



Of One

PREPARATION TIPS FOR INWARD WORK

As there are so many forms of methods and assistance presently, you are the only one that 'knows' yourself best. There is no right or wrong way of how you choose to create your own way to connect inwardly. It is all apart of your personal journey with how you are choosing to learn within the experiences you create, that you now encounter for it to unfold. For me these are some 'basics' that I have found helpful with finding my own way:

- Keeping a Journal:
 - This is a great way to start, even if you have not done one before. Then keep it simple. You can pick a time during your day; it can even be as gentle as one day in your week to try this:
 - Create a space that you are comfortable in, even pamper yourself as you create it; Treat yourself to a favorite beverage, food, snacks, play calming music in the background, light candles or incense, have a cozy blanket, pillows to create safety and comfort. You can even go outside to your favorite outdoor space to be in nature, pick one place to start and you can even get creative with trying new environments to see how it can assist you to write what you notice about that space, how it makes you feel, what you notice in your breath. As you move through this; note how your feelings start to surface, what your mind then recalls – write it all down and your associated feelings to what took place. This then can become your homework to expand with into the other exercises. You can also bulletpoint out how you would like to find your way to connect inwardly, what you find difficult with the mind chatter or if you feel numbness when attempting this exercise. This is how you start to exercise your emotions, physical and mind states to work towards your reconnections.
- Gratitude Book:
 - Goal is to write down 3 to 5 instances of gratitude when you wake up in the morning. It can be simple ie: for having a good sleep, seeing the sunlight coming through your window, or you give yourself recognition that you have started to keep a gratitude book and how it feels good to write things that you are grateful for. By doing this type of exercise, as you write your gratitude list it vibrationally raises your vibrations and it creates a lightness within you that you can carry throughout your day. So as your day progresses, and if it feels a bit stressed, it helps you to remember your gratitude list and that it is apart of you and you re-allow it to surface in its memories and breathe through them. This can lift you up. At the end of you day before bed you can then sit with your Gratitude book and review and make notes and add to your list before you sleep. This helps you to synchronize your thought patterns – so allow yourself to write about receiving gratitude that you give freely to yourself.



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Other tips for writing:

- Create your own Affirmations and carry them with you. Review and breath/flow them through you. This will assist you with expanding with Trusting yourself to give and receive positive energies.
- Create a bucket list for places you would like to go, and things you would like to do. This is your creative dreaming into reality states, write about what you would do in those places, how it would make you feel, the people you like to have with you – what would these experiences be like. Add pictures of what it would look like for those experiences. As you start this process, you are allowing to feel into its vibrations, give yourself that energy – allow it in. This is something you can later reflect on and see how it has helped you to shift / change in your perspectives? If you find it has not – then it shows you the work to find out what those blocks are about and what is underneath them. Everything we do has a purpose, it is up to us to recognize and embrace how it presents and then we can pause to observe, open into our senses and process through it from our heart space.

Create a dedicated space:

you can create form of 'alter' (ie: even a shelf) for your tools that you use for your inner work where you can keep your Journal, Gratitude book, Candles, Incense, flowers, art, pictures that invoke calmness, crystals and items from your belief/spiritual structure that brings you comfort. The purpose of this space is to know it is your personal safe, calm space that you can relax into to breath and connect inwardly.

Breathwork:

As you come across many methods of breathwork, don't be afraid to strip of the parts that you are drawn to and create your own way to breathe. You are capable to create your own method that works best for you. Also, trying different forms are beneficial as well so you can feel through the methods and explore it to find what can work for you. I do recommend for you to journal about the techniques you find, as you track it, it can also assist with revealing to you this aspect of your growth with your self development. Remember nothing is lost – it all has a purpose as it leads you through your journey.

Exercise:

As there are many forms of exercise, if you have not done any in a while, its ok, so start small and list out what you used to do or what you would like to do. Then start small, make it achievable. This can be basic as going out in nature for a walk or sitting outside, just breathing in nature and allowing yourself to be 'still'. Flow out gratitude to everything, don't over think it just feel it and release it to everything. Be Kind to yourself, and its good to laugh at / with ourselves too.

Treating yourself:

Its good to have ways to show kindness to yourself, not as a reward but offering gratitude to yourself. You can note the care you put into your food preparation, how you look after yourself and others; not out of duty but noticing the authenticity with what you do for yourself and others. Daily acts of kindness offered to self and others assist with raising your own vibrational frequency and the collective. We are all ONE.