



## Deep Nourishment for Sacred Healing

Giving yourself the gift of personal medicine. Self-medicating with Beauty, Breath and Reminders to Remember...

- Deep breath
- The Peace Principle
- Water
- Movement and stretching
- Water
- Prayer
- Meditation
- Gratitude
- Intention
- Presence
- Color
- Nature
- Play and fun
- **\*\* Calling in the Light \*\***
- Dance
- Creativity
- Intuition and guidance
- Connection
- Drinking from the cup of The Divine
- Love...both the fabric of the Universe and the energy to which every particle of Life is returning
- Wisdom
- Ritual
- Altar, remember your Heart is a Sacred Altar and a portal to your Divinity
- Music
- Judgement and duality release
- Cultivating your Sovereignty
- Gift yourself already being 'enough' and 'whole', moment by moment
- Bringing what makes you 'scared' to the 'Sacred'