

Practices at a Glance

The 4 Essential Practices method brings you into alignment with Self-Love & Self-Care

The 4 Essential Practices method is designed to shift your energy body - the physiological, mental and emotional self - through developing conscious awareness of our heart and body. The heart possesses its own intelligence and is primarily responsible for relaying information to the brain. It produces the chemicals oxytocin and nitric-oxide, super feel good hormones. It is important to recognize that our heart is the first organ to develop in our body, it is our central operating system. As you learn to live more heartfully, meaning from your own perfect heart center, you will experience a greater sense of wholeness, groundedness, improved health and a deep appreciation for your own self.

Practice #1 Heart Centered Breathing

Practice 1 teaches us to focus on our heart center and breathe from the heart space. This is what I am calling *heart centered breathing*, this creates what is known as Heart-Brain coherence. We can calm and reset the nervous system by shifting our breathing to a slower, deeper and even rhythm. Place your awareness on your heart center; inhale 5-6 seconds, exhale 5-6 seconds. You are establishing a conscious resonance of body and mind.

Practice #2 High Vibration Image & Experience

Practice 2 calls upon cultivating a high vibration emotional experience of peace, calm, joy and freedom. It invites a kind of visualization in our mind's eye, expanding the energy beyond all of the senses. We are retraining our attention to focus on images and feelings that are all peaceful, joyful and inspiring. Now bring your awareness to feelings of appreciation, gratitude, peace and happiness. You are beginning the reconditioning process, arriving in the present moment as your true self.

Practice #3 L A Hug, BodyMind Awareness

Practice 3 invites awareness and appreciation of our physical body. We can give ourselves a warm embrace; notice this miracle of a flesh and blood container we call our bodies. Whatever shape we find ourselves in, we deserve complete honor and gratitude. Now, cross your arms over your chest, notice each hand connecting to opposite arms. Great healing occurs with self-touch, send this loving touch to all parts of your body now. Open and allow relaxation to occur.

Practice #4 Loving Speech

Practice 4 calls us to notice what words and messages are cycling through our minds. Are they words of kindness and encouragement, or are they words of judgment, criticism, self blame and shame? We can shift these detrimental language patterns with words of love, support and reassurance. Pause now, what uplifting messages are meaningful to you? Some phrases that resonate with me are, "I am valuable," "I am peace and power," "I easily receive," "I get to be happy." Feel free to choose your own words too. Let the *vibrational energy* of the words absorb and circulate throughout your body and mind.

