the smells, see the textures, colors, movement, feel the temperature, notice each step, breathe. When you notice your mind wandering, no problem, simply guide it back to being in the moment looking, feeling, breathing, movement.

**3. Writing** I like to sit to meditate, but SO MANY THOUGHTS! For this, have a journal. Writing or dumping thoughts onto page is a great "bookend" to the day: before bed or in the morning. You might begin by sitting, focus on the breath, when thoughts come up, dump them into the journal a safe place to hold them for you and, go back to meditating. Repeat until you have cleared your mind a bit and have calm space.

**4. Mantra** is said to be one of the most transformational forms. There are a list of mantras in the TOOLS section of this journal. You can also invoke *a mala, or prayer beads...* you could use a rosary, or whatever, it serves as a counter, or way to stay focused. I like it because it gives you feedback. If you choose to add breath one complete inhale, and exhale for each chant, and you are regulating your nervous system as well. Try one or all!

MIND

# Meditation Practices

## Prepare

### Preparation:

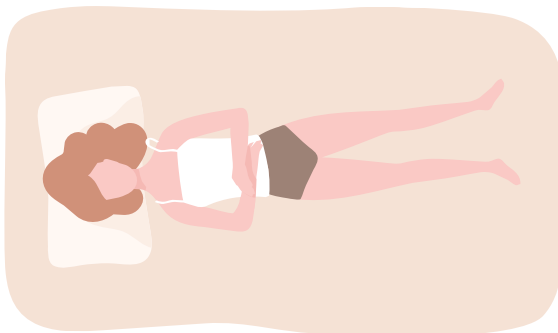
- **Asana** The physical practice of yoga (asana) is designed to move energy (get the kinks out, relax body and prepare for meditation. Dr. Phil Stutz says 85% of anxiety can be calmed by exercise 20 min day.



- **Breathing** There are many pranayama (breathing) exercises that can, after movement and during movement (asana) help calm the body and mind and prepare. Diaphragmatic breathing is where you place one hand on abdomen, just above the navel, and one hand below the navel and feel the breath under the hands for 10 breaths or so. This is also called abdominal, or belly breathing and it gets you connected to the feeling of the breath, and focuses the mind on one thing

### Special Notes:

- Don't get stuck on "sitting" meditation is just as good lying down. Simply focus on a long, straight spine for energy to flow. Feel free to use a chair, pillows, whatever, just alleviate as much "nagging" of the body as possible. During meditation, uncomfortable thoughts will make the body uncomfortable, but you'll learn to recognize that link.



Even supremely comfortable, the mind will stir up tension.

The key is to notice the thoughts and how the body responds.

You are the scientist. Do not engage. Observe.

MIND

# Meditation Practices

## Cultivate

**People always ask me, where, when and how? Keep it simple.**

Anywhere, anytime, for as long as you can. You can do 5 minute when you wake up in bed, 20 min in a chair, lying down, in the car (stopped), 5 minutes before a meeting. I like to turn the radio off in the car and just be present driving. If you forgot all day, do before bed. Consistency is great, however do not let it impede your ability to do it anyway.

**Morning** Try training yourself to meditate, first thing. The mind is most receptive at this time, even though it may seem more difficult to meditate because you are a little sleepy. When you meditate in the morning you pick up a lot of energy, focus, and awareness that will be with you throughout the day.

**Evening** If you've been out in the world working, meditation will clear off all the energies you've picked up during the day. They say there is a doorway that opens between the worlds at the time of the setting sun. Lie in bed and feel each part of the body, meditate on feeling and let go.

**Length** If you are a beginner try 5- 15 minutes; after a while, a half hour, then 45 minutes maybe an hour. See what each does. Explore. Think quality, not quantity.

**Perspective** Never judge your meditations. At the end of each meditation session, release it.

# Meditation

## A Simple Meditation Practice

Example Meditation Session:

- + Do a few simple stretches to move kinks out
- + Start with just watching the breath at the nostrils
- + Stay with each area of the body and watch without judgment
- + Feel the feet
- + Feel the toes, on top, the top of the foot, bottom
- + Work your way up piece-by-piece leg, knee, top, bottom and so on...
- + Try a guided meditation if unsure



ENERGY

# Power of the Breath

## You get Energy in 2 Ways: Breathing and Eating

The breath is the only system that you can take control of, or let it go on autopilot. If you cannot calm your nervous system with mantra, reason or wisdom, then you can regulate your breath by letting the breath all the way out, create space, and allow a breath to roll in and out. The simple act of a sigh, releasing and letting go begins the nervous system return *from sympathetic* (fight, freeze, fawn, flight) *to parasympathetic*: rest and digest.

### Parts of the Breath

1. The **Exhale**: the calming, relaxing, release, let go
2. The **Inhale**: invigorating, brings oxygen to every cell, uplifting
3. The **Pause** in between

### Notes:

1. When little kids hyperventilate (breathe fast and inhale quickly) they are INHALING (the energizing part of breath) and fuelling the fire. Instead of saying "Take a deep breath" we may offer: "Breathe out" or "Blow the candle out" since they are already full of breath, and need to let go, which creates space for a full breath to come in (they often feel like they can't breathe, because they need to exhale and create space.

2. Never "push" or "pull" the breath. Instead, *let* the exhale out (there is always what is called the "tidal" breath) which is some residual breath in the lung, so no need to try to get it all out, just connect with, and set the intention to let as much out as will flow out, then allow a fresh breath in. Try to *allow* the breath, rather than control it: you're just inviting it to let go completely, and a fresh breath in. Like watching a tide roll in and roll out, allow the breath to wash in and wash out without controlling it. It takes time and practice to allow and not control :)

ENERGY



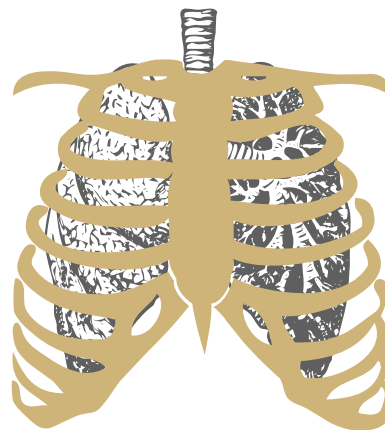
# Power of the Breath

## Managing energy

### **Move AWARENESS not air.**

If you focus on an area, you will naturally bring the breath there without trying.

Look at this picture and feel the top of your clavicle (bet. shoulder and neck) and place one hand over the upper *right* quadrant of lung (remember, lung inflates behind shoulder blade as well). Place a second hand on lower rib, lung is also there.



### **Practice:**

**Without changing anything, take inventory.**

Take your finger and draw an area of where you feel the breath in the chest. Notice: where do you feel breathing, around the heart? More? Trace the area.

Then, don't push or pull, just realize, your lungs take up from the top of your collar bone, to your lowest rib, the front and back of your chest cavity, front and back of ribs.

Now place your hand on your *right* top of your chest, like pledge of allegiance. Notice the breath under your hand for a few breaths.

Then, move hand to your low ribs and feel that area, notice what happens when you breathe, and focus on that area. Focus on feeling the breath between your shoulder blades, behind the heart. Slowly be aware of the entire area front/back top/bottom of ribs to feel breath fully.

**Need more energy?** Connect awareness to using all parts of lung to breathe, let the breath out.

**Driving at night?** Piece by piece part by part, use more of lung to breath. You may do a one count HOLD on a full breath (invigorating) and then let it out, NOTE: it takes time to *allow* the breath and not push or pull.

ENERGY



Seasons

# Seasons as A System



Each season is a major transition with massive changes on the body, mind and spirit, as well as environment.

## Season Intake

in which season do you feel best?



What about it helps you?

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What Season has the most Challenges and what are they?

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What tools, supports, events, connections, vacations me in those times?

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Go to calendar: Schedule the things that help during those difficult times. (make recurring yearly)

Karma Tip: Double treatments in your worst months, go every week or every other week, plan vacation on your worst month, do something to balance your needs..

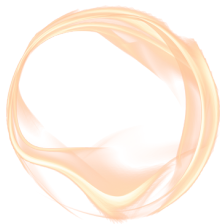


# CONNECTING to SEASONS

We are deeply affected by our environment.  
Every day is a full cycle rising up and passing away,  
We live our lives in these cycles of a day, week, year, life.



**Spring** is the birth of the year, life, the dawn, the rebirth, planting of the seeds, new beginnings, a fresh start, the powerful, agitating intuitive need to grow



**Summer** is the youth, the high noon, hot, yang, energetic, hot, the high energy, vibrant, growing, joyous, frenetic



**Late Summer** is the afternoon, harvest of growth, the maintenance, learning, working, managing, raising, afternoon, squeezing the marrow out of the day, busy time, hunting, gathering, reaping. anxious to get it all done, carefully planning and organizing



**Autumn** is the the dusk, the slowing down, the gratitude, acceptance of oneself and one's life, the reckoning with grief and the balance of gratitude for where we've been and what we have



**Winter** is the night, the ending of life, old-age, time for reflection, letting go. Wisdom, meditation, peacemaking, meeting fear with faith, the openness to receive and let go

# Emotion Guide



All emotions are alarms to a deeper need.

These alarms, like a fire alarm, require a plan.

Post this, practice often: know t as well as you know what to do in a fire:

- 1. Acknowledge** place hand on abdomen, I feel \_\_\_\_\_ and NAME IT. Feel your body, where do you feel this feeling?
- 2. Accept** yourself for feeling this way: *It is ok for me to feel this way. It helps me realize what I need.*
- 3. Align** the goal is peace, and since I am only in control of myself, how *do I* first meet my own need, and or make a *reasonable request* by using peaceful words in a kind, clear way when the emotional alarm passes.
- 4. Act** Sometimes even *non*-action is required. Doing these steps helps you to identify what *you control*, and how you want to be the peace you want to see in your relationships. Using “I” statements and being clear and kind about your needs.

## Example:

- 1. Acknowledge:** I am ANGRY (Anger is about losing power)It's in my arms and legs and I want to slap this person, organization, etc)!
- 2. Accept:** In this situation, I need \_\_\_\_\_. It is ok for me to feel this way, what will I do to meet this need for myself (accountability). I need to feel safe and I do not feel this way. So I will prioritize my safety, leave if I need to. I may also communicate a boundary or remove myself.
- 3. Align:** My goal is peace and unconditional love, and I hold myself accountable first, and use kind, clear “I” statements to make a reasonable request in a time of peace.
- 4. Act:** Instead of reaction, I can communicate my boundary, make a reasonable request, remove myself, or cease any of my own behavior that complies with the unsafe situation.Ultimately, all actions are what I am in control of and responsible for, so aligned actions are about my power and not controlling anyone else.



DAILY  
JOURNAL  
*SEASONAL*



**Sacred Tip:**

Schedule your yearly physical in winter or the time of year that is your most difficult. Requesting blood work for fatigue including thyroid, white blood cell count, vitamin levels that may be deficient are good to check levels to see how much if any is needed:

Magnesium

Vitamin D

B6

B7

B12

B9

Hormone Levels:

Progesterone, Estrogen

Testosterone

TSH

LET GO



INTEGRATE

- What helps me in winter?
- Practitioners:
- Vacations:
- Vitamins:
- Community:
- Spiritual Practices:

Joy:

Take time to schedule these yearly recurring notes in your calendar







## Winter

is the end of year, representing the natural part of the end of life.

Part of integration is **reclaiming death as a part of our life cycle**, and winter is the time to acknowledge and even open to this part of life.

In winter, we balance the ultimate fear of death with faith.

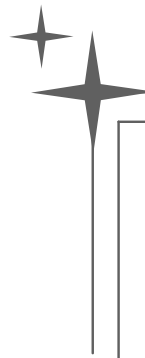
Faith is not a belief, it is the *openness to receive*.

When we are in a state of faith, we are open to receive the lessons, it's not good, it's not bad, it just is, it's all lessons in the cosmic classroom.

## Water

as an element is a cleanser, drink lots of water in winter to cleanse the kidney and tonify the bladder. Winter is a drying time, diffusing even without oil near bed helps moisten the air as well.

Meditation: Winter is natural end of year/end of life. Reflection and connection with our higher selves.



## INTEGRATE

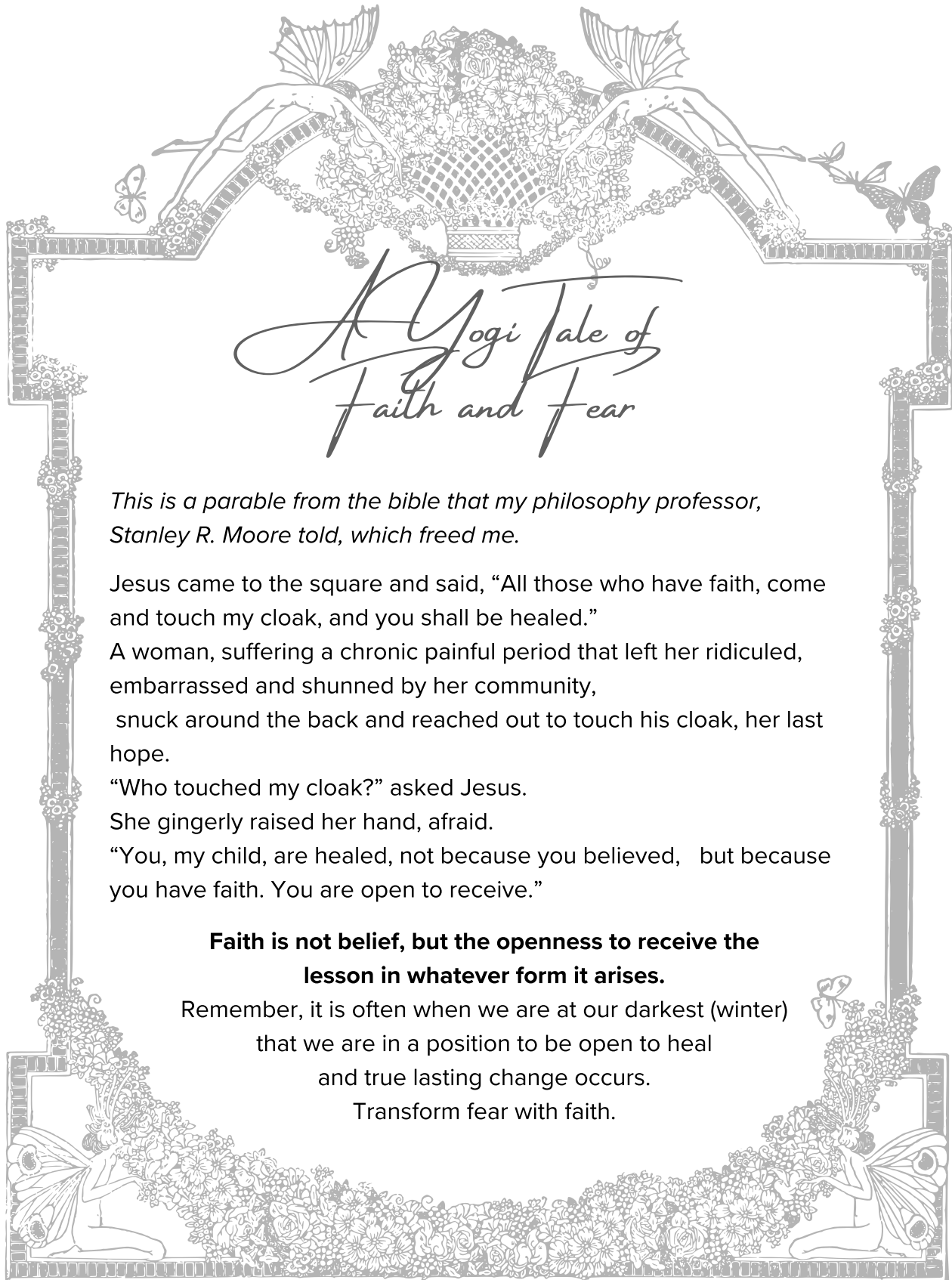
### Practices

Warm epsom salt baths to detox, tonify kidney and increase circulation, 3 cups salt, hot as you can stand, no more than 15 min, then shower after.

Teas throughout the day warm the body. Keep feet warm, put socks and even shoes on first thing to avoid chilling the body.

Meditation: Yoga Nidra is the practice of letting go of each body part and relaxing and restoring a sense of deep relaxation.

Savasana: Corpse posture is the last posture in every yoga class. It is meant to practice surrendering our mental attachments even to the body. We release muscles, worries, everything, remembering we must ultimately let go



## *A Yogi Tale of Faith and Fear*

*This is a parable from the bible that my philosophy professor, Stanley R. Moore told, which freed me.*

Jesus came to the square and said, “All those who have faith, come and touch my cloak, and you shall be healed.”

A woman, suffering a chronic painful period that left her ridiculed, embarrassed and shunned by her community, snuck around the back and reached out to touch his cloak, her last hope.

“Who touched my cloak?” asked Jesus.

She gingerly raised her hand, afraid.

“You, my child, are healed, not because you believed, but because you have faith. You are open to receive.”

**Faith is not belief, but the openness to receive the lesson in whatever form it arises.**

Remember, it is often when we are at our darkest (winter) that we are in a position to be open to heal and true lasting change occurs.

Transform fear with faith.

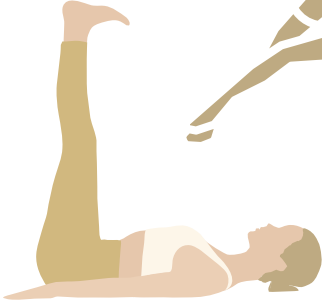
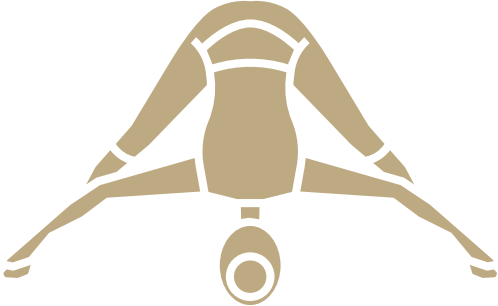
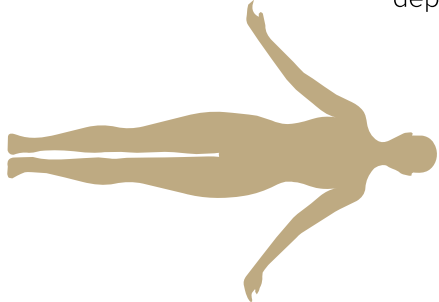
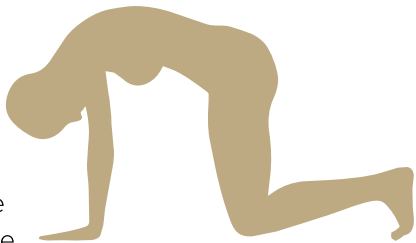


# Winter

Water  
Kidney/Urinary Bladder  
Balance: Faith  
Imbalance: Fear  
December



Winter postures are about reflection, meditation, maintaining flexibility, circulation. Backbends, supported to start, keep the heart open to shine light in the depths of the darkest part of the year and within.



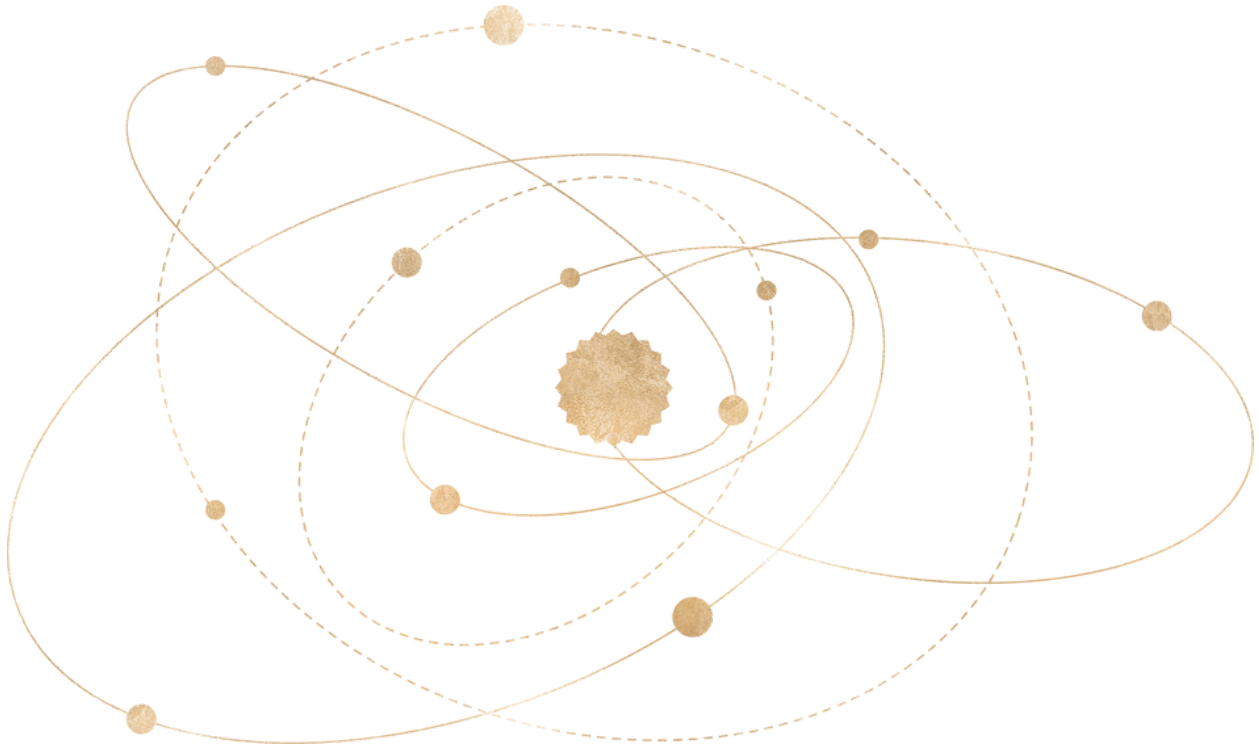


# My Winter Patterns

Water  
Kidney/Urinary Bladder  
Balance: Faith  
Imbalance: Fear  
December

Seasonally, if not monthly, it is great to document how your body responds, there is often a pattern. Prepare your history and current experience in written form prior to a western medicine dr. appt or acupuncture or holistic session, so that you can best advocate for yourself.

1. Do I run more cold or hot? (how my body is circulating)
2. Day or night sweats? (May indicate hormone imbalance)
3. Pain? (Location, duration, frequency, what makes it better/worse)
4. Symptoms? Swelling, redness, skin, ears, knees, joints, etc
5. Mood? Agitated? Low? Anxious? Depressed? Scattered?
6. Nutrition: how do I feel after I eat? Perhaps calibrate and write down what you eat, how much and when, just to take inventory for a day or so. If this is too triggering, skip it!
7. Bowel Movements, daily? Shape? Issues?
9. Urination. Discharge? Smell? Waking at night? Color?
10. Cycle (using a calendar or app)
11. Sleep: interrupted?



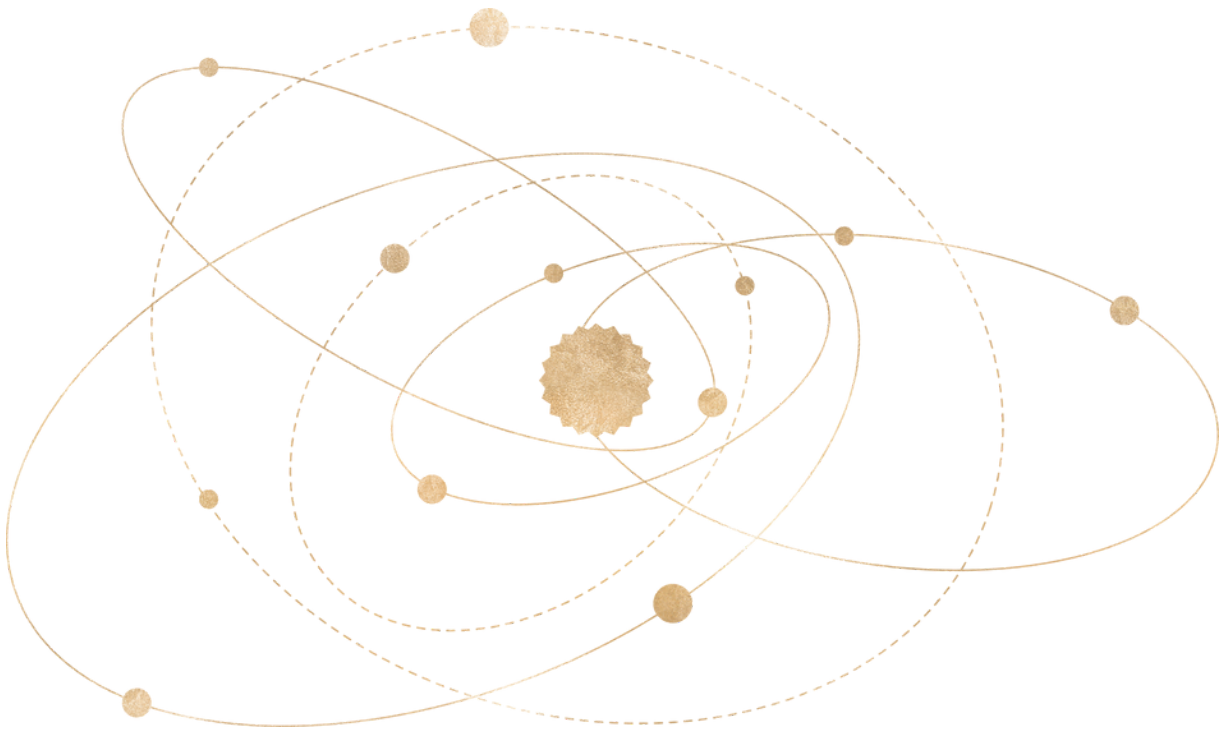
# Alchemize Fear into Faith

## Write and Burn:

Fear has a singular purpose: to run, or kill it...  
and you never need practice it because it is an autonomic nervous  
system response. In fact, we need to stop and ask, do I need to run or kill  
it? If not, we can practice letting go and replacing fear with acceptance of  
the lessons to come. Write down all fears and burn, them, watch your  
fears turn to fearlessness.



Have faith.





# Monday

Start Fresh



## My Word of the Year

I feel (it's all valid)

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To feel aligned today I will

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To Do: Love it All

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Beings I want to connect with

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I can let go of:

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I am most grateful for

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# Tuesday

Align & Shine

What emotion am I feeling?



What do I need?



How I can meet my own needs

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Reasonable Requests

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What I hold sacred

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Celebration is in order

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# Wednesday

Know your Worth

Acknowledge how I feel

[Orange brushstroke area for writing]

How I want to Feel

[Orange brushstroke area for writing]

3 Things in alignment to do first

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Expect Obstacles (do not engage)

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I give myself permission to let go of

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What is flowing for me right now?

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Inspiration:





# Thursday

Reflect

Check In: I am feeling

3 Things to meet my own needs

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Who not how....

To Do's That Matter

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Thoughts, questions, concerns...





# Friday

I'm in Love

Movement that feels good



Not Working

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Ready to heal

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Foods that make me feel energized



Working

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My soul is asking for

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# Saturday

Play

3 Things Most Important to Me

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Creation over Competition,  
who is inspiring me?

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Things I have already overcome to be  
here

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Schedule fun

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Musings:





# Sunday

Let Go



Reflections:





# Monday

Start Fresh



## My Word of the Year

I feel (it's all valid)

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To feel aligned today I will

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To Do: Love it All

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Beings I want to connect with

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I can let go of:

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I am most grateful for

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# Tuesday

Align & Shine

What emotion am I feeling?



What do I need?



How I can meet my own needs

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Reasonable Requests

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What I hold sacred

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Celebration is in order

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# Wednesday

Know your Worth

Acknowledge how I feel

[Orange brushstroke area for writing]

How I want to Feel

[Orange brushstroke area for writing]

3 Things in alignment to do first

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Expect Obstacles (do not engage)

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I give myself permission to let go of

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What is flowing for me right now?

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Inspiration:





# Thursday

Reflect

Check In: I am feeling

3 Things to meet my own needs

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Who not how....

To Do's That Matter

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Thoughts, questions, concerns...





# Friday

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Movement that feels good



Foods that make me feel energized



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Musings:





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## LET GO, BEGIN AGAIN

### SACRED:

Spring brings wind, which is "the mother of a thousand diseases."

All illness begins to proliferate at the throat, so prevent by keeping neck covered with scarf or collar. First sign of tickle in throat, gargle to cleanse. Thieves cough drops are a shot of antiviral at the throat and also preventative on planes and travel.

### SPRING DETOX:

Detoxing should be something sustainable, like removing processed foods, refined sugar, and such from the diet. Look up your lymph glands and enjoy a draining massage and long exhales (breathing out is how you release toxins) to every movement, dry brushing, and epsom salt baths, shower after.



### INTEGRATE

+Agitation often occurs when the liver is taxed. Lime essential oil, as well as a break from stimulants and alcohol are cool compresses to the liver. Acupuncture is wonderful for balancing. The object of anger is getting your power, how can YOU take your power and focus it on what you want instead of what you don't?

### Essential Oils:

Geranium  
Sage  
Lime  
Cedarwood  
Cypress  
Citrus Fresh  
Joy  
Dragontime



## Rebirth

Did you know the fastest way to detox is by breathing? Every inhale carries fresh clean oxygen to every cell in the body, every exhale carries toxins out. Whatever you do, focus on letting your breath be complete, long exhale, fresh inhale.

Liver and Gallbladder in Chinese medicine rule over the muscles and tendons, as well as the period and as we get a chance to begin again. Detoxification can help by cleansing and renewing cells, gut and digestion to feel clear, and begin again.

Agitation, shouting, bloating, “stuckness” are often symptoms of liver stagnation. Treatment is often moving liver energy with acupuncture. Walking, gentle twisting, removing processed foods and dry brushing are great invigorators for liver energy.



## INTEGRATE

Practices:

Fasting comes from the word “*fasten*” meaning to fasten oneself to their highest good, God, Universe.

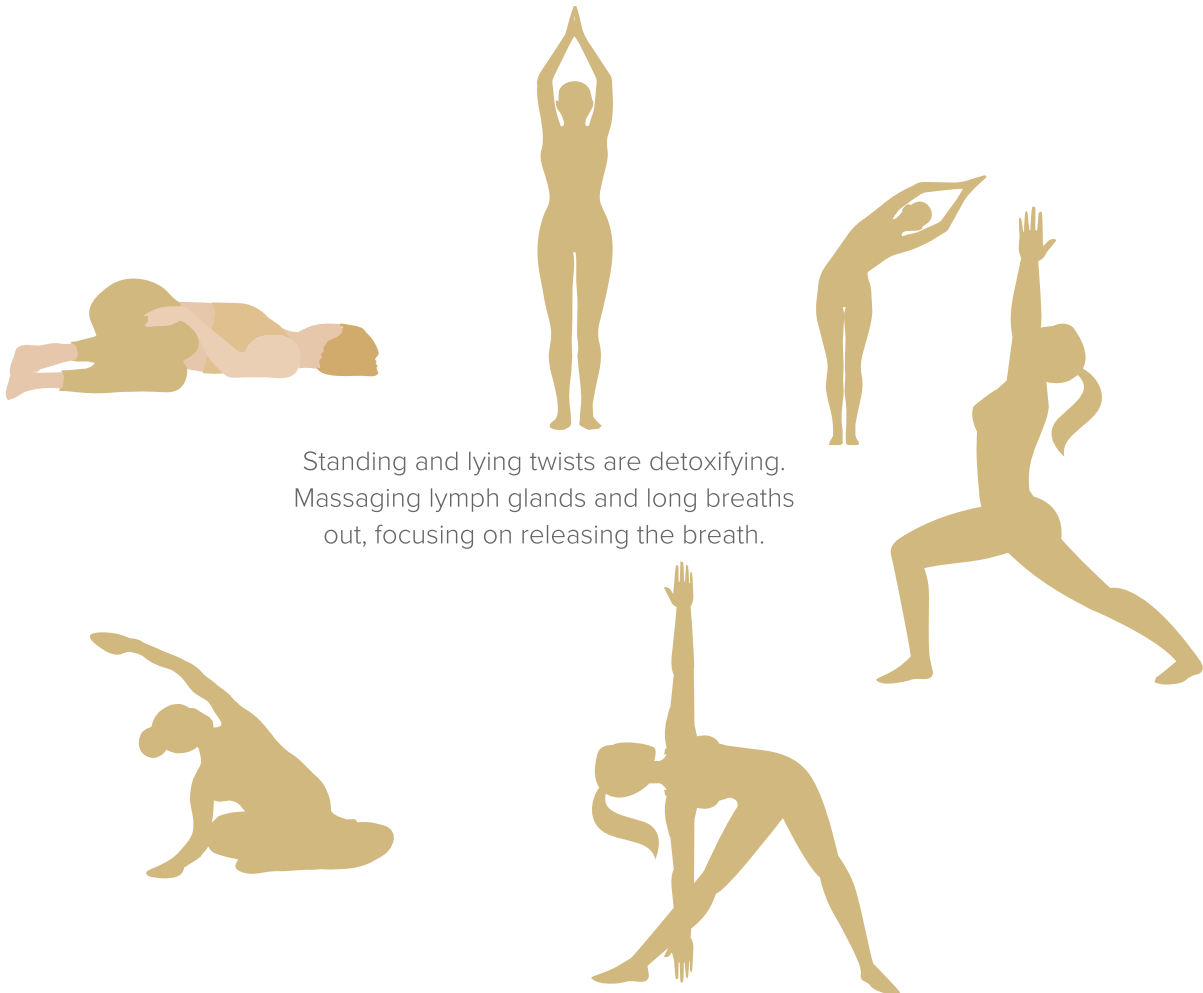
Unfasten yourself from the lowest forces, toxic thoughts, words and actions by taking a day, week, 40 day fast or more.

Excellent fasting is sustainable. In other words, unfasten from something for good, like processed foods or sugar.

Replacing sugar with natural maple syrup, honey or agave are ways to lower inflammation.

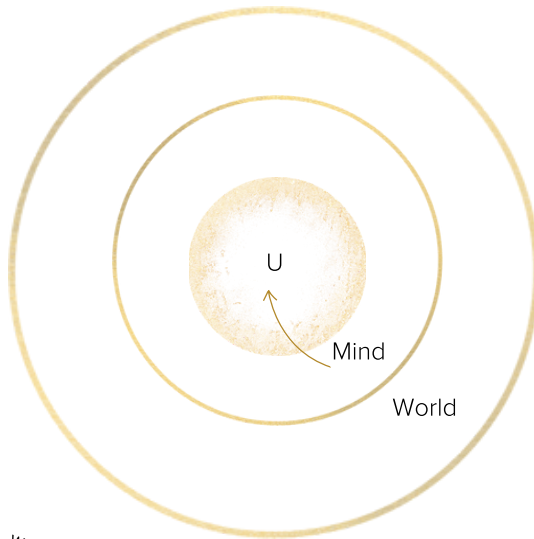
# Spring

Wood  
Liver/Gallbladder  
Wind  
Balance: Powerful  
Imbalance: Anger  
Suppression of power:: Depression



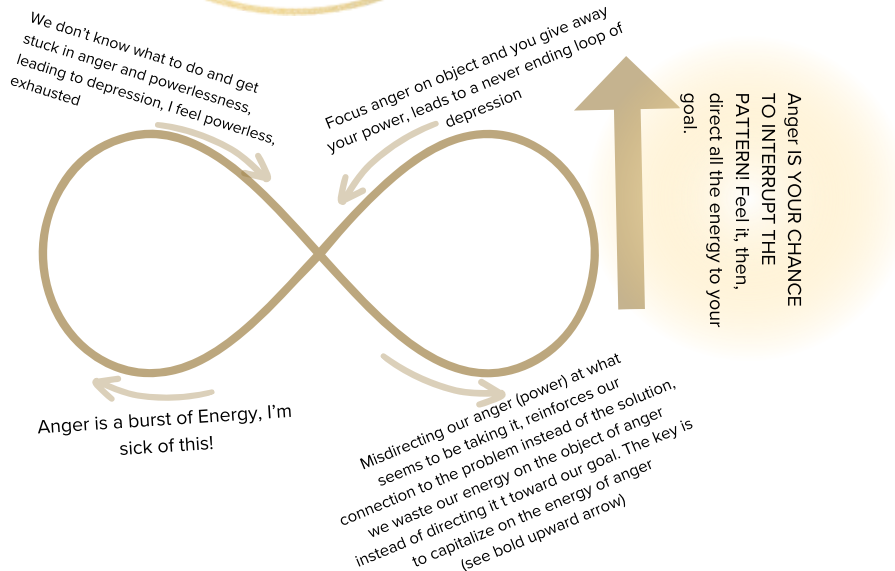
Standing and lying twists are detoxifying.  
Massaging lymph glands and long breaths  
out, focusing on releasing the breath.

# Emotion Guide Spring



## Harness Anger

1. Acknowledge Anger: I AM ANGRY. Feel it, and remember the purpose of anger: My power is leaving. Focus on managing power, NOT the object of anger. This \_\_\_\_\_ is making me angry.
2. Realize that focusing on the object of anger gives them power, transform the energy into power.
3. Ask: what can I control in this? What is my goal?
4. **Align all power away from the object of anger and invest toward your goal.** Take back your power.
5. The power is in what YOU can do to protect yourself, move your person, give yourself what you need, set boundaries





## Power & Anger A Yogi Tale

Deep in the himalayan mountains, two women monks walked the path. They came upon a rushing river where an old man was attempting to cross. The first monk offered, "I am happy to carry you across on my back, if you like. The old man laughed in her face, "YOU? A woman? You couldn't possibly... what are you doing with a shaved head, women cannot be monks!"

The first monk continued, "Be that as it may, I offer to help you."

The old man reluctantly hopped upon her back, and continued the berating, "You two are kind of fat... what could you possibly offer the cloth? Women should be in the kitchen, ha!"

On the other side, the first monk set the man down and the two monks continued on the path for some time.

The second monk complained, "I cannot believe he said that to us! After all you did! He literally said we were worthless! I cannot believe he was so unjust! The monks continued for some time with the second monk verbalizing her disbelief and anger.

Two miles down the road, they stopped to rest. The second monk gasped, "I still just can't get over how we helped him and he said such awful things."

The first monk finally addressed her companion, "I set that little old man down by the river, two miles back, but you have been carrying him this entire time.



Spring is the time of liver, it is more windy, and livery people tend to be more agitated, which can be a liver imbalance, great time for a balancing treatment.

1. Do I run more cold or hot? (how my body is circulating)
2. Day or night sweats? (May indicate hormone imbalance)
3. Pain? (Location, duration, frequency, what makes it better/worse)
4. Symptoms?
5. Mood? Agitated? Low? Anxious? Depressed? Scattered?
6. Nutrition: how do I feel after I eat? Perhaps calibrate and write down
7. Bowel Movements, daily? Shape? Issues?
9. Urination. Discharge? Smell? Waking at night? Color?
10. Cycle (using a calendar or app)
11. Sleep: interrupted?



# Angry Letter

## Write and Burn

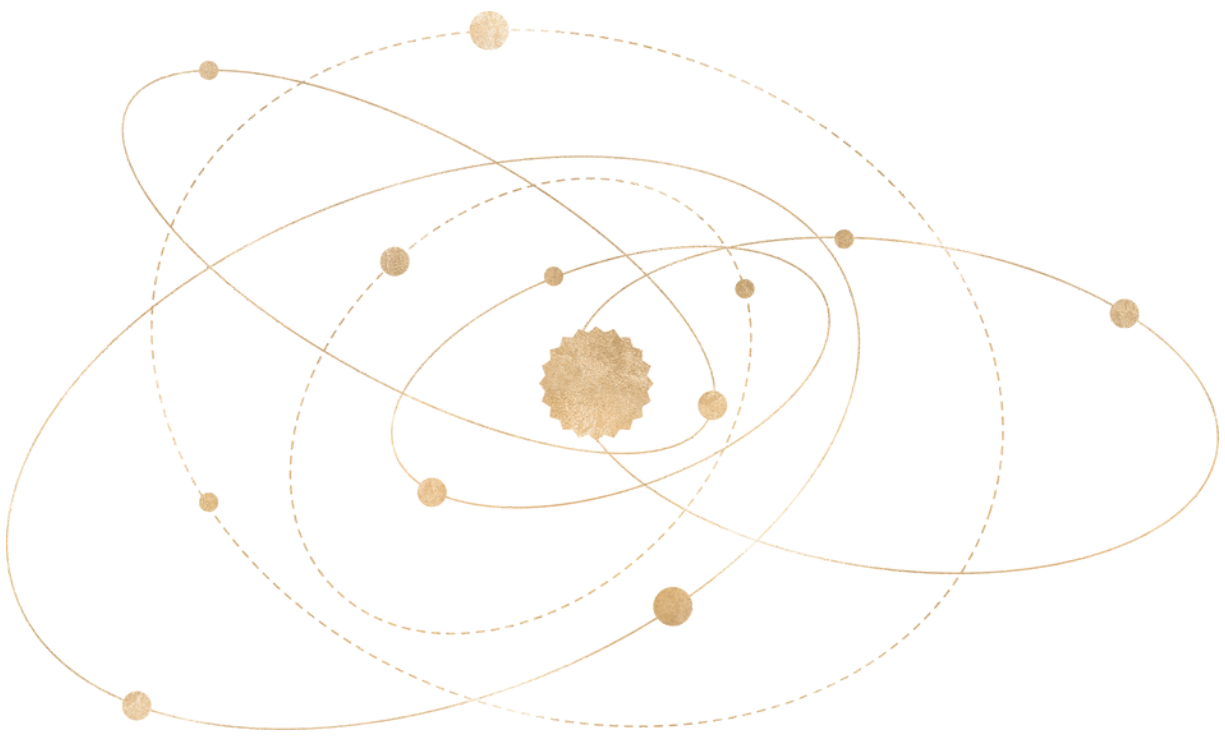
Did you know Lincoln used to write scathing letters to foes and put them in a drawer to cool off? This way he would clear his mind of the emotion, and stay in line with his highest good goal of preserving the union. Wow. What if you gave voice to the anger in a way that freed you of it, and gave rise to clarity of your goal?

***Go ahead, pour out your anger, don't hold back, make it legendary...***

Karma's Got This  
Carry On









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Thoughts, questions, concerns...





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I'm in Love

Movement that feels good



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Foods that make me feel energized



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3 Things Most Important to Me

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Let Go



Reflections:





# Summer

Fire

Heart/Small Intestine

Balance: Joy

Imbalance: Mania

Imagine yourself a bright and shining  
star of sorrowless intelligence.

-yoga sutras

Pro Tip: Schedule Joy, put it on the calendar, right now.

+ In any season, a great reset tip from @cireaalexandria is to take all clothes out of closet, and only put back what you LOVE.

+ The heart is where the soul sleeps at night, so take time to brain dump before bed, diffuse lemon oil, consider showering before bed to release negative energy, or if you have allergies. A sleep machine or guided yoga nidra meditation can also soothe the soul to sleep.

✦ ✦  
✦ ✦ ✦ ✦ ✦ ✦  
INTEGRATE

+Plan joy  
+Make sure to schedule something YOU love, remember, a family trip is NOT a vacation.

Essential Oils:  
Lemon  
Frankincense  
Lavender  
Peppermint  
Vetiver  
Copaiba  
Ylang Ylang  
Marjoram  
Orange  
Peace and Calming



# Summer

Fire

Heart/Small Intestine

Balance: Joy

Imbalance: Mania

Summer is about the heart, blood flow and energy.

Keeping regulated blood sugar, helps to balance cortisol and manage heart health.

Consider getting sleep, sunlight each day, fresh air, and movement outside.

Bring the joy of summer into every season with gentle back bends, breathwork and floral oils.



## CURATE

Practices:

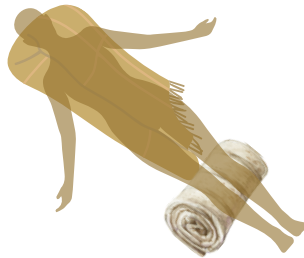
Walking, being in nature, scheduling fun time with your community.

What does summer mean to you? prioritize healthy joy, music, nature, gardening, connecting.

Make white space, have empty weekends to balance out the excitement of summer, overscheduled=mania.

# Summer

Fire  
Heart/Small Intestine  
Balance: Joy  
Imbalance: Mania



Heart openers are important to balance the heart. Use a bolster to support the back and release neck/jaw and spine from “text neck.” Undoing our hunch brings balance to posture and opens the heart to receive joy and release pain.. Make sure you have plenty of support.. Summer can also be a time of “mania” too much frenetic energy, feeling scattered, in that case, grounding postures (look at Late Summer, forward bends, child’s posture).





Summer is the time of joy. Out of balance, can be mania, which is overscheduled, too much, scattered. Solution: Schedule downtime, it needs to be on your calendar. Also, prioritize once per month things YOU want to do.

1. Do I run more cold or hot? (how my body is circulating)
2. Day or night sweats? (May indicate hormone imbalance)
3. Pain? (Location, duration, frequency, what makes it better/worse)
4. Symptoms?
5. Mood? Agitated? Low? Anxious? Depressed? Scattered?
6. Nutrition: how do I feel after I eat? Perhaps calibrate and write down what you eat, how much and when, just to take inventory for a day or so. If this is too triggering, skip it!
7. Bowel Movements, daily? Shape? Issues?
9. Urination. Discharge? Smell? Waking at night? Color?
10. Cycle (using a calendar or app) Day 1, 14, 27
11. Sleep: interrupted?

A decorative arrangement of small, light-brown stars scattered across the page, primarily forming a circular arc on the left side and a smaller arc at the top.

# Create an Altar of Joy

## Write and Post

Write a word, draw a picture, create a feeling of how you want to feel this year. Post it on an altar, or place where you see it frequently. Make it the background of your phone, whatever you need to keep it in your VISION.

Get Excited.





# Monday

Start Fresh



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To Do: Love it All

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# Sunday

Let Go



Reflections:





# Late Summer

Earth

Yellow

Spleen/Stomach

Digestion/Energy

Balance:: Organization of Plan

Imbalance: Anxiety

September

## THERE IS ONLY ONE TIME TO CHANGE THE PAST AND THE FUTURE: THE PRESENT

### SACRED:

**Anxiety**, late summer is the time for over-thinking, think farmers rushing to put away crops, animals squirrelling away for winter, back to school...

**Careful Planning** is the antidote: Good news, you are doing that very thing here!

Take time to dump every question thought, concern into a trusted system, pick one, a document, notes, this journal.

Definition of Overwhelm: Thinking of everything at once, when nothing happens this way, instead, itemize each and do one at a time.

Whatever you don't know, you are resourceful, you can find the answer, ask Who can help?

Mantra: It's not good it's not bad, it just is.



+ Mediate with your system for brain dumping, everytime you think of something, lay it down in your system and free up your mind to be present.



### Essential Oils:

+ Peace and Calming

+ Frankincense

+ Northern Lights Black Spruce

+ Citrus Fresh

+ Digize

+ Tangerine

+ Patchouli

+ Fennel

+ Ginger



# Late Summer

Earth

Yellow

Spleen/Stomach

Digestion/Energy

Balance:: Organization of Plan

Imbalance: Anxiety

September

We get energy in only 2 ways, eating and breathing.

How we digest our food is vital to how energized we feel.

Slowing down, chewing well, eating cooked foods to help the digestion process. Fermented and easy to digest, finely chopped foods, superfoods, rich in nutrition.

Omitting processed, additives, colors, pesticides, and balancing protein, vegetables, carbs and fats are important to feeling well. (see BODY section in this journal)

The Chinese say if you “pick it,” or “kill it” and eat it, this has the most energy food can give.

Think about what you are eating, and how far from picking or harvesting it you are.

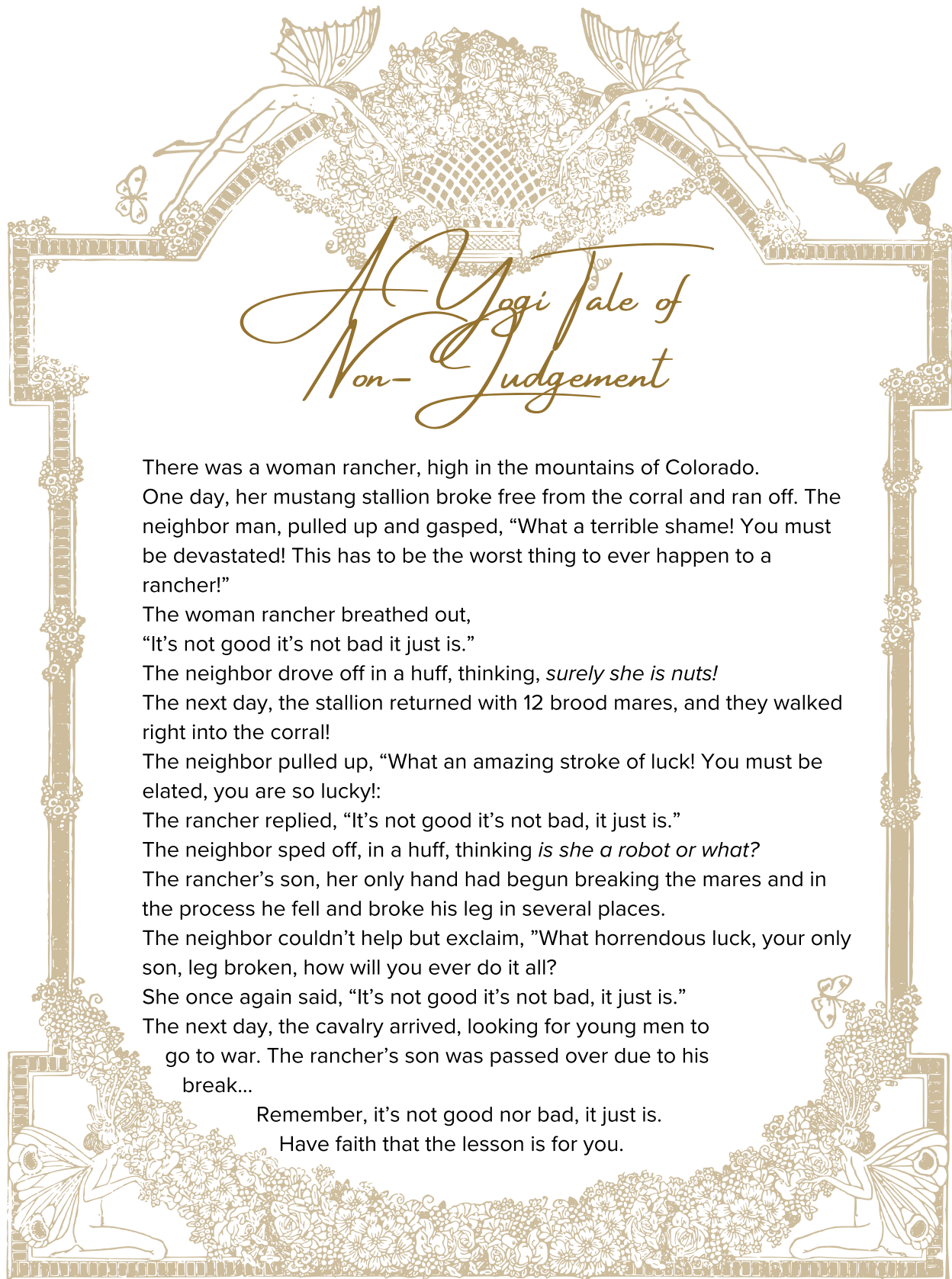


INTEGRATE

Practices:

Grounding is vital for stomach and spleen. Massaging abdomen is a great way to stimulate peristalsis and digestive enzymes. Consider sitting while eating. Work up saliva. Massage abdomen. Check it for warmth, a cold abdomen indicates it is not getting energy, massage it, use a heating pad, make sure it is always warm.

*Borborygmus* is the sound your stomach makes when it is digesting. When you hear that sound, you are shifting into rest-digest mode.



## A Yogi Tale of Non-Judgement

There was a woman rancher, high in the mountains of Colorado. One day, her mustang stallion broke free from the corral and ran off. The neighbor man, pulled up and gasped, "What a terrible shame! You must be devastated! This has to be the worst thing to ever happen to a rancher!"

The woman rancher breathed out, "It's not good it's not bad it just is."

The neighbor drove off in a huff, thinking, *surely she is nuts!*

The next day, the stallion returned with 12 brood mares, and they walked right into the corral!

The neighbor pulled up, "What an amazing stroke of luck! You must be elated, you are so lucky!:"

The rancher replied, "It's not good it's not bad, it just is."

The neighbor sped off, in a huff, thinking *is she a robot or what?*

The rancher's son, her only hand had begun breaking the mares and in the process he fell and broke his leg in several places.

The neighbor couldn't help but exclaim, "What horrendous luck, your only son, leg broken, how will you ever do it all?"

She once again said, "It's not good it's not bad, it just is."

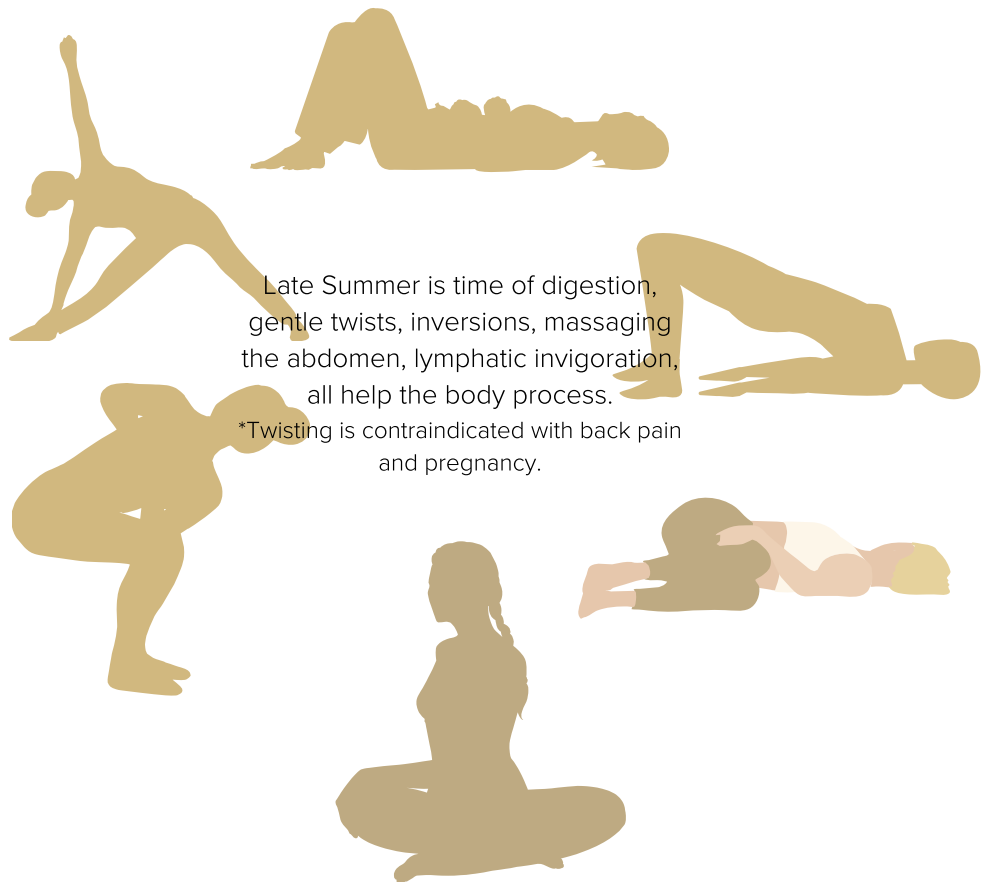
The next day, the cavalry arrived, looking for young men to go to war. The rancher's son was passed over due to his break...

Remember, it's not good nor bad, it just is.

Have faith that the lesson is for you.

# Late Summer

Earth  
Yellow  
Spleen/Stomach  
Digestion/Energy  
Balance:: Organization of Plan  
Imbalance: Anxiety  
September



Late Summer is time of digestion, gentle twists, inversions, massaging the abdomen, lymphatic invigoration, all help the body process.

\*Twisting is contraindicated with back pain and pregnancy.



# Late Summer

Earth

Yellow

Spleen/Stomach

Digestion/Energy

Balance:: Organization of Plan

Imbalance: Anxiety

September

Notice how you feel

- What is your best season?
- Your worst?
- Balance out your needs by the seasons
- Cope-ahead by scheduling more support/treatments/vacations during the times you need.

1. Do I run more cold or hot? (how my body is circulating)
2. Day or night sweats? (May indicate hormone imbalance)
3. Pain? (Location, duration, frequency, what makes it better/worse)
4. Symptoms?
5. Mood? Agitated? Low? Anxious? Depressed? Scattered?
6. Nutrition: how do I feel after I eat? Perhaps calibrate and write down what you eat, how much and when, just to take inventory for a day or so.
7. Bowel Movements, daily? Shape? Issues?
8. Urination. Discharge? Smell? Waking at night? Color?
9. Cycle (using a calendar or app) Day 1, 14, 27
10. Sleep: interrupted?

A vertical dashed line on the left side of the page, with a pair of scissors icon at the bottom. Scattered orange stars of various sizes are distributed across the page, primarily concentrated on the left side and around the central text.

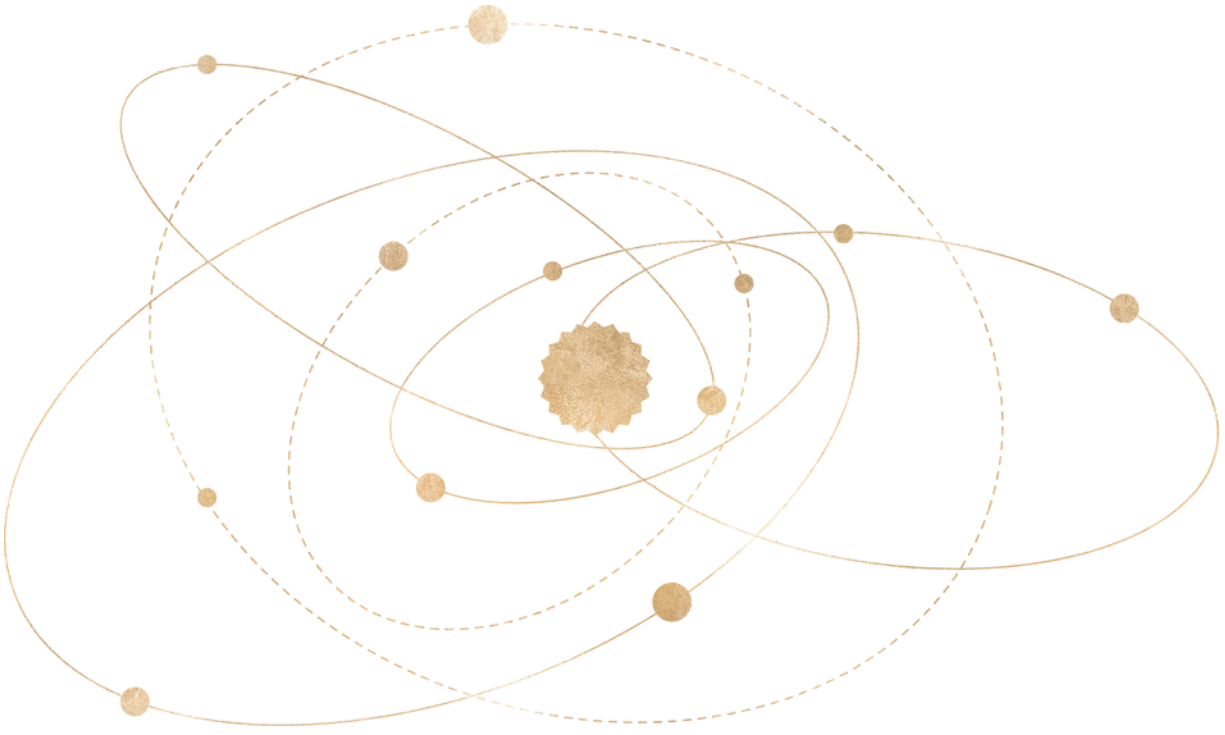
# Anxiety: Worries Doubts Fears Write and Burn:

Pour them out here.  
Let the fire have it for good.

Trust it is working.  
Let go.









# Monday

Start Fresh



## My Word of the Year

I feel (it's all valid)

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Align & Shine

What emotion am I feeling?



What do I need?



How I can meet my own needs

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Reasonable Requests

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Inspiration:





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Foods that make me feel energized



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# Saturday

Play

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Musings:





# Sunday

Let Go



Reflections:



# Autumn

Metal  
Lung/Large Intestine  
Balance: Gratitude  
Imbalance: Grief  
Late Oct-Nov

Trees teach us, every autumn, the beauty of letting go.

**Autumn** is the time of grief/gratitude

**Grief**, is loss that teaches us the importance of what we had, which is gratitude.

**Grief** is chief among feelings as it never really leaves us, thankfully, it does rise up like a crashing tide and recedes, giving us breaks in the intensity.

The *language* of grief, like stages: denial, anger, bargaining, depression, acceptance and shock.

All types of grief are valid: death of loved one, pet, marriage, job, dream., the loss of ability, friendship, home, community...

INTEGRATE

- + Grief yoga combines mind and releases pain from the body
- + Create a document or writing place to pour all of your memories
- + Grief playlist: a few songs to help you cry, you can even schedule 10 minutes per day, to release it, as my counselor says, "Grief has a way of coming out sideways, if you don't make time for it."

Essential Oils:

Ravintstara:  
Eucalyptus Globulus  
RC  
Thieves  
Lemon  
Citrus Fresh

# Autumn

Metal  
Lung/Large Intestine  
Balance: Gratitude  
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Late Oct-Nov

**Grief:** What have I lost that meant a lot to me? The love is what we keep (gratitude).

**One way to consider:** Ram Dass says, "When we fall in love, we are really saying, you are the key that unlocks this feeling within me." We have the love all long, others simply mirror it for us. In this way, we already are that part of that being and they will never leave us. We can access it within.

**When a loved one is passing:** if we are lucky enough to be present, my teachers suggested the greatest thing you can do for someone who is passing is to remind them of their good deeds. Release them.

**Mantra for Grief:** Om namaha: which means "not mine" reminding us our loved ones, possessions and attachments are not "ours."

We are all just walking each other home. -Ram Dass

## INTEGRATE

+Make time for grief by choosing counseling, writing, community, some place to put feelings. One thing I did was make a place to put "everything I can remember," and just wrote bullet points of quotes, stories, smells, everything.

### What to expect with Grief:

(There is no timeline nor chronology, some experience this at all different times, the importance of acknowledging these common symptoms is that we understand grief, allow it, process it.

For example:

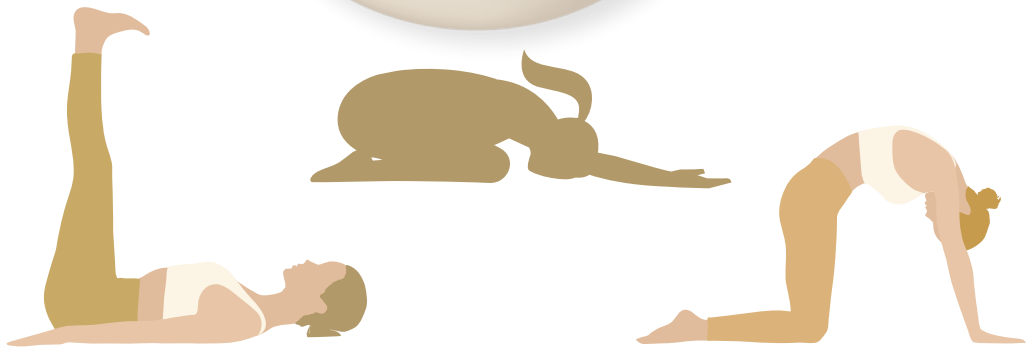
1. The first 3 months may be just shock. In other words, one may experience confusion, memory loss, not cry, or cry a lot, feel confused, can't find keys, etc.

2. At 6 months, some call the "thaw" or waking up to crying more, experiencing more, etc.

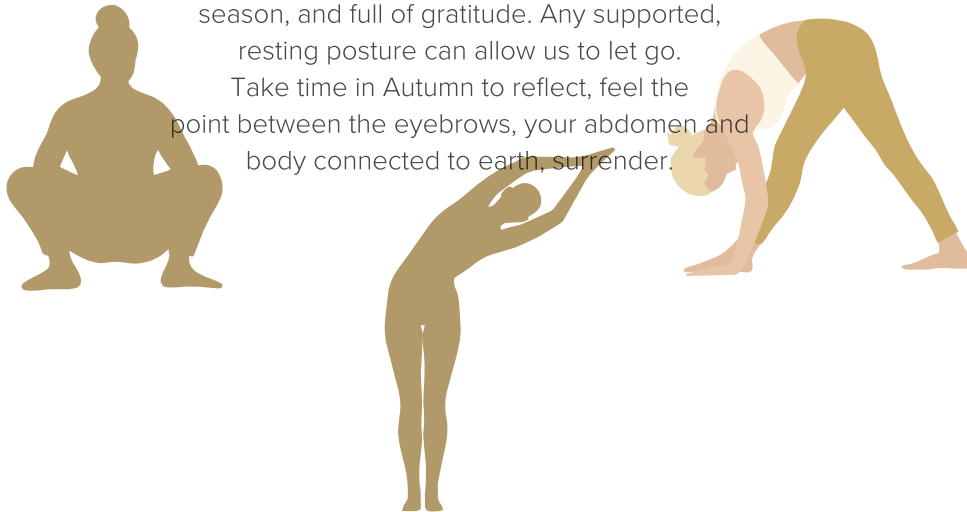
3. Grief, I feel is like postpartum, it may take up to 18 mos to feel anything like ourselves again, and we will be forever changed. Give yourself time and permission to grieve.

# Autumn

Metal  
Lung/Large Intestine  
Balance: Gratitude  
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Late Oct- Nov



Child's posture is a great way to come to the present moment and feel grounded in this earth season, and full of gratitude. Any supported, resting posture can allow us to let go. Take time in Autumn to reflect, feel the point between the eyebrows, your abdomen and body connected to earth, surrender.



# My Autumn Patterns

Metal  
Lung/Large Intestine  
Balance: Gratitude  
Imbalance: Grief  
Late Oct-Nov

Check in with your lungs, it's a good time to diffuse if it is dry, by your bed, the lung likes to have moisturized air.

1. Do I run more cold or hot? (how my body is circulating)
2. Day or night sweats? (May indicate hormone imbalance)
3. Pain? (Location, duration, frequency, what makes it better/worse)
4. What are symptoms I have during this time, more energy, less, more illness, less?
5. Mood? Agitated? Low? Anxious? Depressed? Scattered?
6. Nutrition: how do I feel after I eat? Perhaps calibrate and write down what you eat, how much and when, just to take inventory for a day or so. If this is too triggering, skip it!
7. Bowel Movements, daily? Shape? Issues?
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# Grief

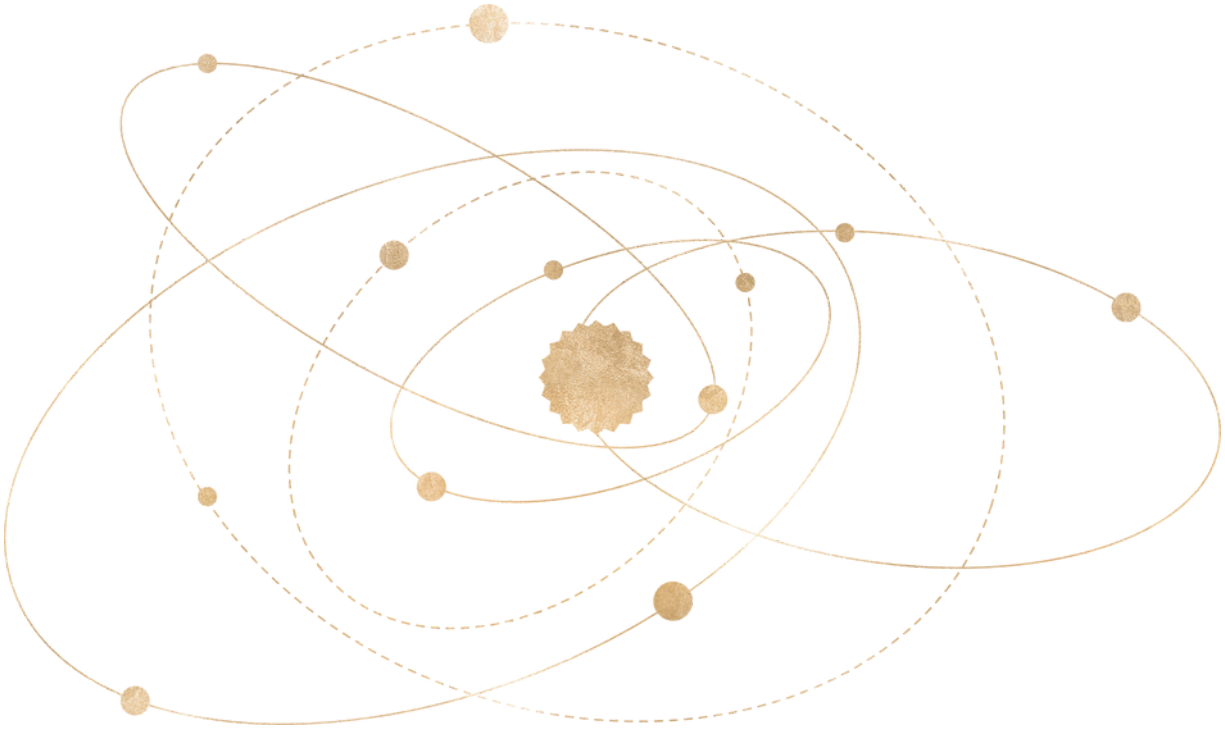
## Write and Burn

It could be things you wanted to say, things you're angry about, things you miss, whatever it is, one way to process grief is to write about it and burn it.

Let it rise up, and pass away.









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Acknowledge how I feel

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How I want to Feel

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3 Things in alignment to do first

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Expect Obstacles (do not engage)

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I give myself permission to let go of

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What is flowing for me right now?

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Inspiration:





# Thursday

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Check In: I am feeling

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Who not how....

To Do's That Matter

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Thoughts, questions, concerns...





# Friday

I'm in Love

Movement that feels good



Not Working

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Ready to heal

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Foods that make me feel energized



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My soul is asking for

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# Saturday

Play

3 Things Most Important to Me

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Creation over Competition,  
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Musings:





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Reflections:





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Align & Shine

What emotion am I feeling?



What do I need?



How I can meet my own needs

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Reasonable Requests

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TOOLS

# My Tools



Add to these lists, print and post where you can see, when emotional, go and choose one or more to align.

## Mantras

- +It is.
- +I am
- +My breath is my guide
- +Om Namaha (not mine)
- +Om Mani Padme Hum (all mantras in one)
- +Make me an instrument of peace

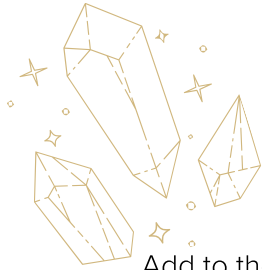
## My favorite Mantras

## My favorite Treatments/Practitioners

- +Mentor
- +Brainspotting
- +Massage
- +Facial
- +Workshops
- +Reflexology
- +Yoga
- +Classes
- +Spa

## Nature That Heals Me

- +Forest Bathing
- +Walking without music, focusing on everything i see, smell, hear, and experience
- +Fox walking
- +Lying on the ground
- +Walking barefoot on the earth
- +Gardening
- + Weeding



# My Tools

Add to these lists, print and post where you can see, when emotional, go and choose one or more to align.

Ask yourself, What do I need?

Whatever you are grappling with, ask a question and pull a card, or open a book to a page and see the answer.

Formulate your question and go for a walk, ask for guidance, and open up to the answer.

See an animal often, or notice? Look up the "totem"

Schedule monthly mental health with a trusted practitioner, acupuncturing, counseling, brainspotting, EMDR something that combines the mind/body connection.

Use Insight Timer app and experience a guided meditation anytime or to lull you to sleep

Wake up and ask for guidance to feel peace

Instead of worrying, say "Angels wrap me in your wings." or "Angels wrap THEM"

Take an elder you respect to lunch and ask questions

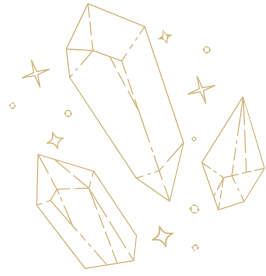
Call on your ancestors, guides and higher self



# My Tools

Add to these lists, print and post where you can see, when emotional, go and choose one or more to align.





# AddTools

Add to these lists, print and post where you can see, when emotional, go and choose one or more to align.





A decorative border of small, light orange stars surrounds the central text.

# Stuck?

## EXPECT OBSTACLES -yoga sutras

### Understanding Reasons for Stuckness and Solutions:

1. Unbalanced in the 4 Aims: Community, Sustainability, Spirituality & Pleasure. Know that there are 34 reasons in Yoga that it is normal to get stuck! Sloth, boredom, confusion, distraction, etc. Everyone does it! Solution: Name and identify the imbalance.
2. Lacking clarity: Solution: step back, go to beginning of this book, be honest about what you want. The clearer your vision, the clearer the steps to get there.
3. Not growing (too comfortable): Solution: Explore interests, what inspires you? Even a quote, person, movie, art, stars, start with anything to shift to growing and learning from stagnation. lack resources/knowledge: Ask “who” not how to take the next step.
4. Physical health, not moving, eating low energy foods make us feel low energy. Solution: fast from processed foods and take a 20 min walk in sunshine for energy and to invigorate. Calibrate calories, manage blood sugar, and eat living foods.
5. Bored: Usually comes from too much of something and too little of another. Solution: Consider Fasting from media and tv, and replace with walking, meditation and travel
6. Community: Loneliness:/Loss. Identify if you need nourishment, or need to connect: receiving treatment or if you need. Often, we talk ourselves out of meeting, but just doing something, meeting with another uplifting person will begin the process of becoming unstuck. Additionally, volunteering, meditation, joining a yoga class are ways of connecting.
7. Not motivated: we can either become motivated intrinsically (it is a passion) or extrinsically: we create something to look forward to. Both are helpful.
8. Discipline: is NOT an external annoyance, it is freedom.... Stay with me....is a trusted friend who keeps you on track when your mind, or body isn't wanting to. Treat discipline as your alliance with freedom. Do it now, and be free later. Ask your higher self, is it exhaustion, or do I need to move?
9. Deficiency: you may be exhausted, Solution: rest, retreat, focus on filling up. When taking rest, do it FULLY, no guilt, no shame, truly receive.
10. ASK. Asking our guides, angels is not weakness, it is accessing our spiritual power. When in doubt ASK.



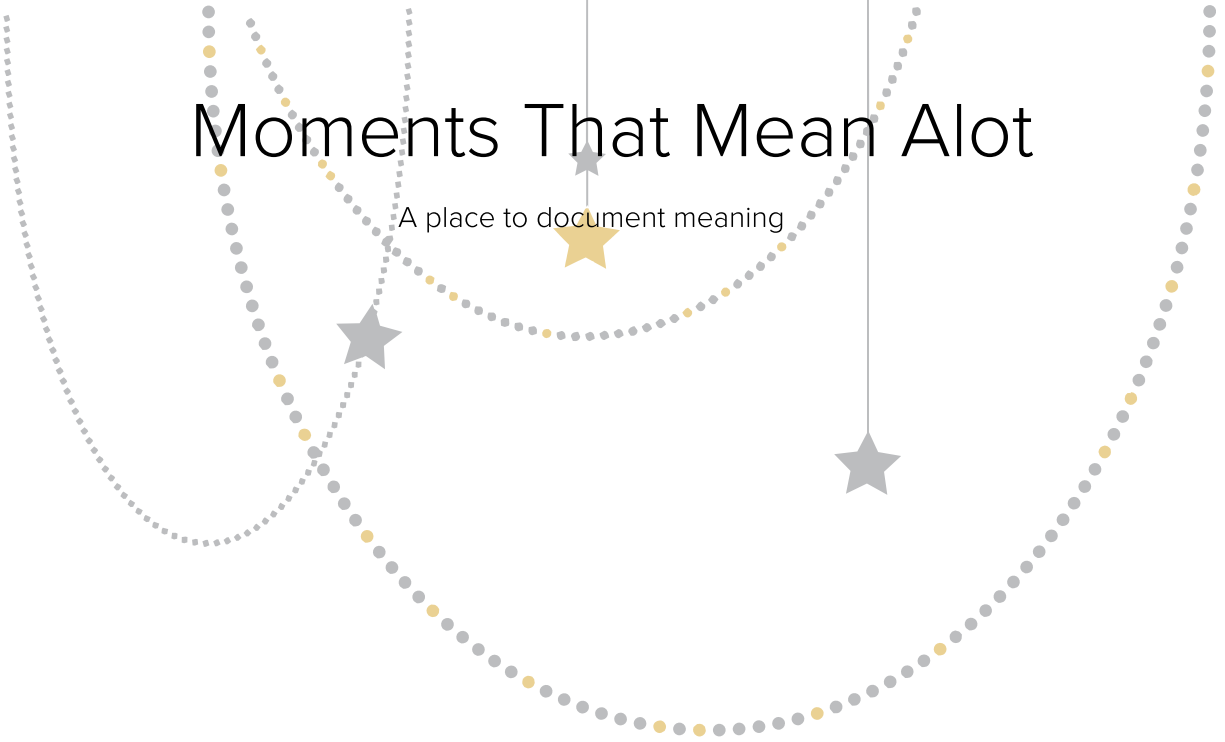
# Celebrate

What is going well?

TOOLS

# Moments That Mean A lot

A place to document meaning



TOOLS

# MAKE SPACE

## Write and Burn

What are some things that you are ready to let go of?

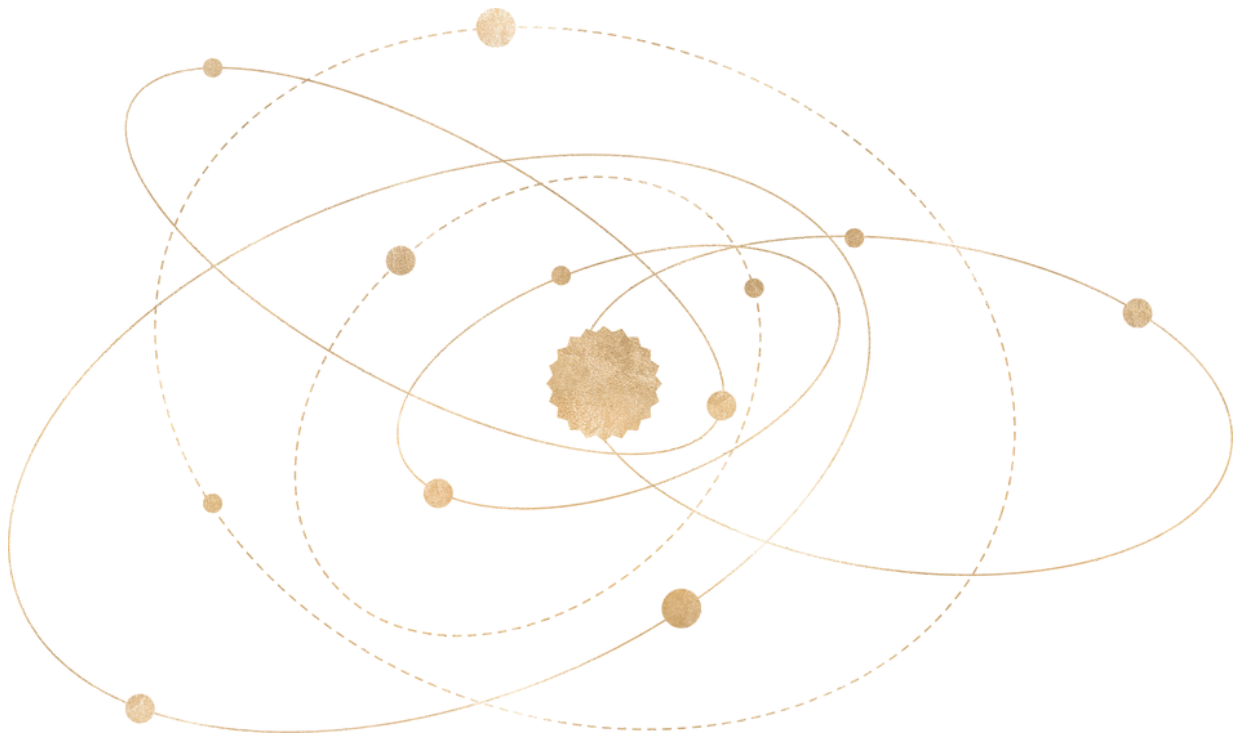
Pour as many on this page, tear it out and burn it.

Write and burn are phenomenal: when you watch the alchemy of your words turning to ash, you realize your transformational power to let go and create space for what you truly deserve.



Let Go.  
Thank your ancestors, they got you this far.  
End cycles.  
Start again.

INNER WORK



# MAKE SPACE

## Write and Burn

What are some things that you are ready to let go of?

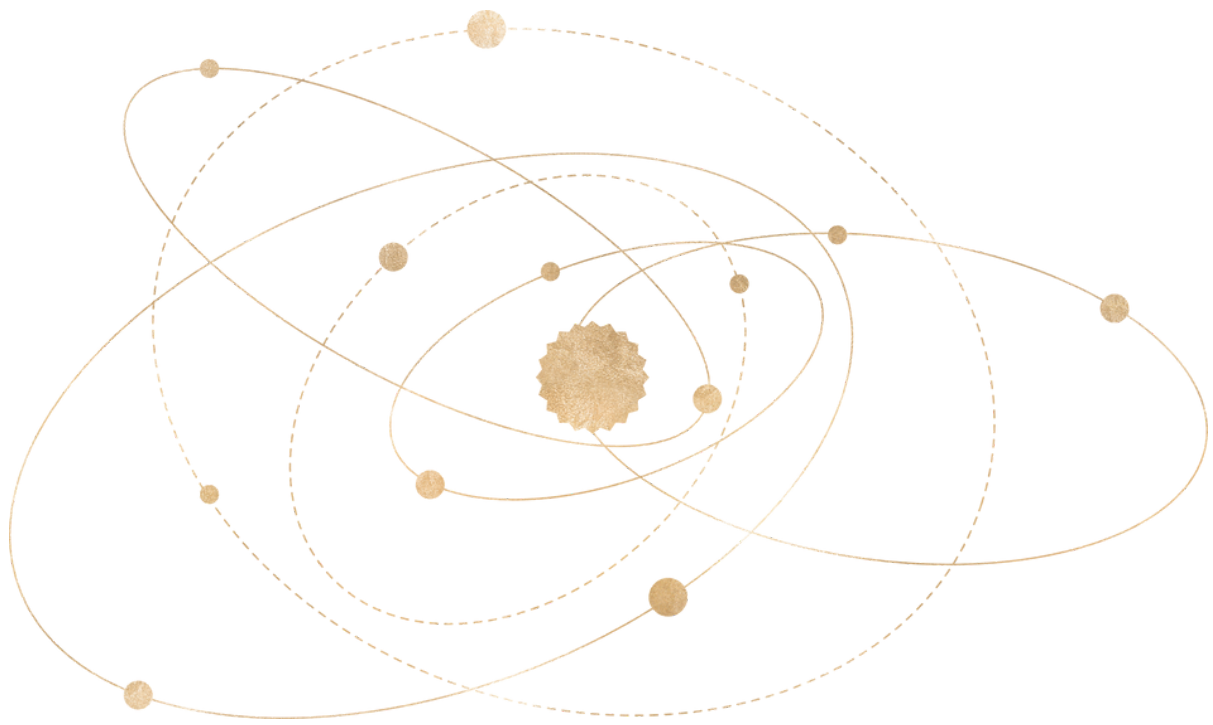
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INNER WORK



# MAKE SPACE

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INNER WORK

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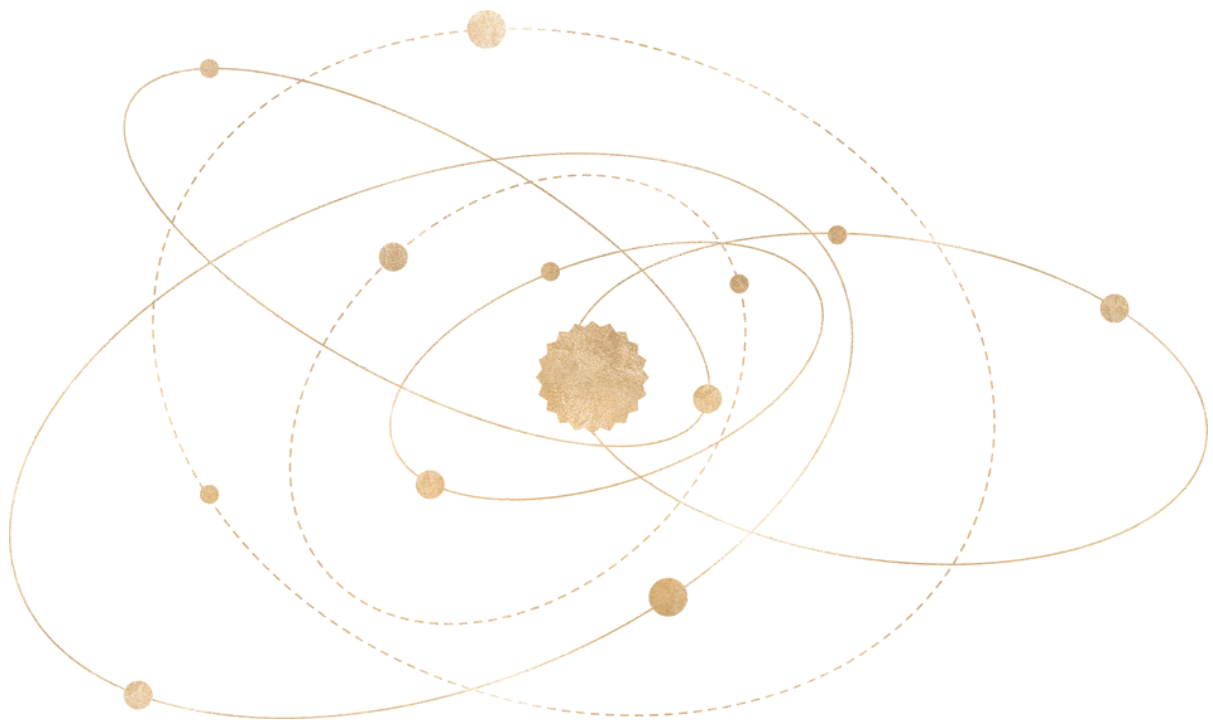
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# PERMISSION SLIP

Some days just suck. Give yourself carte blanche to take the day off, embrace the suck. Write it off, without judgement of yourself or the world.

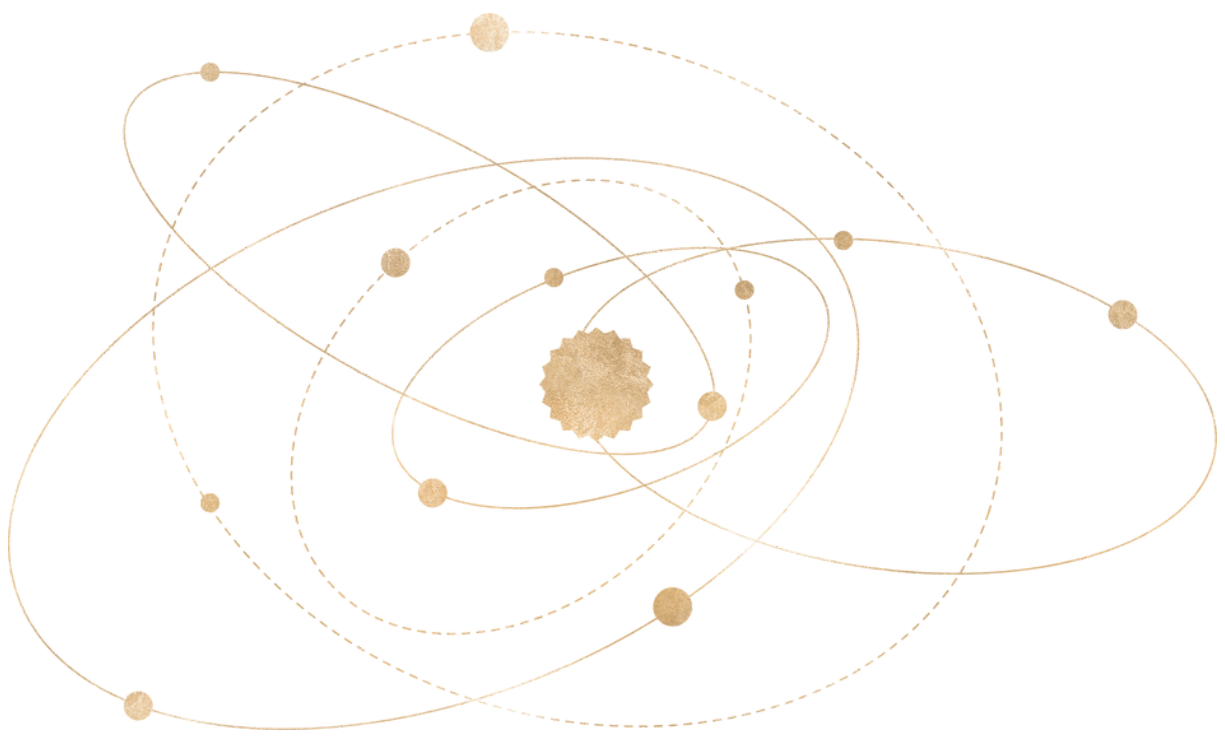
Let Go.  
Start again.



Optional: Tear this page out and burn it outside, watch until it achemizes into ashes. You are the creator, and destroyer.

Let go.

TOOLS





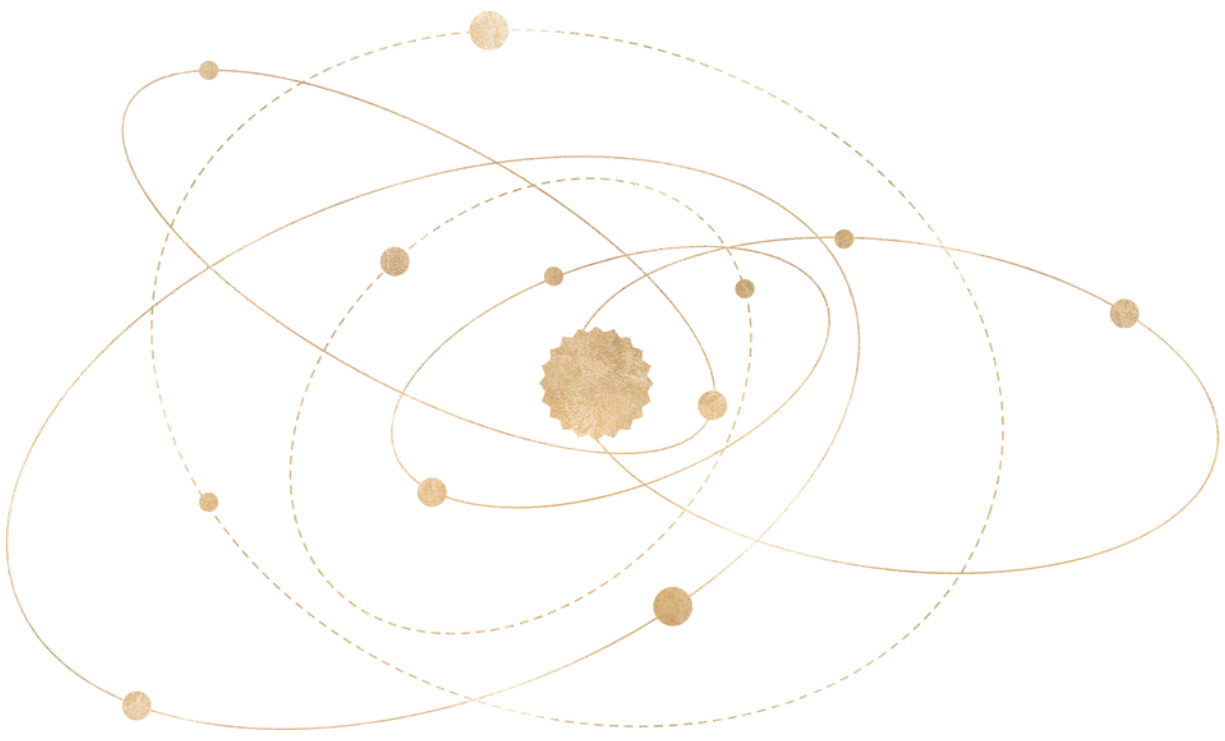
PERMISSION TO EXPLORE

Be present. Slow down, explore,  
give yourself permission to try a fun job, beta a volunteer, don't commit  
until you've entertained some options. .

Let Go.  
Start again.

Exploration ideas: attend a class, work at a coffee shop, volunteer for a  
friend's work, make no promises, just a few hours, continue if you love.

TOOLS



RESOURCES



# Where to Go from Here

Mentoring to get clarity on:

- Steps to heal
- Creating boundaries around what is sacred
- Clarifying intentions
- Meditation, Breathing, Practices for peace
- Community

+For more journal pages look for the Addendum



# Resources

This is an excellent list of resources and tools.  
Bookmark, download, and have these at the ready.

## Favourite Websites

- Antheadametz.com
- Best App: Insight timer (free meditations and more) search “anne adametz”
  - I really like Melanie Dawn’s Nidra Meditations and many more
- Best Kids version of Emotions teachings: *The Zones of Regulation* (emotional regulation for kids, parents, everyone)
- <https://zonesofregulation.com/free-downloadable-handouts.html>
- Best acupuncture resource online: [www.yinyanghouse.com](http://www.yinyanghouse.com) (acupuncture points, theory, best resource for acupuncture)
- Best yoga philosophy resource: <https://www.swamij.com/yoga-sutras.htm>
- My favorite speaker on anything yoga: Youtube: any Ram Dass talks

## Books:

- Taylor, S. R. (2021). *The Body is Not an Apology* (2nd ed.). Berrett-Koehler.
- *Real Love* by Sharon Salzberg (good friend of Ram Dass) Salzberg, S. (2017). Real love. Bluebird.
- *The 4 Noble Truths of Love* by Susan Piver
- *Sapiens, 21 Lessons for 21st Century* & anything by Anthropologist Yuval Harari
- *The Book of Stones* (crystal bible) by Robert Simmons and Naisha Ahsian
- *Aromatherapy for Healing the Spirit* by Gabriel Mojay
- *Surrender* by Bono
- *The Artist's Way* by Julia Cameron
- *The Body-Feedback Acupuncture System* by M. Meramour
- *How to do the Work* by Dr. Nicole Perla
- *The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children* by Shefali Tsabary Ph.D.
- *Braiding Sweetgrass* by Robin Wall Kimmerer



# Gratitudes

This book is in gratitude for my Dad,  
my beloved friend,

**John Adametz** who taught me  
unconditional love, I am still feeling it.

So much love and respect to my beloved teachers Ram Dass, Paramahansa  
Yogananda, Chicago's Goswami Kriyananda, Swami Ishtananda (Edward  
Weber) & Mary Beth Mangus, Loren Fischer, Dr. Roger Klein, M. Meramour.  
Love to My Sangha (yogis). The Mohan Family, Steve Richardson & The  
Teachers at Midwest College of Oriental Medicine.

**To my mom, brother, dear sisters, and family.**

I am most grateful for love of my life, man of my dreams and  
my **very best friend and supporter Neil Carney who provides  
unconditional love and support every day.**

**I am beyond grateful for my *greatest teacher*, my son John Richard.**

To Neil's parents Susan and Richard Carney,  
to my friends Carrie Divall, Kamil Godula & Adrian Calderone, Koren  
Schemmel, Cire Cross, Katy Ripp, Mary Ripp Carrie Anton & Laura Roeven,  
The Wienkeses, Pal, The Pennekamps, and my beloved clients with whom I  
share in learning and healing every day.

Finally, thank you to every single person I have encountered.  
Whether I was positively or negatively impacted, I learned from you, and for  
those lessons I am grateful. As Ram Dass says,

*We are all just walking each other home.*

Thank you for walking this path with me.



*So much Love ,*

*Anne*



First Edition



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