

Advanced Self-Care Tips

10 SELF-CARE TIPS FOR ADVANCED HEALERS BY EVANGELINE HEMRICK

Ready to up your self-care game? Try these advanced techniques for Next Level Healers:



Keep a Thought Journal to track your daily thought patterns.

Go beyond paying attention to your thoughts. Designate a journal for the sole use of recording random thoughts throughout the day. Set an alert on your phone to stop you in your tracks at least four times for every twenty-four hour period. Four journal entries is the bare minimum. The more thoughts you can record, the better. Keep your thought journal with you at all times. When the timer goes off, stop what you're doing and take one or two minutes to write down your current stream of thoughts. Record everything you can remember that's been rolling through your mind. This exercise will help you discover undesirable thought loops. You can reprogram these old mental patterns to accelerate creativity and manifestation.

De-stress with Alternate Nostril Breathing.

This advanced breathing technique has instant benefits. Alternate nostril breathing helps calm an overactive mind, reduces anxiety and enhances meditation techniques by turning off fight or flight. This easy technique can be practiced anytime you're in a stressful situation. Traditionally known as Nadi Shodhanana in Sanskrit, alternate nostril breathing is one of my favorite practices to calm down and center myself quickly.



Sit in a comfortable position and release any physical tension. Use your thumb to close the right nostril as you breathe out through the left nostril. Then, breathe in through the left nostril as you keep the right nostril closed. Next, close the left nostril with any finger while you lift the thumb away from the right nostril and breathe out. Repeat and alternate inhalation and exhalation in each nostril while the other one is closed. Perform five to ten rounds, altering breath between the nostrils. Remember to always inhale through the same nostril you just exhaled through. "Benefits of Alternate Nostril Breathing: Calms and centers the mind, brings the mind to the present moment and out of the past, therapeutic for the circulatory and respiratory system, stress relieving and relaxing for the body and mind, helps harmonize the left and right hemispheres of the brain, helps purify and balance the nadis, the subtle energy channels of the body, maintains body temperature."

-ArtofLiving.com

<https://www.artofliving.org/us-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan>



Say your prayers and affirmations out loud.

Amplify the effectiveness of positive thoughts by adding the vibration of your voice. The sounds that emit from your body carry powerful frequencies that adds oomph to your prayers. If mantra, affirmation and prayer can instantly raise your vibration, add the power of your own sound to kick your practice up a notch. Sound travels faster in water than air. Since our bodies are made up of mostly water, the loving vibrations we emit when praying or affirming well-being create an instant internal sound bath for our organs.

Evangeline

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Write your goals down often for maximum effect.

Move past goal setting. “There is a soul technology that we know for a fact increases the speed of manifestation for everyone, and that is simply writing things down. A written goal is able to maintain the focus of our attention like a laser. Goal-setting is a technology. It is a way of gaining leverage on the universe. Writing goals down is a way of amplifying prayer.”

-Amazing Grace by, David Wolfe

Smile while you are working to change your internal world.

A simple smile can reset your nervous system. According to the Facial Feedback hypothesis, facial muscles have the largest effect on our emotions. Sometimes I get so focused on my work, my face will have a frown. Even though I feel happy inside, my face doesn't always show it when I'm concentrating. I've noticed a shift in my vibration if I put a smile on my face when no one else can see, while I'm giving a healing treatment or concentrating on my writing, for instance. “When you smile, even if you're unhappy, the brain senses flexing of certain muscles and thinks “Hey I must be happy about something” resulting in your mood being lifted.”

-Richard Williams <https://princeea.com>



Ground to your battery charger, the Earth.

Take off your shoes and sync your body to the earth by placing your feet directly on the dirt, grass or sand. If your energy is low or you feel sluggish, grounding is the best recharge money can't buy. “The Earth is like a gigantic battery that contains a natural, subtle electric charge. For safety and stability, most everything in the electrical world is connected to it, whether it is an electric power plant or your refrigerator. That's what the term “grounded” means. Being grounded also applies to people. When you are electrically grounded, you feel centered, solid, strong, balanced, less tense, less stressed.”

-Chopra.com

Practice Self-Massage.

No time for a massage session? Just five minutes of circular massage strokes on your abdomen or lymphatic drainage movements for the face (with a few drops of organic sesame oil) can change your entire day. Get glowing with regular self massage techniques that are easy to do!

<https://lifespa.com/ayurvedic-daily-home-oil-massage-abhyanga/>



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Increase your awareness with Self Energy Healing.

Take both of your hands and rub them together, creating friction and activating the palm chakras. Start at the top of your head and place your hands on each body part, working your way down the body. Send love and appreciation to each organ in your body. This easy exercise allows you to check in and connect to each system of the body. Doing an internal body scan is like saying “hello” to every part of you. Practice this self-care exercise regularly to become your own best medical intuitive.

Clear and charge your drinking water.

Enhance the quality of your water with these simple steps. For starters, try to find the highest quality water you can source, natural spring water is recommended. Store drinking water in glass containers so you can see the liquid and charge it in the sunshine. Hold the container of water in your hands. Make a counterclockwise vortex and watch the water swirl backward. As you create the spiral movement in the water, imagine any undesirable programs held in the water are easily cleared. Make this counter-clockwise vortex with the water while you set an intention for the water to be clear and clean. Next, create a clockwise vortex with the liquid and watch it swirl into a spiral (like the action made when holding a wine glass). The clockwise vortex motion works to activate and charge the water. You can swirl your water clockwise anytime you want to “wake it up” and charge it. You can also place your hands over the water container and put your own blessings and healing visualizations in it before drinking. Imagine transmitting healing energy from your hands, through the glass container to the water. By blessing and praying over water, you are replacing the mundane action of consuming water with creating your very own energized healing elixir.



<https://www.findaspring.com>



Do-It-Yourself Self Sound Therapy: Vocal Toning

Making a sound with intention is beneficial and therapeutic. If you combine the power of sound with intention, you can make sound therapy work for you whenever you want. Vocal toning can be as easy as saying each vowel sound (A, E, I, O and U) out loud three or four times. After practicing making vowel sounds out loud, you can apply specific sounds to certain areas of the body. The sounds that correlate with the seven major energy vortexes of the body vary among teachers and techniques. Explore the correlations of specific sounds to different areas of the body. Remember to go with what you feel over which sounds are supposed to correlate to certain areas of the body. The most important part is to freely make sounds that help you release stored tension and anxiety. Take a lesson from animals in nature, babies and pets. They all partake in a symphony of releasing sounds all the time, which makes them feel good. As humans, we can remember how to tap into the power of our own sound for well-being.

