

Get Juicy Now

Root, Nourish & Expand



Expand

Breathe consciously
Meditate Daily
Gratitude always
Share with others
Express your feelings & needs
Smile, Laugh, radiate happiness
Sing & chant
Connect with others

Create Life rituals
Sun bathe
Moon bathe
Be kind to yourself
Learn a mudra
Visualize
Say "Yes"

Nourish

Create a morning body-care ritual
Oil your body
Hydrate often
Mouth care is important
Feed your eyes
Do Yoga for mind/body/spirit
Move your body-Become strong
Be artistically creative

You are what you digest
Oil internally
Choose Super-foods seasonally
Antidote foods
Love animals
Romance yourself
Play - be spontaneous

Root

Get quiet
Slow down
Yoga Nidra Daily
Schedule regular bodywork
Journal
Snuggle time
Take a warm relaxing bath
Enjoy a daily nap

Create an Altar
Say "no"
Visit Nature daily
Create an evening body-care ritual
Love your feet
Learn grounding techniques
Forgiveness works

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Choose 1 or 2 ideas (or more) from this List daily to affirm your path of Juiciness and step into your personal alchemy



Root

Get quiet	Turn off devices that distract; i.e. computer, TV, Music. Quiet your mind with inspirational reading, or a silent mantra (I am at peace).
Slow down	Each day take time to dial back your pace; allowing yourself to become aware of your real needs. To program this, consider setting a timer for every 3 hours – take 10 minutes and quietly shift your thoughts.
Yoga Nidra Daily	A wonderful form of deep relaxation & nervous system reset. 20–30 minutes early afternoon is best. Choose from a variety of self-guided CD's.
Schedule regular bodywork	Find a bodyworker who helps you to feel relaxed & refreshed. With a wide variety of bodywork styles, at least once per month is the best self-prescription.
Journal	What's on your mind? Writing your thoughts and feelings is helpful in calming the mind, becoming creative, and finding solutions.
Snuggle time	Snuggle time creates instant juiciness. This can be with your lover, best friend, family, favorite animal, or even yourself. Think warm, cuddly, soft, joyful, easy.
Take a warm relaxing bath	Make it special. Calm Lighting, aromas to create ease (I love rose, ylang-ylang, gardenia, amber); If your muscles/joints are unhappy, add a cup of Epsom salts. Soak away.
Enjoy a daily nap	Napping is more about re-setting your nervous system. Thirty minutes is best in the afternoon. An eye-bag calms the eyes & mind. If you don't want to sleep, play a yoga nidra CD, or just play some wonderful relaxing music and let go.
Create an Altar	Altars create a visual symbolism to daily affirm your goals, your dreams, and personal joy while creating space for your mind. Place the altar where you pass by daily, so you can stop for a moment and breathe in what you are affirming.
Say "no"	Saying "no" is empowering to cutting back all of the things that can keep us from our truer needs. Cut back your "to-do" list and make better choices to what you need.
Visit Nature daily	Whether you live in a noisy urban center, or on a quiet rural roadway, consciously seek Nature daily. Find a tree, give it a hug; Look up to the clouds and remember your connection; walk barefoot in grass; and put your toes in a stream.
Love your feet	Our feet move these "body temples" along the earth. Daily, feed your feet with loving massage and oils. Treat them to being barefoot, and wearing shoes that fit well. Love each toe. Roll your feet with a ball. Take time to both look and touch your toes to wake up your nervous system.
Learn grounding techniques	Life is too precious to allow its chaos to sweep us away. Take time to feel your feet daily, to exhale fully, and then inhale energy up from the earth thru your whole body. Imagine your energetic roots reaching deep into the earth, bringing in sustenance. Choose a stone from nature, and keep it in your pocket.
Forgiveness works	Forgiving your self first, and then others, creating the needed spaciousness of mind and lightness of body. Start small, releasing what you hang onto in your mind and body. Seek guidance as you approach the bigger forgiveness work. And, always, stay open to the possibilities. This is juicy.
Create an evening body-care ritual	Take a bath to wind down the day. Wash the day off of your face, splash your eyes, and apply a light evening cream. Brush your hair, massage your scalp, and enjoy a gentle oil foot massage. Say a prayer of thankfulness, forgiveness & hope.

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Nourish

Create a morning body-care ritual	Establish a positive routine that nourishes you daily. In the morning exfoliate your skin while dry. Follow with pure oil taking extra time to massage your joints. Finally, add flowing open movements of your body with deep breathing.
Oil your body	Your body is your Luscious temple. And, your skin is the Largest organ of your body. Choose oil Like you would good food – coconut, almond, sesame, jojoba. Apply your oil with positive intention: I am healthy, vibrant and fully alive.
Hydrate often	Hydration promotes clarity of mind, and creates that Luscious radiance of your skin, your hair, and your eyes. Try room temperature water in more frequently thru the day in Lesser quantities.
Mouth care is important	Dental and Gum health is very important, especially your cardiac system. Daily tongue scraping, flossing, tooth brushing, gum massage with sesame or coconut oil, and even consider oil pulling.
Feed your eyes	Our eyes are windows to the soul, and also the Last stop of the Liver meridian. Nourishing our eyes, nourishes our whole being. Soften your eyes as they look out. Wash them with fresh water (add a few drops of rose water). Rest them with an eye bag. If your eyes are tired, itchy, or dry, eat Liver balancing foods.
Do Yoga for mind/body/spirit	Yoga for body is conscious movement with awareness. Yoga for mind is creating self awareness around your thought patterns, and taking time daily to empty. Yoga for spirit is feeding your soul with positive thoughts and good company.
Move your body-Become strong	You were designed to move. Daily movement to create heat, stability and strength in the body; and daily movement to create flow and ease in the body – both are needed. Have fun with this, keeping your choices fun, varied and involving Nature.
Be artistically creative	Art can be expressions on a canvas, or hands in clay. Art can be cooking a meal for your friend, caring for a garden, writing a Letter to your pen pal.
You are what you digest	Think juicy, eat juicy, to become juicy. Warm, soupy, unctuous, succulent, flavorful are some words that come to mind. Eat those foods.
Oil internally	Taking a good oil internally (one tablespoon a day) is a wonderful way to feed your brain cells, nourish your body tissues, and also feel more satiated without adding lots of unneeded calories. Put it in a smoothie or drizzle over your meal.
Choose Super-foods seasonally	Each Season, Nature hosts an array of Superfoods, designed for our finer health. Seek these out in Season: Spring: Berries; Summer: Greens/Juicy fruits; Winter: Roots, Cabbage
Antidote foods	Being juicy means we enjoy life fully, and this means we do not always follow a perfect diet. And, that's okay! Use certain spices and increased hydration to create antidotes to those times: An example: caffeine – Cinnamon/Nutmeg/Cardamom
Love animals	Animals are unconditional loving souls divinely placed to be ultimate companions on your journey. Visit, play with, adopt, "pet-sit" – these are special experiences.
Romance yourself	By yourself flowers, give yourself a facial, light a candle. Visit an art gallery; take in a cinema by yourself. Dress nice, walk tall, and make it an enjoyable experience.
Play – be spontaneous	Explore play. Be relaxed, free-spirited and spontaneous. Play has no goals, no time constraints, no judgements. Play integrates your whole being. This is juicy.

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Expand

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| Breathe consciously | Breath just happens. And, when infused with conscious thought, breath is a powerful vehicle for awareness, healing, and being fully present. Take 3 mindful breaths, now! |
| Meditate Daily | Meditation; deep focus quieting away from outside distractions, is considered one of the most powerful healing tools. Meditation helps to empty the garbage of the subconscious mind, creating space for well-placed juicy thoughts and actions. |
| Gratitude always | Each day is another blessing of gratitude to be on this earth. Gratitude to having yet another opportunity to be present, forgiving, Loving and helpful. This is juicy! |
| Share with others | Sharing creates caring. Serve others and find the radiance this creates inside of you. |
| Express your feelings & needs | Speak up, open up, gather your courage and take up some space in this wonderful World. Practice making sounds out Loud in nature allowing your whole body to gather energy. Choose words carefully honoring yourself and others in your expression. |
| Smile, Laugh, radiate happiness | Smiling creates an open and Loving feeling throughout our systems. Smiling also has the following effects: reduces heart rate & decreases pain; increases empathy, productivity, success, longevity, and boosts the immune system. Make it a point to consciously smile ten times a day. |
| Sing & chant | Singing, much more than speaking, creates a greater openness of the psyche. It produces happiness and becomes contagious in its sharing. Sing to keep your throat healthy; sing to have greater Lung expansion; sing to decrease feelings of pain; sing to boost your mood. Singing and chanting help to ground and focus. |
| Connect with others | Connecting to others is the single most important thing we can do for our happiness. Find time each day for at Least a "hello," to a friend or family member. Connection creates a communion of spirit, a sharing of energy, the knowledge that there is someone else out there to send or receive a blessing. |
| Create Life rituals | Rituals improve our mental, and physical health. Steeped in a variety of habits, you already have key techniques or rituals you go back to each time stress becomes overwhelming. Create healthy rituals, habits & coping techniques daily and use them before feeling stressed. This can only create healthier, more vital Long term experiences. |
| Sun bathe | Find time to take in the Sun's rays as a primal sustenance. Mindfully protecting your skin, take "Sun" time several times per week to feel connection to a greater source. Healthy Sun "rays" (early morning/Late afternoon) decrease depression & insomnia; and helps balance hormones while increasing usability of Vitamin D. |
| Moon bathe | The Light of the full moon is magical, calming, cooling and considered to be deeply nourishing to the nervous system. Outside or near a window, allow as much of your skin to breathe in moonbeams. Meditating during the full moon creates mindfulness & stillness; reflect on manifesting your dreams and goals. |