

CONTINUOUS LINE ACTIVITY

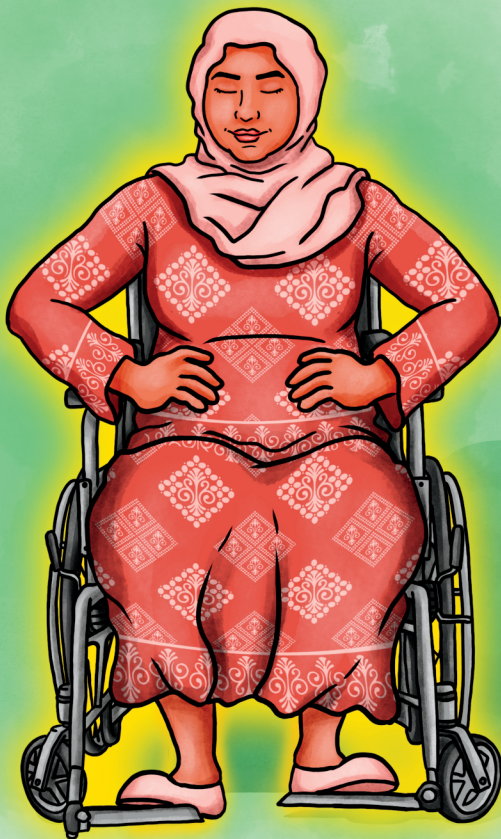


This activity can help in releasing frustration and pent-up emotions, creating flow and motivation

A blank page can be intimidating. So, where do you start? It doesn't matter. Just start.

- Drop the tip of the pen onto the paper and let it meander around
- Let the pen explore the emptiness slowly and tenderly, leading the front of its line
- Be present with its tiny, tiny dance
- Let the pen dance in the corners and around the edges of the paper
- Dare to jump off the page
- Choose to stay on
- Meet your past self by revisiting a path previously drawn and experiencing it afresh

QIGONG

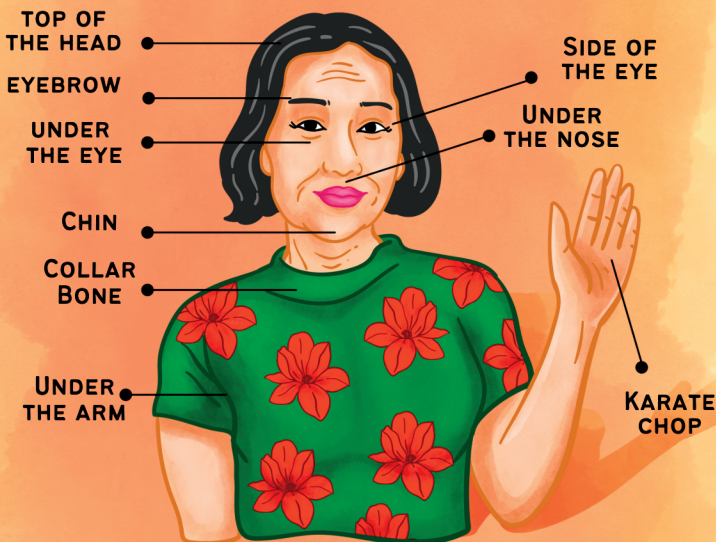


SOUND: XU (SHOO)

COLOR: GREEN


- 1** Inhale yellow: Faith, trust and willpower; exhale worry.
- 2** Place your hands on your sides below your rib cage. Twist your hand up and say "Xu (Shoo)" in a descending tone.
- 3** With this movement, inhale the color green - kindness, compassion. Exhale anger and frustration.

EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPPING



*Tap each point five times while reciting
the mantra on the back*

*I am whole.
I am complete.
I am beloved.
I am sacred.
I am trusting the process.
I forgive myself.
I am trusting my heart.
I am protected.
I dedicate deep breaths to my kindred
who still cannot breathe,
I exhale + release the guilt and shame of
surviving when many did not.
I expand wide and even wider a sacred space,
a perimeter of safety for myself.
I breathe and expand a space of refuge for myself,
I breathe and expand a space of refuge
for my children,
I breathe and expand a space of refuge
for my sisters,
I breathe and expand a space of refuge
for my whole community.*


View more
mantras

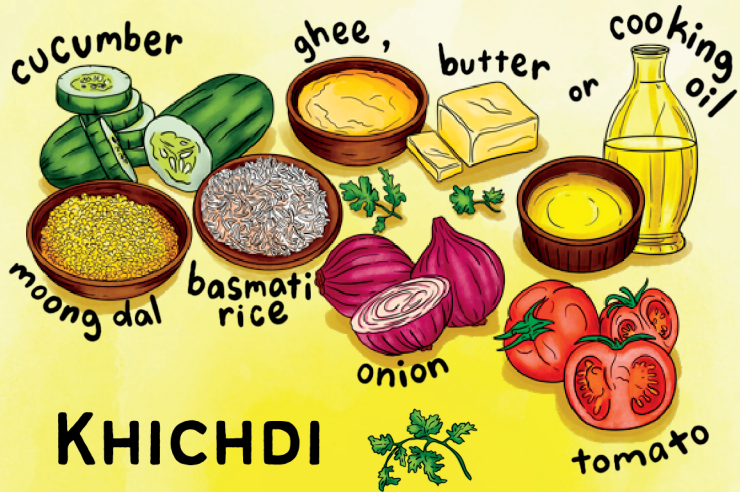


AFFIRMATION



I am Fire
I am deserving of Joy
I am deserving of Pleasure
I am deserving of Love

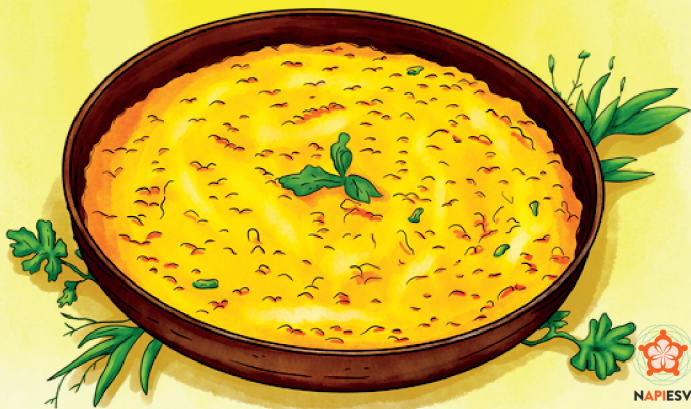
We are Fire
We are deserving of Joy
We are deserving of Pleasure
We are deserving of Love



KHICHDI



My mom often made Khichdi when our stomach was upset. She said that the rice and water would add nourishment to our bodies. This food would accompany bed rest, and a sense of resetting the body.



Instructions:

- 1** Soak basmati rice and moong daal in water overnight.
- 2** Add ghee/butter/cooking oil to your non-stick pan.
- 3** Rinse the rice and daal and add it to your non-stick pan with 4-5 cups of water.
- 4** Make sure the rice and daal are completely covered with water. Boil the water in high heat, then simmer on medium heat until rice and lentils are cooked and tender, and the water has evaporated. This should take between 30 minutes to 1 hour.
- 5** Mix the Khichdi with a spatula, adding butter or ghee. Serve this with yogurt or onions, cucumbers, and tomatoes. Eat with a spoon or your hands.

TOUCH ACTIVITY



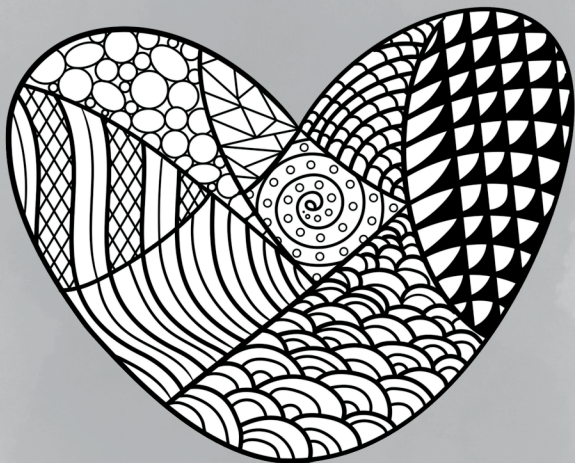
Instructions:

Touch something firm:
A tabletop, a rock, or the ground.

Reflection:

- What information are you picking up?
- How dense is what you are touching?

ZENTANGLE DRAWING



*This activity might help you with
the process of letting go*

Set an Intention

Feel into an intention for your drawing.

Create the Frame

Draw a large simple shape on your page. Subdivide this big shape with straight or curved lines, like a simple puzzle.



Pattern Fill

Fill each section with a simple repetitive pattern or texture. The patterns/textures can:

- Evoke an energy, such as an Element
- Capture things you are seeing, hearing, smelling, or feeling from your environment
- Express sensations you are experiencing in your body

Before filling the frame, you may like to create a palette of patterns/textures that corresponds to the intention you set.

Continue to hold your intention in your heart as you draw

QIGONG



NAPIESV

SOUND: SHH OR SSS

COLOR: WHITE

- 1** Inhale white: Openness and clarity; exhale sadness and guilt.
- 2** From your hands hovering over your abdomen, inhale and bring your arms up to your armpits. Look up and as you bring your head back down, push out and say "Shh or Sss."
- 3** Bring your hands back in, imagine bringing white light into your chest.
- 4** After your 3 sets, turn hands to face the ground and bring them to your kidney area in your back.

BODY DOODLES



NAPIESV

Instructions:

Set a timer for 20 seconds. Doodle a picture of your body on paper. There's no right or wrong way to do it! If you need more time, go ahead and take it.

Reflection:

- What part(s) of the body did you start with? How would you describe what you drew? Where did you spend most of your time? Why?
- What parts of the body did you minimize and maybe not even get to? Why?
- How do the parts of the body compare to one another? Maybe one is bigger, straighter, or more twisted?
- How does that drawing feel in relation to the sensations and movement you have in that body part? What does that mean about you? Where do or did those messages come from?

MOVEMENTS TO CONNECT TO WATER



NAPIESV

Instructions:

1. Hold a glass or mug half full of water.
2. Slosh it gently back and forth.
3. Begin to shift your weight side to side listening for the water that you are to slosh back and forth in your vessel.
4. Move as slowly or quickly as you need to sequence into your fluid nature.
5. Play with moving one foot forward or back to bring the slosh into you forward to back or on a diagonal.
6. Consider the following Celestial Questions to your ancestors as you continue to feel and move as the water that you are. Allow a response to reverberate through you.

Celestial Questions by Dr. Jeannie Celestial:

- What is a gift you have received from your ancestors for which you are grateful?
- What does reciprocity mean to you?
- Flip the Script on Indebtedness--What if fulfilling our purpose is answering our ancestors' wildest dreams?

What is a calling that you will work towards fulfilling?

**MAY WE KNOW CONNECTION
AND BELONGING**





MOVE THE CHI ALIGNMENT



INTENTION:

*Align and connect with earth,
heaven and living beings*

Ground:

Inhale, standing

Exhale, bend at waist

Swoop arms down to ground

Inhale, connect and gather up earth's
energy as you stand. (Repeat 3 times)

Sky:

Inhale, raise arms up to sky

Exhale, draw down sky's energy with
palms facing down. (Repeat 3 times)

Parallel:

Inhale, reach out like an embrace

Exhale, draw in energy towards your dan
tian as you with the intention of connecting
with all living beings. (Repeat 3 times)

**MAY WE ACKNOWLEDGE
WHATEVER IS**





MOVE THE CHI

STANDING MEDITATION

INTENTION:

*Allow quietness, stillness, and relaxation
to permeate your being*

- 1** Inhale, hold an imaginary beach ball at chest height
Exhale, feel the ball contract
- 2** Inhale, feel it expand
Exhale, relax
- 3** Hold the posture for 2 minutes in stillness and silence
- 4** Scan the body and notice any feelings. It may manifest as constriction or expansion

**MAY WE FEEL POWER
TO MOVE THINGS**





MOVE THE CHI



ROTATE ENERGY BALL

INTENTION:

*Our energy and emotions are
not static but can be moved*

- 1** Start facing center while holding energy ball
- 2** Inhale.
Exhale while twisting the body to one side while rotating the ball
- 3** Inhale and pause
- 4** Exhale and twist body to other side while rotating ball in other direction
- 5** Repeat 3 times

**MAY WE EXPERIENCE
AND EXPEL**





MOVE THE CHI



PUNCHING WITH ANGRY EYES

INTENTION:

*Release excessive anger
and frustration*

- 1** Take a small step forward in a fighting stance
- 2** Inhale, squeeze fists. Exhale, shake fists and punch the air
- 3** Take a small step forward on the other side
- 4** Repeat 3 times
(left & right is 1 time)