



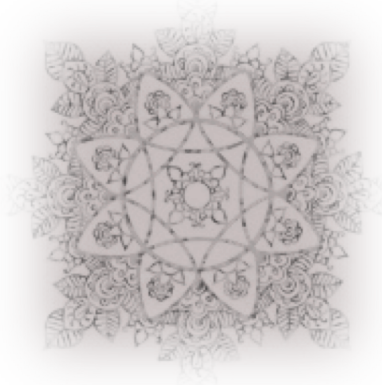
Self Care Foundations

Within in these pages I hope you find,

*Your truth ~ Your essence ~ Your authenticity And
Balance*

*Each part of you is important and each one of you is
important*

*Within these pages I hope you find all the parts of you
that have been scattered in time, space and life.*



Week 1 – Tuning into ~ The Body

We all have a few stories around how we look and feel, about how we look.

The body is an amazing tool that speaks honestly when whether we are in contraction or expansion over life's decisions, circumstances and choices.

Within these pages we aim to 'get to know' our bodies once again, reveal stories it holds and dissolve holding patterns of the unhealthy and unnecessary stories, that are causing, have caused and can potentially cause misalignment, pain or disconnection.

Be true ~ Be honest ~ Be open

These will give you freedom to explore and connect at a deeper level within yourself.

“The human body is the best work of art.” – Jess C. Scott

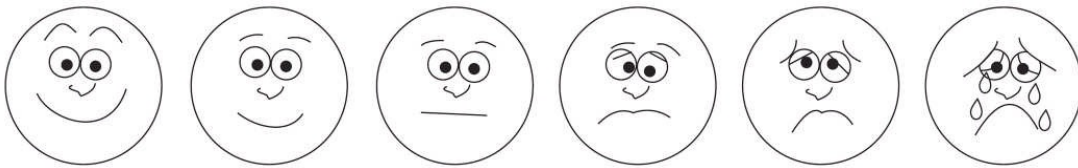


Q1. How well do you think you know your body?

Well

OKAY

Not Well

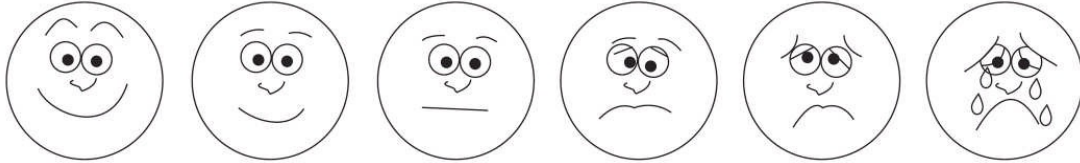


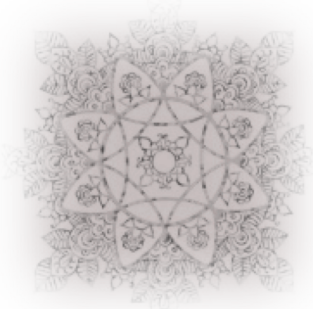
Q2. How do you feel about your body?

Awesome

OKAY

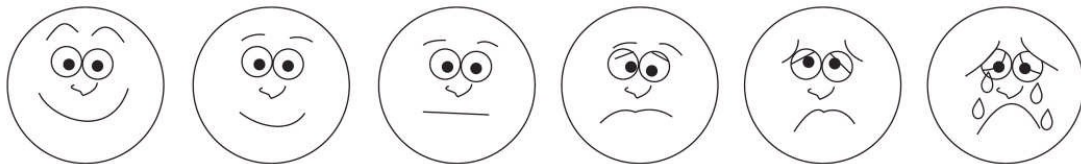
Not Great





Day 2 – From today each day we will listen to the meditation and journal what we experienced in the meditation or, after the meditation.

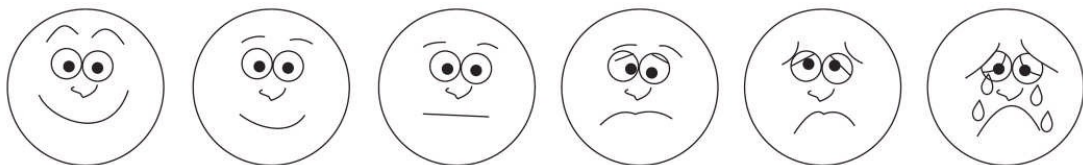
Circle how you feel about your body after the meditation?

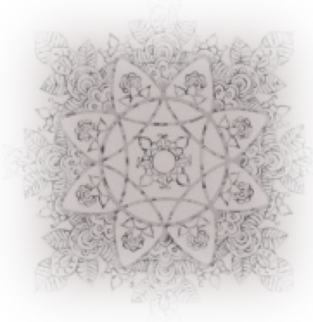




Day 3 – Notes after meditation

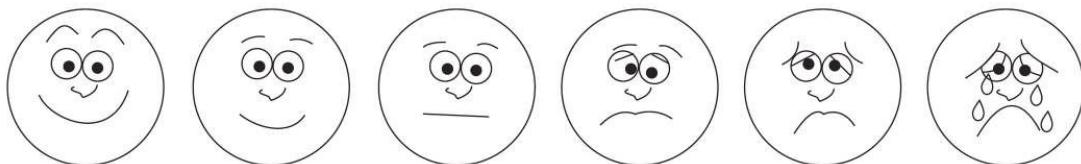
Circle how you feel about your body after the meditation?





Day 4 – Notes after meditation

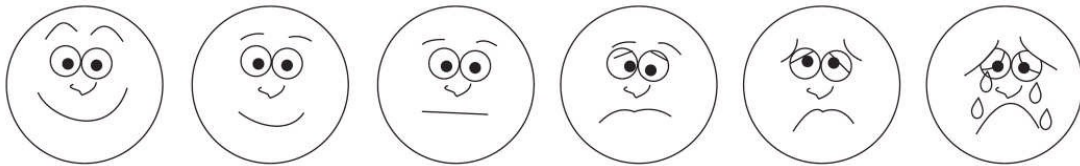
Circle how you feel about your body after the meditation?

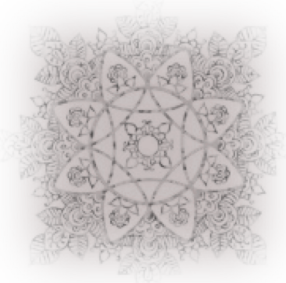




Day 5 – Notes after meditation

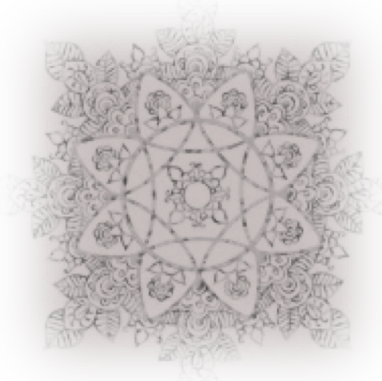
Circle how you feel about your body after the meditation?





Day 6 – Notes after meditation

Day 7 – Compared to when we started how do you feel emotionally, mentally & physically about your body?



Week 2 – Tuning into ~ The Mind

Ahhhh the monkey mind, those who don't have issues with the monkey mind are Zen masters!

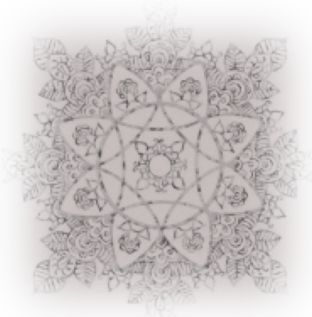
Our mind is supposed to be the servant of our hearts, not the other way around, the stories, judgments, perspectives we have are the creators of our reality and experiences. In this week we will explore the quality of our thoughts and where they lead us.

Be true ~ Be honest ~ Be open

These will give you freedom to explore and connect at a deeper level within yourself.

“I am responsible for my own state of mind. I will not absorb any negativity or panic of others. Panic and clarity cannot coexist. Panic breeds panicked thinking. Calm and steadiness breed clarity of thought. I choose calmness and clarity.”

- By M G Groepler



Q1. How much clarity do you have around your decision-making?

Q2. How comfortable are you with your thoughts and decisions?

Not Good

Okay

Great





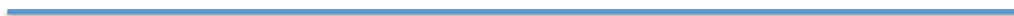
Day 2 – Notes after meditation

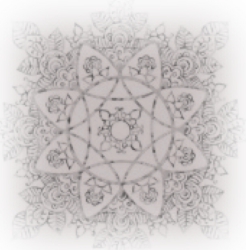
Day 3 – Notes after meditation

Not Good

Okay

Great





Day 4 – Notes after meditation

Day 5 – Notes after meditation

Not Good

Okay

Great





Day 6 – Notes after meditation

Day 7 – Compared to when we started how does your mind feel? How clear has your decision making become?



Week 3 – Tuning into ~ The Emotions

Creating ‘emotional intelligence’ is the name of the game, it’s a subject with much depth what we will explore is the unexpressed, over expressed, our ability to deal with and respond to our emotions in a clear, intelligent and embodied way.

Be true ~ Be honest ~ Be open

These will give you freedom to explore and connect at a deeper level within yourself.

“But feelings can't be ignored, no matter how unjust or ungrateful they seem.” – Anne Frank, [The Diary of a Young Girl](#)



Q1. How good do you think you are at expressing your emotions?

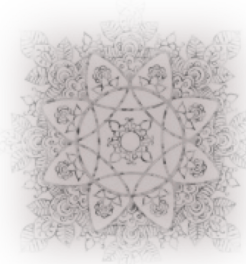
Q2. How comfortable are you with your emotions?

Not Good

Okay

Great





Day 2 - Notes after meditation

Day 3 - Notes after meditation

Not Good

Okay

Great





Day 4 – Notes after meditation

Day 5 – Notes after meditation

Not Good

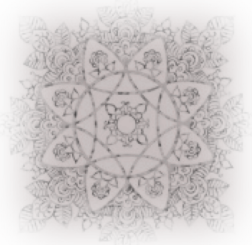


Okay



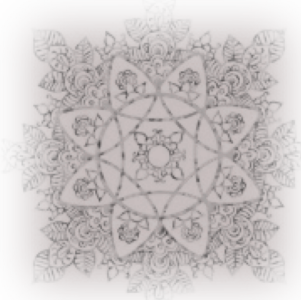
Great





Day 6 – Notes after meditation

Day 7 – Compared to when we started how does your mind feel, how clear is your decision making?



Week 4 – Integrating Experiences

Can you believe it you've made it through to week 4!

This week is going to require some embodiment of what we have explored and learnt in the last 3 weeks. Today we are going to dive in and catch one experience, yes only one that is irritating you, unhinging you or just holding onto you. It is something that has a bit of a repeat history and something you are aware of just not sure how to move it out of your way.

Instead of asking question's I ask you to fully write it down in the following page(s), as you move through it feel your body, mind and emotions at each stage of writing and include your observations.

Don't hide anything from how you feel, say to yourself 'this is how I am feeling about this and that is OK', knowing that it will and can change given the right medicine.

**Be whole again Breathe again Remember again Without
pain, without charge without contraction**

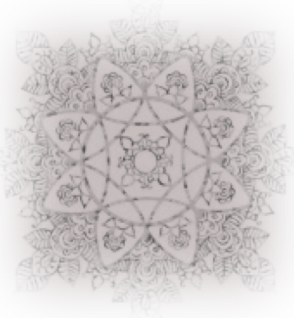
Be whole again, let go again, and make peace again

- By Darshna Siva



Day 2 – Notes after the meditation

Day 3 – Notes after meditation



Day 4 – Notes after meditation

Day 5 – Notes after meditation



Day 6 – Notes after meditation

Day 7 – Compared to when we started this exploration how do you feel about your experience? What has changed within your mind, body and emotional field?



Whoohooo completion, embodiment, space and success are ALL yours.

Congratulations and gratitude for sharing the amazing unfolding journey, know that the work continues in silently within you and that you can continue to use the meditations as well as the work we have covered at any time with life in general or individual situations.

A huge heartfelt thank you for all your sharing, wisdom and work in the last 5 weeks, 5 represents change and the work you have done, both in the group and individually through out the week with the journals, has hopefully set the seeds of some deep and profound changes in life on many levels.

Within these footsteps onto a new journey I hope you have learnt to embrace YOU, as you are and feel more empowered to take care of yourself in life's day to day running, challenges and growth spurts.

From me Darshna, deep gratitude for sharing, trusting and allowing me to be a guide.

