

Spiritual 1st Aid Kit

YOUR EMERGENCY TOOL TO
OVERCOME STRONG EMOTION

YOU ARE A WISE & BEAUTIFUL WOMAN CAPABLE OF GIVING YOURSELF LOVE & SUPPORT

We all have emotional outbursts or feel out of control some of the time. By tuning in and giving yourself permission to feel is the only way through..

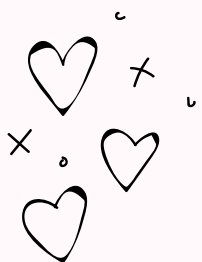
You are worth the effort!

What are the tools that you have at home or that you would like to obtain to help you when you are feeling vulnerable?



GET TO KNOW YOUR TOOLS

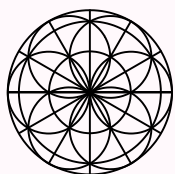
You can use anything from flowers or herbs from your garden, essential oils, essences, crystals, tarot cards, sounds, dance, movement, water, journalling, being with nature etc.



LEARN TO LISTEN TO YOUR BODY

Once you know your tools. Find a space where you can be undisturbed. Sit, close your eyes and breathe deeply into your belly and clear the mind by counting the breath. Just watch it come in and go out, then eepen and slow the breath.

Checking In with Something Greater than Yourself



CONNECT AND ASK FOR SUPPORT

When we ask the universe or whatever it is that you believe in for help, help will come! Feel yourself connected to something greater, then breathe love & support from this source into every part of your being.

THERE IS NO SUCH THING AS PERFECT

There is no room in life for guilt or shame. We are human and we all have moments we are not proud of. The more you forgive yourself for being less than perfect, the easier life will become. Why? Because you are worth it!

READ OUTLOAD

REMEMBER TO BREATHE

MY MIND AND EMOTIONS DO NOT DEFINE ME

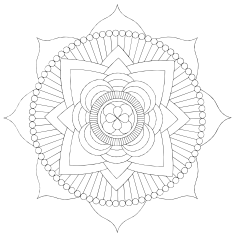
I CHOOSE TO TUNE INTO MY INNER WISDOM

I AM SAFE, I AM SUPPORTED

I HAVE THE POWER TO REALIGN

"I call in my guides, my higher self, my unseen support team and ask for support, help and guidance so that I can move beyond my current state of being and step back into alignment & into a state of calm centeredness.

LIGHT A CANDLE, CHOOSE YOUR TOOLS & FIND A SPACE TO SETTLE IN, TO SIT, TO FEEL, TO BREATHE & TO BE WITNESS TO YOUR HEALING PROCESS



DOING OR FORCING IS NOT ALLOWED

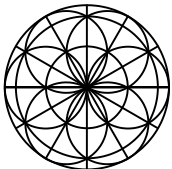
As you find your space to come into, start by using the tools that you have. Place your tools where your body guides you to place them, breathe in there energy & love.



LET GO OF THE MIND, LET IN LOVE

Breathe love into the heart space on each inhalation, as you exhale sigh or release all that you no longer need to carry through your mouth - really let it go! Feel the body softening, relaxing, feel the mind letting go. SURRENDER.

YOU ARE SUPPORTED - YOU ARE NEVER ALONE



CONNECT WITHIN

Sit in the energy you have settled into. Move your body if you feel the call. Hum, sing or stomp out any remaining tension. Cry if you need to cry, scream into a pillow if you need to scream. then always come back to the breath.

WHEN YOU ARE FEELING CALMER
WRITE A LETTER OF FORGIVENESS TO YOURSELF

Ask for forgiveness if you have projected your emotions onto any other person.
Breathe in the knowledge that you are Supported.

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