



ALIGN & EMBODY



WHITE FLAG
ALIGN & EMBODY PRACTICE

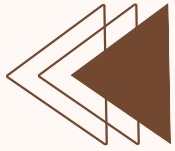
SELF-CARE IS AN ESSENTIAL PART
OF BECOMING YOUR BEST SELF. THE
ANCIENT WISDOM OF AYURVEDA
TEACHES US THAT NOURISHING OUR
UNIQUE ENERGY PATTERN IS THE
KEY TO A BALANCED LIFE.

8 Step Practice before the mat

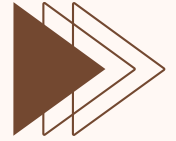
In order for self-care to be effective, it needs to be part of your daily routine. This brings radical change to your body, mind, and consciousness.

Routine helps to create balance in your own constitution. It also regulates a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

Here are the eight self-care practices you can add to your daily routine.



1. WAKE UP BEFORE THE SUN



Ayurvedic philosophy says that waking up an hour and half before sunrise helps you synchronize with the rhythm of sun, which is a time of pure consciousness.

Because of this state of pure consciousness, Aryurveda teaches us that the morning is the best time to meditate.

Meditation is beneficial no matter when you do it, but Morning Sadhana is particularly fruitful. After a night of rest, your mind is clear and ready for new day to come.





2. CONNECT TO GRATITUDE



Right away out of bed! Yogi's say that the duvet is the death cloak of the modern world.

Feet touch the earth. I am grounded on a giant rock planet traveling 65,000 miles spinning around in space.
WTF!!! Oh my GOD! This is amazing!

prayerI can do this! I **get** to do this!



3. RUNNING WATER!



NEXT! Go straight to the bathroom.

Go to the sink. Turn the faucet on.

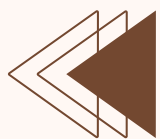
Gratitude awareness

WHAT!!!! There is running water right out of this faucet?

Take chalice Mudra (cup your hands,) and take the cold water on to your face a few times. Thankful for this clear and clean water that we have readily available pumped in to our temperature controlled environment.

What a privilege!

prayer ...for those who are waking up with no water, no heat



4. ALIGN WITH YOUR TRUTH



Next Tongue Scraper.

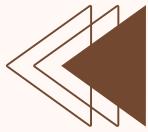
In Ayurveda, using a tongue scraper has been a centuries-old practice, the different parts of the tongue connect to other organs in the body, such as the heart, kidneys and lungs, and can reflect the health of these areas. It is believed that tongue scraping helps remove the toxins from the mouth, keeping them from being digested, absorbed and affecting your overall health.

We scrape our tongues aligning with or HP that we may speak the truth and clear away the residue from SK yesterday. ARN:

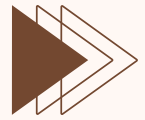
You can order one on [Amazon](#) and find at most all drug stores. Here is one that I like:



prayer ...I want to align with my truth



5. HONOR THE BODY TEMPLE



DISCOVER THE MAGIC OF ABHYANGA (SELF-MASSAGE)

Apply a little oil to your hands and massage your face and hands. Self massage variety of benefits, including increasing circulation and lubricating joints. It is an act of self compassion and appreciation for your largest organ, the skin suit your SOUL resides in.

SKILLS TO LEARN:
I personally LOVE JAO brand Goe Oil

AND ALSO

Everyday Oil Mainstay (Original) 8 oz ~ Palo Santo, Lavender, Geranium -
find locally at
wildcraftcharleston.com

prayer -thankful for my body



Buy
Now



Buy
Now





6. REPLENISH _ REVIVE_ RECHARGE



Next, the kitchen.

Tun on the kettle or coffee maker for your hot beverage.
While that is heating, drink your **GREENS FIRST**
Phytonutrient Powder

FIRST THING!

It's not only delicious, invigorating, and stimulating; Greens First also aids in the maintenance of a highly alkaline body, which is vital for optimal health and well-being. It's rich in alkaline nutrients from fruits and vegetables that support balanced pH levels.

Then 8-16 ozs. of plain clean unfiltered water.

You can find on [Amazon](#) or direct from the [company](#).





7. HYDRATE AND NOURISH



START YOUR DAY WITH HOT WATER, GINGER AND HONEY

According to Ayurveda, drinking hot water, ginger and honey first thing in the morning cleanses you from the inside by aiding digestion.

My favorite is NUF brand, Immunita. Just add hot water with a dash of their turmeric ginger honey for a delicious cup of self-care.





8. MORNING MEDITATION / SADHANA



Now grab your hot beverage and come to your mat for your morning Sadhana.

In the ambrosial hours of the morning we are closest to the state of pure consciousness. Aryurveda teaches us that the morning is the best time to meditate.

- Make your place of Morning Sadhana the same every day if possible.
- Your mat and maybe a sheepskin or a blanket for warmth and comfort.
- Wear clothing that you can move and breathe in.
- Light incense, a candle or maybe even create an altar near your special space.

When you return here day after day your whole system will be nourished by this vibrational frequency of healing that occurs here on your mat, in your sacred space.