

Hey, Warrior

We know times are tough right now. We want you to know there is a community behind you, cheering you on, through the wild and worry we are living through. We will offer weekly tools to help you tap into your own resilience.

Our wellness package is intended for a diverse array of individuals and communities. In order to support this diverse set of interests and needs we've included several different techniques below - hoping that one will resonate with you. Please take what serves you and leave the rest behind. Please seek additional support as needed - this should be used as a complementary tool to professional mental health services.

We are all connected

We have been experiencing a lot of social and emotional distancing lately. Public health guidelines are keeping us away from our loved ones and despite having access to the internet and our phones, it is normal to feel alone.



If you are unable to be physically present with your support network, I invite you to take a few minutes to connect with them on a spiritual level.

We need energy to live. Our thoughts, words and actions are made possible because of the energy that we harvest throughout the day: food, water, sleep, exercise. The amazing thing about energy is that it never dies, it just changes state (thank you Albert Einstein!).

Our minds are powerful and if we learn to control it, we can experience incredible visualizations, we can control our dreams or even experience a blissful state of super consciousness (Samadhi in yoga philosophy).

If this resonates with you, I welcome you to explore how your body feels when you have experienced love, happiness and peace. Think about moments in your life that have made you feel lucky to be alive. Sit with each of those feelings for a bit.

Next time you are missing someone, take a few seconds to remember how those wonderful feelings run through your body. Visualize them as an energy current running through your body: maybe peace has a colour and love and happiness have different ones. Then send those colorful rays to the person that you miss. You can focus your gaze on a fixed object or close your eyes if you feel comfortable and safe.

Breathe

If you liked the above exercise and would love to learn to explore the subject of spiritual connections a bit more, I invite you to invest a few minutes in your well-being, get cozy and find a comfortable seated position (or lay down if you prefer). You can play background music, white noise, or anything else that may help you concentrate.

Roll your shoulders back and down, and let them relax away from your ears. Place one hand on your heart and one on your belly. You can close your eyes, or focus your gaze on a fixed spot in your room.

Start to breathe in and out of your nose and feel your belly rise with each inhale, and feel it contract with each exhale. Listen to your heart beating and notice its rhythm: is it fast, slow? Try to count to 3 or 4 with each inhale, and use the same number when you exhale. Breathe slowly and deeply and visualize your blood flowing through your veins and reaching every inch of your body. As the blood flows, the energy flows. Bring back those colourful feelings: happiness, peace, love. See them dancing in your body in perfect harmony. Visualize your body glowing in these colours, there is so much positive energy in you that you can share it with others. Send it to those you love, to those you miss and maybe to those who have hurt you.

Reflect

Imagine a world where everyone is aware of their emotions and the impact of their words and behaviour. If everyone took a few minutes to share positivity, would we all be in a better place?

Would we be able to develop more meaningful relationships with others?

If our thoughts become actions and our actions have an impact on those around us, aren't we all connected to each other somehow?

Can we choose to spread more love, more peace and more joy?

Lokah Samastah Sukhino Bhavantu

This mantra has been translated into the following English phrase:

“May all beings be happy and free, and may the thoughts, words, and actions contribute in some way to that happiness and to that freedom for all.”



Move

If you have access to a device/internet connection, we have prepared 20 minute of gentle yoga practice to help you connect with your essence and unlock all the positive energy that lives within you. Explore your feelings with each pose, feel the energy flowing and maybe share some. The sequence will require getting up and down off the floor, kneeling and stretching:

<https://youtu.be/6zwPIIWXxmY>

We have additional practices on our [youtube channel](#) that may suit you better - including [chair yoga](#) and a [meditation](#) which could be done from bed.

Namaste.

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