

WEEK 1: WARRIOR I

REACH FOR THE SKY AND ROOT DOWN

Step 1: Identify Your Vision and Think Bigger

"YOU MUST HAVE COMPLETE DETERMINATION."

~ BRUCE LEE

Choose your writing pad/ journal for this course to track your progress and keep a record of your thoughts and experiences each week.

Plant your seeds:

- 1) For what you can achieve in 6 weeks.
- 2) For your overall vision or life purpose.

The only limits are the ones you see and set in your mind. Anything is possible. Whatever you think your vision is – think bigger than that.

Write it down, draw it or paint it if you like.
(Use the opening ritual guided visualisation if you need motivation).

Make this concise and clear as possible. One A4 page ideally.

Display the writing on a wall.

Read it out/ look at it daily.

This will keep your focus.

Burn palosanto or sage or light a candle as you read it out in the mornings or at nighttime, make this a daily ritual beginning today!



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Step 2: Clear Away Distraction

"CLUTTER IS NOTHING MORE THAN POSTPONED DECISION."

I can't emphasise enough how the simple act of decluttering can allow in things/circumstances/situations that we haven't previously been able to receive.

Choose up to two days this week and schedule in time to create physical space in your personal surrounding or where you spend the most time.

When deciding upon whether to get rid of a particular item (clothing or objects) ask – does this item reflect the vibration of my vision? Of what I am moving toward? How I wish to feel?

This is warrior training! Be ruthless. And Let go. Freedom is the result of this!

Clean up digital crowding – emails, phone memory, desktop. Don't let this pile up. Create a system now.

In terms of relationships, identify now who isn't helping you rise, who takes your energy away? Move away from this distraction.

If you find it difficult to cut cords, for now, how can you put in more distance?

Write this out and remember that your time is invaluable.

Deepen your state of receptivity by consciously removing the physical blocks and obstacles around you.



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Step 3: Practice This Foundational Grounding Technique

"IT WAS WHEN I STOPPED SEARCHING FOR HOME WITHIN OTHERS AND LIFTED THE FOUNDATIONS OF HOME WITHIN MYSELF I FOUND THERE WERE NO ROOTS MORE INTIMATE THAN THOSE BETWEEN A MIND AND BODY THAT HAVE DECIDED TO BE WHOLE."

— RUPI KAUR

Authentic Yoga practice is the observation of our multidimensional layers – the basics of which are the mental body, the emotional body, the physical body and the spiritual body. It is about peeling back the many layers of our being to arrive at our true natures.

This is a key foundational activity that helps us process and integrate our mind, body, heart and spirit to strengthen our self-connection.

Use this meditation podcast daily to do an internal audit:

The 4 Level Check-In

Track and listen to the messages that arrive on each layer of your being. What is making the loudest noise? Write down what arrived in your journal if you like to keep a record. Finish the statements: I Am, I Want, I Need.

Pay attention to the need, which will move you towards greater nourishment and support. Take an action step to meet that need.



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Step 4: Root Down and Rise Up

"FLYING STARTS FROM THE GROUND. THE MORE
GROUNDED YOU ARE, THE HIGHER YOU FLY."

– J.R. RIM

Make a list of your resources.

What helps you ground? What practices come naturally to you?

Return to the basics—to your roots, what can't you do without in your day that gives you a sense of calm? Eg. Yoga, journaling, painting, going for a walk, watching a funny video, talking to a good friend.

Start implementing your grounding practices each day.

The more rooted you are to your Self, paradoxically the more freedom you can experience and the more personal power you can wield.

Use the 4-level check-in audio daily to strengthen your self-connection (above).

Another option is to use the stance training practice Zhan Zhuang daily, this effortless practice works to increase Shakti - your vitality.

Click here to practice this standing meditation in conjunction with the 4-level check-in process.

We can discuss your bonus 15 min yoga & qigong practice in our first session together!



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Step 5: Create A Weekly Self-Care Ritual

"I WAS ONCE AFRAID OF PEOPLE SAYING 'WHO DOES SHE THINK SHE IS?'
NOW I HAVE THE COURAGE TO STAND AND SAY 'THIS IS WHO I AM.'"

– OPRAH WINFREY

On this schedule –you have listed all the grounding tools that help you take care of yourself daily.

Display this on your desk or on a wall where you can view it easily. How can you make it interesting? Creative? Create check boxes next to the activities.

Start your day off right!

Drink plenty of water when you wake up. In fact I recommend implementing this practice for the next 6 weeks. Drink two glasses or a tall glass of water upon waking – you can include lemon in it.

Wait half an hour before you have your breakfast. This will significantly boost vitality and give you more clarity and focus. This is also an important detoxification process. The more we “clean the mirror” from the inside, the more our outer reality reflects back this clarity.

What self-care technique can you practice at least 15 minutes before bedtime? (Meditation, reading, yoga etc.) I recommend using sleep balms and oils too – a great way to strengthen your self-love.

Write this down in your journal and begin practicing this right away!



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Step 6: Who Is On Your Support Team?

"SURROUND YOURSELF WITH THE DREAMERS AND THE DOERS, THE BELIEVERS AND THINKERS, BUT MOST OF ALL, SURROUND YOURSELF WITH THOSE WHO SEE THE GREATNESS WITHIN YOU, EVEN WHEN YOU DON'T SEE IT YOURSELF."

- EDMUND LEE

Who supports your healing, transformation and aspirations?

To begin with you have the Shero Rises group and me.

List your allies.

These could even be fictional characters or s/heroes you admire.

You must know that Bruce Lee is on my list ;)

Who can hold you accountable for taking these steps to aligning with your authentic self and vision? Ask for support from them when you need it.

When you confront an obstacle, ask what would my friend or 'hero' say or do?

Be open to forming new alliances to match the vibration of the reality you're moving towards.



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Have a wonderful week of clearing, purging, grounding and practicing loving your Self fiercely- your time is precious, your own company is priceless!

Make clear and focused decisions this week that allow you to be true to yourself.

Schedule your 30 min check-in session with me this week (dates are listed on course page, I'll give you time options shortly).

We will talk via Skype: please save my Skype ID and add me to your contacts: **@the1howrites**

I'd love to know how you got on! Share your progress in the **Shero Rises Facebook group**, this will help others keep up and follow through.

Have any questions?

Feel free to email me:

mindbodyspurityyogi@gmail.com

Stay connected :)

:: Payal ::

