
YOUR SECRET SUPER POWER



WEEK ONE

TABLE OF CONTENTS

YOUR SECRET SUPER POWER	3
THE HEALING BREATH	5
MUDRAS	6
LOTUS MUDRA	6
AFFIRMATIONS	7
SOLFEGGIO FREQUENCIES	7
SELF CARE V SACRED SELF CARE	8
SELF CARE TOOLS	9
SACRED SELF CARE TOOLS	10
REFLECTION WORKSHEET	11

YOUR SECRET SUPER POWER

Did you know that you have a secret super power? It shouldn't be a big secret, but our fast paced modern world has somehow enabled us to forget what we hold within. Our abilities to heal, evolve and lead peaceful lives. To lead a life following the path of our own soul.

The aim of this programme over the next five weeks is to guide you to connect deeply with yourself through self care methods such as breath work, mantras and mudras. This week's module focuses on self care, what it is and what it means to you on your own journey. Straight away you may be consciously aware of where you are on your journey. This is really positive and powerful to know where you are on your path to inner peace (In spiritual terms it can be known as 'ascension'). But, I have a question for you. Are you leading from the mind, or intuition (soul)?

If you are familiar with your intuition then this programme will enable you to connect deeper on your journey. But, if you're new to connecting to yourself in this way, or it's early days for you, this programme will empower you to TRUST in yourself from a soul perspective. Your soul (intuition) will always take you down the right path. The path you were born for. This does not mean you will never experience challenges. These challenges will always be put on your path for your highest good. In every challenge there is growth.

So, what's the secret to inner peace? Trusting your soul to take you on the path you were born for, and ACCEPTING the journey.

There is a quote which explains the difference between finding happiness and experiencing inner peace.

"Happiness depends on conditions being perceived as positive; inner peace does not."

Happiness is a mindset, where you look for the positives within a situation. Now this is a fabulous mindset and is a great part of the journey. However, when you find inner peace, you do not need to find positives to feel happy. You could be surrounded by chaos, but have the ability to still feel and trust that all will be well. You no longer become 'afraid' of difficult emotions as you acknowledge them with love in your heart, allow them to pass you by and return to that calm, tranquil state of trusting the path. It's a state of TRUST. When we are aligned with our soul, we are also connected to The Divine (God / Gods / Goddesses / Higher Self / Higher Power / The Universe / Source / Creator / other - ALL belief systems are welcome here, please just adapt the language to suit your own). The relationship between ourself and The Divine plays a very important role and we will explore this further in week five.

Self Care is the practical link on this journey. Self Care is full of tools and methods to support you on your path. They vary in time spent and also cost. If you follow your intuition when it comes to what YOU need on the journey, you can't go wrong. On my own journey I have been guided to expensive or time consuming practices that my mind (ego) doesn't want me to take part in. But, if i'm following my intuition, I have learnt it's the right choice for me and The Divine will find a way to give me back the time or financial investment. There is an abundance of free, cheap or time limited tools too! They are all fabulous and you will of course be guided to these too. You really don't have to invest a fortune to be a fellow self care King or Queen. But, if you're only choosing free tools because your mind is creating the illusion that it's not worth it, or you don't value yourself enough to invest in you, there are some things to work on straight away e.g. money blocks, self worth etc.. You see, when you're following your soul path, things will just flow. Sometimes you won't realise how much. But you won't have to keep analysing. Only your ego (the mind) needs to keep analysing your progress.

I have to add that our minds are wonderful, powerful gifts. They are very important in a human experience. But, when out of balance and the mind is ruling all decision making, we become out of alignment of why we are really here. As I have already shared in the video, pre-2011, my ego (mind) ruled my life. I had a wonderful life so it was not a "bad" thing. And of course I have always been intuitive. But, I only ever listened to my intuition when it was screaming at me. Now, I live a 'soul led' life and I never realised that it's the key to inner peace.

This week, we are going to focus on looking at self care tools, the difference between self care and SACRED self care, and a few simple methods you can take into your life to start connecting to yourself deeper. I have been doing some of these things for years. It's not a case of connecting to a tool for a week or so, then ticking it off as 'complete'. You may be guided to come back to the same tool later on. The path to inner peace is NOT linear. Only our ego tells us it is. So don't be put off by the simplicity of some of these tasks and mantras. You'll find a regular practice of small self care methods can be much more powerful than 'the big stuff'.

THE HEALING BREATH

In our one to one session, we went through connecting to the breath and how powerful it is on our path. This week you have been tasked to 'check in' with the breath again this week. We will explore more breathing techniques in week 4, but for now, just consciously notice when your mind is racing, connect with your breath - start practicing more regularly with this tool.

The breath is one of the major functions of your body. Without breath, we simply wouldn't be. Just pause for a moment, and notice one full breath. Doesn't it bring a sense of peace and the feeling of being alive? It brings us right into the now and right into the self. A raised awareness of being.

Our breath ebbs and flows with our emotions - so if we are stressed, the breath is tense. If our Soul is hurting, our breath is weak. If we are full of joy or peace, our breath is strong and flowing. Our racing mind or an over-worked body can also bring changes to the breath. I use breath work during my soul midwife sessions when helping someone through the anxiety of facing their death (or their loved one's). It's extremely powerful and the bonus is, it's with us all the time and completely free to use whenever we need. Connecting to the breath is a great self care tool and a vital one on this path.

Not everything can be cured with better breathing, but it can start to repair and heal an imbalance of the mind, body, soul or a combination of the three. Think of your breath as your friendly companion, guiding and helping you as you travel on your path.

MUDRAS

"Mudra means "seal," "gesture," or "mark." Yoga mudras are symbolic gestures often practiced with the hands and fingers. They facilitate the flow of energy in the subtle body and enhance one's journey within." **Yoga Journal.**

Like the breath, mudras are free and easy self care tools to use as a daily ritual on the path to inner peace. Mudras are symbolic or ritual gestures, or poses in Hinduism, Jainism and Buddhism. They stimulate the brain to change energy patterns in our body. Mudras have been used for thousands of years to facilitate meditation and healing. It is said that meditating on a specific Mudra will help manifest certain hopes, energies, or devotions into your life

Throughout this programme, we will be connecting to different mudras to connect with yourself deeply.

LOTUS MUDRA EXPLANATION

This week we will be exploring the Lotus Mudra (see this week's web page for a mini video) The Lotus (PADMA in Sanskrit) Mudra is such a beautiful and heart opening mudra. It reminds you of the natural beauty of your soul.

To be able to go on the journey to inner peace, we must first have love and compassion for ourselves. This is very important. We aren't looking to cover self love deeply in these 5 weeks so I would urge you to start or continue to work through this in your own time. It's a life long quest for most people and something we should continually explore. The Lotus Mudra supports us with this mission of self love as it reminds us that we have the ability to fully bloom in the harshest of conditions. By connecting with this mudra every day, it will help us stay in that mindset.

How to connect:

Step 1:

Bring your hands softly into prayer position in front of the heart centre.

Step 2:

Slowly unfurl your hands like a lotus flower blossoming open. Keep the base of the hands together, along with the thumbs and little fingers. Allow the index, middle, and ring fingers to gently open.

AFFIRMATIONS

Affirmations can be used as positive phrases that we repeat to ourselves to gain a stronger sense of purpose. You can use affirmations at any point in your day/life to support your work looking inwards towards a strong sense of self through positive reinforcement.

During this programme we will combine mudras with affirmations and connect daily in ritual. It's really important to have a belief in yourself on this path. I see many people who believe deeply in God/The Divine/Source yet have never reached a true path of peace as they have missed a key part - themselves. Likewise, a deep belief in yourself is so powerful, but are you truly in balance if you have no connection to something outside of you? This doesn't necessarily mean Religious or Spiritual. It could mean that you acknowledge that we are all energy and connected, that serving the community lights you up, or that you have a soul that continues to live after death. We explore this further in week five. Until then, simply start to observe what this means to you on your journey.

SOLFEGGIO MUSIC

"Solfeggio frequencies make up the ancient 6-tone scale thought to have been used in sacred music, including the beautiful and well known Gregorian Chants. The chants and their special tones were believed to impart spiritual blessings when sung in harmony. Each Solfeggio tone is comprised of a frequency required to balance your energy and keep your body, mind and spirit in perfect harmony." **Attuned Vibrations**

Listening to Solfeggio frequencies is a beautiful way to connect to a higher vibration. I listen to different frequencies daily - especially during my own yoga practice. I have created a web page in the programme which gives a little more info about these healing tones. I wouldn't advise listening in the car, but there are many ways you can listen to these frequencies. As you're working, commuting, personal yoga or meditation practice, as you go to sleep, in the bath, on a walk. The list is endless. These frequencies are a free self care tool on the path to inner peace as they create harmony for mind, body & soul.

SELF CARE V SACRED SELF CARE - THE IMPORTANCE OF BOTH

By now, you will have watched this week's video where I explain in detail what self care is and how it differs to sacred self care. You see, to me they are both equally important on this journey, but it helps the mind to differentiate between the two. If you only focus on sacred self care, what are you missing from the more grounded self care tools? Likewise, if you aren't exploring your spiritual connection, what can you use to connect you to your soul?

On the following pages, you will see some worksheets. Print those three pages off (if you do not have a printer it will not affect you - just write down your practices.) and take a look through.

Identify practices:

- you already take
- used to take but feel the need to re-look at
- feel guided to explore on your own journey (close your eyes, connect to the breath and once in a meditative state, re-look at the list and follow your intuition)
- you're curious to try.

Once you've gone through the lists, use the 'Reflections' page (or jot down your own notes) to start to explore your relationship with self care on the path to inner peace. Are there any you can implement immediately? Is there something that might need some planning and action taking? Start making space for these tools to take place.

If any of you are keen to explore more of the spiritual healing methods and are drawn to my work, you can click [here](#) to see what i am currently offering in The Soul Sanctuary or via Zoom. There will be some further info about my full services and details at the end of this programme.

Have a fabulous first week of the programme, don't over think the process, just enjoy connecting with yourself in ritual.

Much love,

Rachael xo

SELF CARE

TICK THE BOX OF ANY SELF CARE ACTIVITY YOU ALREADY PRACTICE

Note if it's a self care practice for the mind, body or soul

- | | |
|---|--|
| <input type="checkbox"/> Connect with nature | <input type="checkbox"/> Knowing who you are |
| <input type="checkbox"/> Moving the body | <input type="checkbox"/> Owning who you are |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Balancing goal setting v letting go |
| <input type="checkbox"/> Digital detox | <input type="checkbox"/> Self love & compassion |
| <input type="checkbox"/> Alone time to just BE | <input type="checkbox"/> Exploring therapy / counselling |
| <input type="checkbox"/> Good sleep | <input type="checkbox"/> Emotional resilience |
| <input type="checkbox"/> Allowing rest | <input type="checkbox"/> Giving back (charity / community) |
| <input type="checkbox"/> Practice deep breathing | <input type="checkbox"/> Practice of Gratitude |
| <input type="checkbox"/> Listen to good music | <input type="checkbox"/> Trusting yourself |
| <input type="checkbox"/> Bathing rituals | <input type="checkbox"/> Journalling |
| <input type="checkbox"/> Human connections | <input type="checkbox"/> Following your own path |
| <input type="checkbox"/> Setting healthy boundaries | <input type="checkbox"/> What lights you up & doing it |
| <input type="checkbox"/> Social Media Positivity | <input type="checkbox"/> Mindfulness |
| <input type="checkbox"/> Listening to the body | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Balanced nutrition | <input type="checkbox"/> Forgiveness |

SACRED SELF CARE

TICK THE BOX OF ANY SACRED SELF CARE ACTIVITY YOU
ALREADY PRACTICE

SACRED SELF CARE INCLUDES SELF CARE RITUALS FROM THE
LAST PAGE TOO.

- | | |
|--|---|
| <input type="checkbox"/> Ascension Journey Rituals | <input type="checkbox"/> Ancestral Healing |
| <input type="checkbox"/> Connecting to intuition Regularly | <input type="checkbox"/> Unconditional love for all |
| <input type="checkbox"/> Intuitively decision making | <input type="checkbox"/> Practice unity not division |
| <input type="checkbox"/> Going to church (if religious) | <input type="checkbox"/> Numerology |
| <input type="checkbox"/> Spiritual Circles | <input type="checkbox"/> Free writing (journal technique) |
| <input type="checkbox"/> Creating alters & sacred space | <input type="checkbox"/> Connecting with The Divine |
| <input type="checkbox"/> Connecting to Spirit Guides | <input type="checkbox"/> Chakra Balancing |
| <input type="checkbox"/> Connecting with the Angels | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Listening to Healing music | <input type="checkbox"/> Connecting with crystals |
| <input type="checkbox"/> Regular sound baths | <input type="checkbox"/> Mantra meditations |
| <input type="checkbox"/> Soul Wound Healing | <input type="checkbox"/> Trusting the Universe / Divine |
| <input type="checkbox"/> Past Life Healing | <input type="checkbox"/> Exploring spirituality meaning |
| <input type="checkbox"/> Reiki Healing | <input type="checkbox"/> Acceptance of death & dying |
| <input type="checkbox"/> Energy Healing & clearing | <input type="checkbox"/> Listening to inner wisdom |
| <input type="checkbox"/> Connecting to own spiritual gifts | <input type="checkbox"/> Sacred Oil work |

REFLECTION

ANALYSE WHERE YOUR SELF CARE IS FOCUSED. ARE YOU BALANCED IN MIND, BODY, SOUL? ARE THERE SELF CARE PRACTICES YOU FEEL YOU'D LIKE TO EXPLORE? ARE THERE PRACTICES YOU KNOW YOU NEED BUT SOMETHING IS HOLDING YOU BACK?

