

Ground

Ground yourself into Mother Earth
Visualize a shaft of light coming over you and extending into the core of Mother Earth

Breathe

Take three clearing breathes
In through your nose out your mouth, deep clearing inhales and exhales

Heart Center

Place you hand on your heart

Put you attention on your heart center

For a few moments settle in your heart and breath

Ask & Listen

What do I feel right now?

What do I need to know?

Repeat this cycle for 5 minutes & hold inner space for self- dialogue



A FIVE MINUTE STRATEGY
TO SHIFT AND MOVE FORWARD

**weather
check (within)**