

# Honor Your Body-Mind

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## SIMPLE PRACTICES

My intention with this article is to provide you with resources that will nurture and nourish the body, mind and soul. Please email me any practices you are using or hear about so we may expand on this list.

Thank you for participating in the wellness of the world with me!

TAKE TIME ALONE FOR REFLECTION-on a daily basis

READ AN UPLIFTING BOOK AND GET LOST IN THE STORY

WATCH A FUNNY MOVIE-boycott the violence on TV and movies

READ ONLY THE COMICS IN THE NEWSPAPER

HOT BATHS-mix 2 cups Epsom salts with Essential oils such as:

Juniper & Ginger-warms aching muscles

Lavender & Sage-reduces mental/emotional stress

Spearmint & Bergamot-energizing

Chamomile & Rose-softens dry, irritated skin

Germanium & Jasmine-comforting & soothing

Lavender & Chamomile-reduces nervous energy inducing sleep

MEDITATION-minimum 20minutes, take instruction

PRAYER-listen, trust and give thanks

STILLNESS-stop the "busy-ness"

SILENCE-turn off the TV, phone, etc.

CALMING MUSIC-Mozart is great

GET LOST IN THE MUSIC AT A CONCERT/BALLET/THEATRE

TAKE NOTHING PERSONALLY-it's another's opinion

ALWAYS DO YOUR BEST-no regrets

TAKE YOUR PULSE & REGULATE IT CONSCIOUSLY

EAT ORGANIC FOOD EXCLUSIVELY & COMMIT TO THIS

MASSAGE-on yourself or by another

LYMPHATIC DRAINAGE-on yourself or by another

CRANIALSACRAL THERAPY

ENJOY NATURE IN ALL HER WONDEROUS FORMS

EXERCISE THAT YOU ENJOY THAT MAKES YOU SWEAT

CHAT W/TRUSTED FRIEND/FAMILY

PARTICIPATE IN A CHURCH SERVICE

SPIRITUAL PRACTICES/RITUALS OF THE SEASONS

WATCHING SUNRISE/SUNSET

PLAY-alone or with someone fun

OBSERVE CHILDREN CLOSELY

SOUND SLEEP IS VITAL TO CELL REJUVENATION-8 hours

HOLD A ROCK OR SHELL AND FEEL IT FULLY

STUDY A FLOWER OR LEAF FOR ITS DETAIL

LAUGH WITH YOUR ENTIRE BODY

FIND WAYS TO MAKE OTHERS LAUGH

ASK FOR WHAT YOU NEED

BE WILLING TO RECEIVE

FIND WAYS TO BE GENEROUS-time, money, gifts, compliments

TAKE A NAP IN THE FETAL POSITION-good daily practice

CLOSE YOUR EYES AND VISUALIZE A FAVORITE

PLACE/EXPERIENCE THAT YOU REMEMBER WITH LOVE

FOCUS ON YOUR BREATH FOR 15 MINUTES, LABEL INHALE

"IN" AND LABEL EXHALE "OUT"-excellent stress reducer

SWIM IN THE OCEAN OR MOUNTAIN LAKE

WALK WITHOUT AGENDA THROUGH A MUSEUM OR ART & CRAFT SHOW

BUY A WORK OF ART THAT YOU ABSOLUTELY LOVE- A pair of earrings or other work of art

LUXURIATE IN A FAVORITE FOOD-keep it in your mouth as long as possible to savor the flavor

STAR GAZE-this helps us return to right relationship with time

MAKE A DATE WITH YOURSELF-put it on your calendar & honor it

MAKE A DATE WITH SOMEONE YOU LOVE-same as above

THROW WATER BALLOONS AND GET WET AS THEY SPLASH

TAKE DANCE CLASSES-belly dancing will open your center

DANCE LIKE NO ONE IS WATCHING

WRAP YOUR SKIN IN SILK OR CASHMERE AND SENSE THE

PLEASURE AS YOU MOVE

WEAR YOUR FAVORITE COLOR OFTEN

COMPLIMENT PEOPLE IN GENUINE WAYS

VOLUNTEER AT THE LOCAL HOSPITAL, LIBRARY, ETC.

GIVE AWAY SOMETHING THAT YOU ADORE-willingly!

STUDY SOMETHING YOU'VE ALWAYS WANTED TO KNOW

MORE ABOUT-language, cooking...its endless!

AS YOU COOK, BLESS EACH CHOP & PIECE YOU PREPARE

COMMUNICATE WITH AN ANIMAL, YOUR PET OR NATURE  
LIGHT CANDLES FOR DINNER EVERY NIGHT  
MOVE THE FURNITURE OFTEN TO KEEP YOUR HOME FRESH  
CLEAN AND POLISH AT HOME WITH ATTENTION TO DETAIL  
ATTEND A SELF-IMPROVEMENT MEETING AND LISTEN WITH  
YOUR HEART OPEN-12-STEP MEETINGS ARE GREAT!  
SAY "NO" OFTEN WHEN IT IS YOUR TRUTH  
TELL YOUR TRUTH IN A LOVING WAY-this builds intimacy  
KEEP THE FOCUS ON "YOU"-stay out of other people's business  
SHARE YOUR WEALTH BY TITHING 10% OF YOUR GROSS  
INCOME-guaranteed to bless and multiply  
KNOW YOUR LIMITS AND BE WILLING TO STOP  
FIND A MENTOR-connect with them regularly for guidance  
BE A MENTOR-give it back to someone in need  
RESPECT OUR ELDERS-we're next!  
RESPECT OUR EARTH-no littering, wasteful consumerism, etc.  
MAKE A DECISION TO BE HAPPY-it truly is a choice

Written November 2004 while on retreat.