




a New

WISE WOMAN'S WAY



Summer

GUIDE
TO
WELLNESS



Hello

Hello there, Beautiful One!

After two years of inward living, it is finally Time ...

Time for us all to begin to stretch, clear, and redefine what delights our whole Being.

In this little Summer Wellness guide, I want to share some of the essential revitalizing practices that I use to remind myself every day that Life is Beautiful.

Little acts of kindness
to Self and Earth
Are the stepping stones that lead to
aNew You!

I hope you tap into the Beauty that surrounds you, beginning with how you choose to **nourish** your Body as you step toward Embodied Self Love.

It begins by treating your Body as the Sacred Sanctuary that it is... and, as with all journeys, it begins with the first steps.

May these practices and the bounty of Summer inspire you to Love deeply on yourself.

You are worthy of Deep Love!

From my heart to yours,

Karen

How to use this Guide

Listen In to your heart.

What is most important to you right now as you read the statements below?

Number them in order of importance, 1-4.

I want to **Move** more.
I want to **Nourish** my body even more.
I want to **Create** the life I seek.
I want to **Heal** my whole being.

Starting with your #1, turn to the matching section in this guide and, for 1 week, try at least one practice from this section daily. Commit every day to this act of Self Love. Notice how it feels, what thoughts arise & what it inspires.

On Week Two, add in your #2 priority, incorporating at least one practice from that section of the guide and adding it to your Self-Love toolkit. Practice daily. Commit for a week. Notice what you feel.

On Week Three, add your #3 priority, Week Four, add your #4 priority, repeating the process each week.

Do your best, embrace the journey, notice what comes up.

How do you feel? Listen In ...

Move



BREATH OF JOY

The **Breath of Joy** is a three-part breathing technique that is often a staple exercise in yoga classes. The **Breath of Joy** awakens your entire system by increasing oxygen levels and stimulating both the sympathetic and parasympathetic nervous systems. Using strong inhalations and synchronized arm movements, the **Breath of Joy** will leave your mind calm and focused, in a state of balance that yogis call **sattva**, and is a wonderful way to manage moods.

How to practice the **Breath of Joy**:

Start with your feet shoulder-width apart and parallel, knees slightly bent.

Inhale one-third of your lung capacity and sweep your arms up in front of your body to shoulder level, parallel and with palms facing up.

Continue inhaling to two-thirds capacity and swing your arms out to the side at shoulder level. (Imagine your arms as wings in flight.)

Inhale to full capacity and swing your arms straight up over your head, palms facing each other.

Open your mouth and exhale completely with an audible 'HA,' bending the knees more deeply as you sink into a standing squat and swing your arms down and back behind you.

Repeat this breath cycle 3 times, then pause and notice how you feel.

Repeat up to 3 times.

End by closing your eyes and noticing the effects of this small practice of **Self-Care** and **Self-Love**.

Note:

Don't force or strain the body or the breath. Allow yourself to be absorbed in the rhythm. If you start to feel lightheaded, stop for a moment and simply breathe normally.

To follow along with Karen, [click here](#).



EARTHING

Think of the Earth like a gigantic battery, full of natural, subtle electrical charge. Our bodies operate electrically, transmitting frequencies through our cells that run the various systems (nervous, immune, cardiovascular, etc.).

The practice of Grounding, or **Earthing**, is the practice of connecting to the ground's electrical energy.

Some of the benefits of **Grounding** include: Reduced stress levels, improved circulation and less inflammation.

When we are electrically grounded, we might feel a greater sense of: Strength and Balance. We might feel More Centered, Solid, Less Tense, and Less Stressed.

How to Practice **Earthing**

Weather and schedule permitting, for half an hour, go outside and sit, stand, or walk on soil, grass, sand, or concrete. (These are all conductive surfaces from which your body can draw the Earth's energy.) Go barefoot, lay in the grass, or in some other way physically connect to the ground, and notice what a difference this makes on your pain or stress level.

See if you can incorporate this healing practice into your daily (or weekly) routine, and notice the increased vibrancy you feel afterwards.

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If you'd like to learn more about this timeless practice, including ways to incorporate Earthing when it's hard to carve out the time, join Karen for a [Moving Practice here](#).





Nourish



Morning CLEANSE

Juice of 1/2 fresh lemon	Dash of cayenne pepper
1/4 tsp ginger powder	Warm water
1 mint leaf macerated	A taste of honey

Mix, drink & enjoy!

This powerful immune booster can also increase energy levels & metabolism.

Suffer from Seasonal allergies? Amp up the benefits by using local, raw honey. The same allergens that trigger a reaction in you are present in local honey, which acts as a homeopathic remedy.

Funky Monkey

SMOOTHIE



1 handful of spinach	1/2 - 1 cup almond milk, unsweetened
1 handful of kale leaves	1 TBS raw almond butter OR 1/4 avocado
1 tbsp hemp seeds	Optional: 1 tsp Matcha green tea powder
1 3" frozen banana	Optional: 1 - 2 TBS protein powder

Place all ingredients into a blender and process until nice and smooth. Serve immediately. Makes approximately 12 ounces.

For an added boost and texture, you can top this smoothie with something crunchy, like homemade granola, cacao nibs or bee pollen.

Create

FLOWER MANDALAS



Creating a nature mandala is a beautiful, spiritual and simple way to explore nature while practicing mindfulness and creativity. Appreciate the beauty around you and create a temporary art installation from natural, foraged objects.

The word **mandala** is a Sanskrit term that means “circle.” In fact, a mandala is a circular structure with a design that radiates out symmetrically from a unifying center.

How to create a **Flower (or Nature) Mandala**:

Start by taking a moment to write down (or simply think about) several words that describe your current state of mind. Notice the pace of your thinking, moving, walking.

Step outside: Sit and relax, or take a walk. Look around you. What colors do you see? What shapes intrigue you? Look for examples of mandalas in nature for inspiration.

Head to a park, a forest, botanical garden, field, or your backyard, and pick up little treasures along the way. Flowers, twigs, leaves, blades of grass, stones, pieces of bark - TRUST what you are drawn to. Notice how you feel as you go.

When you've gathered up enough materials, find an area you'll feel completely comfortable and at ease to make your mandala. Start from the center and build outwards. You have complete Freedom! Enjoy the creative process.

Keep building or changing the design until you are completely happy with your creation.

When the time comes to part ways with your mandala, you can leave it for strangers to enjoy, return all of the little treasure back to where they came from or continue creating.

The choice is yours!

Lavender BODY SCRUB

2 cups Himalayan salt 1/2 - 1 TB apricot oil
1 TB lavender flowers 3 TB Vitamin C powder (opt.)
3 sprigs spearmint (dried or fresh)

Mix all the ingredients in a bowl, then soak away! Store in a glass jar for up to two months.

Note on oils: Feel free to substitute the apricot oil with any oil you prefer. Rosehip, jojoba, olive, coconut and avocado oils are other nourishing options. The oil is added to bring a little moisture and to balance out the detoxifying properties of a salt soak.



Heal



Self-Love

how you feel about yourself

Self-Care

how you take care of yourself & put Self-Love into action

Self-Love doesn't require perfection. It asks that we be open to accepting the Truth of who we are — the light and shadow sides, the loved and not loved parts — and to actively extend to ourselves the sort of kindness we'd give to a Beloved.

JOURNAL MUSINGS

Either in your journal, on these pages, or simply as you go about your day, muse on these questions:

- What does **Self-Care** look like for you right now?
- Would you like more **Self-Care** in your life?
- What could you do to bring some extra kindness into your day?
- Where does your own **Self-Love** rate on a scale of one to ten (one = no love at all and ten = absolute **Self-Love**)?

LOVE LETTER TO SELF

(Fill in the blanks.)

Hello **Summer**,

As a child I loved...

Now I love...

Sometimes as an adult I forget...

Now I commit to...

Because I love...

And I deserve...

In the next 7 days
I commit to this act
of **Self-Care**:



Join Us

This Summer Wellness Guide is just the start of a New Way of reconnecting to your Inner Wisdom. And there is sooo much more for You, **Beautiful One!**

If you crave more freedom to let yourself move and dance, create and nourish with deep reverence for your delightful Self,

Join our online and LIVE in person and virtual events coming up this Summer!



July 30th

aNew Wise Woman's Way Book Club starting with "The Wild Woman's Way: Unlock Your Full Potential for Pleasure, Power, and Fulfillment"

Aug 20th

Tell Your Story Collage with guided step by step process, you'll create an original piece of artwork to power up your intuition and inspiration that speaks to the essence of who you are today!

And for daily inspiration, recipes for vibrant creative living and regular Live events, join our online community wherever you like to hang out - FB, IG, and YouTube!

It's time for us to return to Joy dancing more, nourishing our Souls and gathering in community.

Join us, won't you?



Practice Grounding and the Breath of Joy with Karen!

Let's Connect:



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