

## Practical Tips For A Healthy Life

Many have asked what methods I use to stay Spiritually Free and maintain my physical health. Here are some basic guidelines that have worked for me. Please use your own judgment and tailor routines to your own comfort level and needs.

1. Typically I meditate 45 minutes each day. If I am pressed for time in the mornings, this can be as little as a three minute “check in”. I use various visualization techniques, but all are used to first and foremost align myself between our Mother (Earth) and Father (Sky), calm my mental chatter and “check in” with how I am feeling, what I am experiencing in the moment and what my intentions are for the day.

How do you feel? Rested, joyful, grateful, fulfilled or stressed, angry, sad, unwell, etc? What does your body/mind/Spirit need? Water, rest, touch, healthy foods, understanding, patience, connection with others, etc? What is in your Heart? If you are feeling a negative emotion, ask “What is this or who is this?” It is important to identify and address any unmet needs. Even if I cannot address my feelings or needs in the moment, I acknowledge them as viable and important and I set a goal to have these needs or feelings addressed or met if possible. When we push away what our bodies, minds, emotions or Spirit is saying or asking us, this is how we tend to set up the dis-ease process.

2. I prefer to eat clean organic or “live” foods when available. It is important to me on how a food was harvested, handled and prepared. Does the food have the frequency of Love and was it honored for its Life-giving sustenance? If not, I will say a simple prayer before eating, asking that any harmful vibrations or substances pass through my body without harm.

3. I stay hydrated with pure water inside and out. I take Epsom Salt or Dead Sea salt baths at least once a week or more often if I am stressed. This helps to clear and calm any physical, emotional or mental toxins that build up from the stressors of daily living.

4. I have created my physical environment to reflect the beauty and peace I hold within. I remove everything that has no meaning or purpose or does not bring me joy when I set my eyes upon it. The clutter in our environment can be a direct reflection of the clutter or disorganized thinking within ourselves. Once cleared away we are able to better handle the challenges before us, unencumbered by clutter or things that need to be let go.

5. I have learned how to comfortably rest and relax my body and get enough restorative sleep. What helps is meditation and reflecting on all the things I did well during the day and things that may need improving in the future, turning off electronic devices one hour before sleep and engaging in relaxing breathing techniques. The body can only do its miraculous restorative Healing when the body is able to be in a comfortable relaxed state or deep sleep.

6. I travel by listening to uplifting music. I assess what is happening in our nation and local communities by speaking directly to individuals. I usually find different circumstances than what is reported by outsourcers. I watch very limited T.V. programs and I avoid the agenda

filled “world” of the “news”. If I don’t know what is true, I do the research until I am as clear and informed as possible from those with direct knowledge or experience!

7. I avoid pollution of all kinds as much as possible, air, water, electromagnetic, negative thought forms and toxic people.

8. I accept setbacks, snapbacks and forgive myself when I screw up or make mistakes.

9. I spend a lot of time in peaceful isolation and quietude.

10. I have close friends that I can talk with who understand and support my level of Spiritual knowledge and growth. I also have friends that share some of my hobbies and other interests outside of my Spiritual work. And I forgive others who may have intentionally or unintentionally hurt me as quickly as possible as to not fester or harbor negativity.

11. I stay physically fit by using yoga, light weight training, breath work and walking.

12. I stay emotionally, mentally, and Spiritually fit by doing the internal “work” of the Soul through Heart Centered meditations, Healing Touch, Shiatsu, Reiki, Integrative Breath work and other healing modalities.

13. I read almost every day from inspirational books. And go outside every day to commune with the natural world, including Sky watching.

14. I have investigated my family tree and ancestry and have completed extensive past life work. I attend workshops, seminars and trainings from those I wish to mentor from.

15. I tend to live in what is called Kairos time (Divine Timing!), not Chronos time (measured by clocks). Kairos time is non-linear and non-measurable. It is the place of “no time”, “the time of the sacred”. This reality can be related to the experiences in our lives when an hour can pass and it feels like a few minutes, or when a minute might feel like a lifetime! I have learned to gracefully move in and out of both time frames, due to most outer world activities tending to be created within the Chronos time construct.

I literally live in a paradigm where each day is like experiencing a new whole lifetime, giving me the opportunity to become a better steward of my own life, others’ lives and the Earth itself. And So it IS!

In Loving Service, I AM

Catherine A. Morningstar