**SRMT AND LIFE EMPOWERMENT PROGRAM – SELF CARE**

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With Stacey Gibbons

And Shamanic Reiki Worldwide Faculty

SELF-CARE & BALANCING TIPS

Lie on the Earth

Walk barefoot upon the Earth

Spend plenty of time in nature

Make offerings to the Earth

Take a few deep, cleansing breaths

Clear your energy field: smudge, do energetic practices, go outside on the Earth

Reiki and thank the water and food that you drink

Meditate or do another contemplative discipline

Get plenty of exercise

Go for walks

Take naps

Move and stretch your body, or roll on the Earth or floor

Dance or sing

Listen to music that you love

Enjoy authentic friends

Create a beautiful environment, one that nourishes you

Eat food that is delicious and nourishing

Seek the company of those who nourish you

Cultivate times for solitude and silence – incubate and dream

Do energy work on yourself, and receive it

Visit your Inner Sanctum often

Play

Do the journeys and practices in books from the required book list (Light Breathing, Journey to the Elements, Earth and Cosmic channeling, etc.)

Listen to your body to honor what you feel

Do self-massage

Draw, paint, or write in your journal

Take sea salt baths or a warm or cool shower

Rub your body briskly and/or brush your palms and the soles of your feet

Read something inspiring – entrain your mind to good things!

Go for a stroll in the morning and at dusk - listen to nature sounds, even if in a city

Talk with nature beings: trees, stones, waters, etc.

What would you add? ~