

SEANA MEDITATION

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STEP 1:

MAKE A PLACE IN YOUR HOME FOR YOUR SELF SOOTHING PRACTICE. DECORATE WITH A COMFY CUSHION, FLOWERS, INTENSE STICKS, CANDLES OR ANYTHING YOU WILL FIND CALMING.



STEP 2:

HAVE A JOURNAL TO HAND TO WRITE DOWN ANYTHING THAT COMES UP.

STEP 3:

BLOCK OFF 5-10 MINUTES IN YOUR DAY TO SIT DOWN UNDISTURBED. TURN OFF YOUR MOBILE, LET PEOPLE KNOW IN YOUR HOUSE THAT YOU WANT THIS QUIET TIME.

STEP 4:

SIT DOWN, GET COMFORTABLE AND TAKE 6 DEEP BELLY BREATHEs TO BEGIN CALMING YOUR NERVOUS SYSTEM.

Kali Harmen - Self Compassion

STEP 5:

ASK YOURSELF THE QUESTIONS BELOW, WAITING FOR WHATEVER POPS INTO YOUR MIND. THERE ARE NO RIGHT OR WRONG ANSWERS. USE YOUR JOURNAL TO WRITE IN.

THE QUESTIONS (SEANA)

S WHAT AM I SENSING IN MY BODY? NOTICE ANY FEELINGS, WHAT'S GOING ON IN YOUR BODY, SUCH AS AGITATION, RAISED HEART BEAT, MUSCLE ACHES, RELAXATION, SLOWING DOWN.

E WHAT EMOTION AM I FEELING? JUST GIVE 1 OR 2 WORDS TO DESCRIBE THIS SUCH AS; ANGER, PEACEFUL, FRUSTRATED, JOY.

A WHAT AREA IN MY BODY DOES THIS EMOTION COME FROM?

NOTICE IN YOUR BODY WITHOUT OVERTHINKING IT. SUCH AS HEAVINESS IN PIT OF STOMACH, WEIGHT ON SHOULDERS, WARMTH IN HEART.

N WHAT DO I NEED TO HONOUR AND LOVE MYSELF? WHAT POPS INTO YOUR MIND, IT MAY BE TO EAT NOURISHING FOODS, TAKE TIME OUT, PLAN TO DO SOMETHING FUN

A WHAT ACTION AM I GOING TO TAKE TO ADVANCE MY NEEDS FORWARD AS A RESULT OF THIS?

TO RESPECT YOURSELF AND YOUR NEEDS SOMETHING DIFFERENT NEEDS TO HAPPEN. WHAT ARE YOU GOING TO COMMIT TO DOING?