



Spring Forward

Mini Book

Spring Forward:
In your kitchen & your life



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Introduction

The purpose of this mini book is to help you to Spring Forward in your kitchen and daily life by enhancing your Self Care.

Science has now proven that the thoughts you think and the words you speak affect your reality. I want to make sure we focus on mindset, and soul recognition as much as the food and the meals we make in this mini book. Without all aspects, we are not creating the conditions for our whole and healthy Self to emerge. Without knowing our Self, we cannot know self love. And it is in Self Love, that we can Spring Forward in our kitchen and life. So caring for the WHOLE you, is very important to me.

The benefits of applying this mini book are having:

- ★ A way to return to a calm center within
- ★ A healthier relationship to self and food
- ★ A practical and healthy approach to mealtime and meal prep
- ★ A 3 day well-balanced meal plan for you to follow
- ★ A process for refreshing & organizing your Kitchen
- ★ Ways to save time and be more mindful
- ★ Ways to connect with your Soul
- ★ Ways to pray, to ask, to attract, to receive

How to apply this mini book:

- ★ Read it all the way through like a book, and apply the suggestions as you go along.
- ★ Or use the 'table of contents', and go to whatever section speaks to you the most.
- ★ You could also read it and apply it in the morning when you wake up to start your day right or before you go to bed at night.
- ★ For accountability tell a family member about what you are learning and applying, or a friend, or me/us in [our private group](#).
- ★ Keep an eye out for LINKS throughout my book. You will be taken to blogs, videos and recipes to add helpfulness to the content you are reading.
- ★ Feel free to print this mini book and keep it by your side for daily reference. I have given you a black and white version, [here](#)



It is my hope that you use the tools in this book to enhance the quality of your life and habits. I am here for you and support you every step of the way. Feel free to reach out to me any time.

With Love, Health & Happiness,
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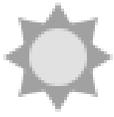


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Rise with the Sun



How you start your day is often how you finish your day. Just as the sun rises in the morning, you too can rise with intention and integrity. It's not only about physically getting out of bed, but mentally, energetically & spiritually as well. When we commit to starting our days right, everything else can follow suit. I know that it can be difficult to start every morning in the exact way that you want too, but I also know that finding 1 or 2 new healthy morning habits can greatly affect the quality of your day, and thus your life. I encourage you to start your day right, every single day. Even if that just means a pausing to hand your mind over to peace, to God (Creator), to Love. That is enough. But you **MUST** decide on the day you want.

Use one or a combination of a few of these practices, to become part of your morning routine.

Choose One or More of these morning routine suggestions:

-  **Before you even get out of bed in the morning**, decide on the kind of day you want. Set a silent intention in your mind or speak it out loud. It can be anything. It can be gratitude for being alive, a feeling of love for family or humanity that radiates from your heart, it can be an asking to be of service, a giving the day over to God/Creator/Allah, or a simple calm recognition of your beating heart. Set your mind on joy, and give your mind and day over to have a good day.
-  **Try asking yourself** *"What do I want to FEEL today?"* Label that feeling, and then feel that feeling radiate through you. And remind yourself of it if you forget for a quick *'snap back'* to your early morning intention.
-  **Drink water and lemon** This will give your body a morning cleanse. Help flush out any toxins that gathered at night, and to start your day being well hydrated.
-  **Say Affirmations:** Say an affirmation for the day: *"I am the light. I will not let darkness/fear/old habits guide my way today. I am inspired to make healthy decisions in what I think, eat and feel."*
-  **Wash your face or take shower.** While you are doing so, ask yourself this question: *"What can I get excited or enthusiastic about today?"* *"What am I grateful for?"*
-  **Meditate.** Try sitting on a pillow, closing your eyes and breathing deeply. Or you can [listen to this meditation](#). I also love my calm.app !
-  **Journal.** Write out your thoughts in a brainstorm kind of way or be intentional and write out your affirmations, decisions for the kind of day you want, goals for that day etc
-  **Exercise . Stretch . Yoga . Move your body.** Raise your heart rate and bring life energy into your body and mind. I recommend 2 exercises to try: 1. *Sun Salutations*. [Watch this video](#) Do at least 5 rounds. 2. *Planks!* Hold a plank for 30 seconds to 1 minute. Tighten the abs, legs and arms. Rest for 30 seconds. Do this 3 to 5 times, and enjoy how tight your abs feel!
-  **Deep Breathing:** Inhale for the count of 4, hold for 7, exhale for the count of 8 and repeat. Do this as many times as you want or need to feel calm and clear within
-  **Sip on Tea. Relax.** Take a moment to be still and Listen within. Feel good and focus on what you are grateful for about your day ahead.



If you wake up one morning and feel discomfort or upset: ask yourself “What do I really need today?” The answer may be to just sit, and feel, and be. I would prefer you to FEEL your emotions rather than try and brush over them with a “high vibing” routine. If you have emotions rising, feel them, honor them, process them and then move on and do your morning routine, or not. But you must feel your emotions, not apply a bandaid to them. If it is a normal, typical day... do your morning routine, and those morning habits will continue to build you into the quality of Being that you desire (and were created) to be.

If you want to dive even deeper into setting up your morning routine, [check out this resource](#) I created.

What Morning Routine(s) speak to you the most?

When will you begin your new morning routine?

What has been holding you back from setting up a morning routine and following through with it?

Enhance Your Health



A way to enhance your health is to *decide* that you want to enhance your health. As soon as you decide, the steps happen. And honestly, applying one of the “health enhancers” below, is a step that you can take starting today. When you want to take yet another step in your health and wellness goals, return to this list...and choose one more thing that adds to the health of you and your family.

Apply these ideas to increase health:

- ★ When designing meals, think of vegetables first. And then plan the protein and remaining whole foods/grains around the chosen vegetables. Half your plate should be vegetables/fruit/salad for a well balanced meal
- ★ Always remember that our taste buds (and our children’s taste buds), will continue to evolve and



change. Commit to learning how to make [vegetables tasty](#) by making vegetables in new ways each day

- ★ Prepare food ahead of time and cook as much as you can whenever you can.
- ★ Eat a lot of fibre. Including skin on your fruits like apples, and probiotics such as [homemade sauerkraut](#)
- ★ Count to 10 as you take a sip of water. 10X'ing the amount of water intake.

★ We eat what we see. Keep your food out and prepared, so that when you see it you WANT to eat it. Example: Keep fruit in a clear bowl on the kitchen counter. Cut up your romaine lettuce, carrots, celery and keep in a glass container in front of the fridge to quickly grab.

★ Spice up your life. [Use more spices](#) in your meals.

★ Use [Food as Medicine](#). For both preventive and corrective care. We love adding flax meal to fruit, chia seed to yogurt, hemp hearts to cereal, spirulina to shakes, herbal teas/lemon water to our morning routine.

★ **Eat meals together** as a Family, around the dinner table, as often as you can. If you already do it 3 times, aim for 4. If you don't do it at all, make Sundays your day. Do it free of distractions. Use this time to connect, communicate and demonstrate healthy eating and a positive attitude.

★ **Meal Planning / Prepping** will help you to be prepared with healthy food on hand so you reach for THAT. For more [meal planning and meal prepping](#) ideas visit my private facebook group for videos & details or join my [Kitchen Alchemy Course](#).

★ **Table Topics.** Use meal time for conversation and togetherness to enhance the health of the family. Ask *“What are you grateful for today?” “What ingredients do you think are used in this meal?” “Tell us a story or a joke” “What is one thing that made you laugh today?” “What is one thing that made you compassionate today?” “What is one thing you learned today” “Let's see how slowly and mindfully we can eat this meal together”*

★ **“True Health is Inner Peace”** A Course in Miracles. If you really want Health, you must also embrace a mindfulness and mind training practice that helps you to remove the blocks that are preventing you from the peace that is your birthright. [Read Post Here](#)

To really take your health to the next level, take my [kitchen alchemy](#) course

What are you going to do to enhance your health this week?





Switch this _____ for that _____

One simple shift we can make, is to switch the unhealthy food / habits, for healthy food / habits. Start with one, and then progressively move through the list. At the very least, keep these healthy ideas in mind when you go grocery shopping, and stick with the options on the right.

Begin by making these healthy switches:

- ★ Switch Vegetable or Canola Oil for Coconut Oil or Olive Oil
- ★ Switch Soya Sauce for Tamari Soya Sauce
- ★ Switch meat (at least one meal a week to start) for Lentils & Beans
- ★ Switch jarred or canned sauce for Homemade pasta sauce
- ★ Switch frozen fries for homemade Fries or roasted vegetables
- ★ Switch regular chips for Terra chips, Hard Bite, Neal Bros, Mary's Crackers, kale chips
- ★ Switch Kraft Dinner for Annie's Mac and Cheese (or for homemade!)
- ★ Switch Big Plate for small plate when serving (you will naturally eat less)
- ★ Switch fruit juice for Whole fruit (whole fruit has fibre so your blood sugar doesn't spike which will prevent weight gain in adults and sugar crashes/meltdowns in kids)
- ★ Switch Pop for Komucha or ginger beer!
- ★ Switch coffee for Teeccino Tea (I love vanilla nut) or Reishi Mushroom Coffee (I love bold)
- ★ Switch regular white or whole wheat bread for sprouted grain or sourdough bread
- ★ Switch eating out to cooking well-balanced meals at home
- ★ Switch a negative thought about self or another person to a positive or more hopeful thought
- ★ Switch small sips of water to counting to 10 when you are drinking water

What are the foods/habits you will be switching to?



Asking is a Superpower



Asking is a power, in a very literal sense.

We can ask for what we want. And we can consciously and subconsciously, ask for what we do not want. We are learning to ask only for what we want and what will make us truly happy and healthy. This requires an understanding and exploration of how our mind works which I dive more deeply in these 2 videos 1) [This Video](#) and 2) [This Video](#) Today you will start to see that we all ask the universe for things with our thoughts, words and actions, everyday!! Based on what we think and what words we speak (and thus the vibration we feel), we are creating our everyday experience. We can also, however, ask consciously for what we want, and for what we want to give others. Consciously using our power to ASK is our superpower.

Asking is a power because it brings what we ask for back upon us.

“Ask and it is Given” “Ask and you shall Receive”.

Think about this for a minute, we all want self love.

We all want to love ourselves.

And yet, we can never really truly love ourselves unless we know who we are.

We cannot know who we are unless we ASK for what we really are to teach us and actively study (both within and through books/ relationships with others) about what we are. So we are learning to ask my friends, so we can learn of our power and come to know our Self.

Use the Power of Asking by applying these ideas:



Remember, you are a **child of the universe** and you have a part to play in this world. Whether you are a mother, a teacher, an entrepreneur, a CEO, SAHM, a public service worker, a doctor, a parent, retired, your role matters. You can ask for help in parenting, in working, in daily life.

When we learn to train our mind, we train it TO ask so that we no longer are on autopilot where life seems to be happening to us. Instead we are co creators of what happens, front seat passengers of this incredible adventure we call life. When we ask for help (from family, from God, from Spirit within) life is a lot easier, and a lot more joyful. You are not meant to do life alone. ASK! And it will be given you.



If you are **in need of something**, ask for it, but also ask for the perception shift that shows you that you have what you need already. You ARE abundant because you ARE of God. He will provide you with what you need. Feel what it would feel like to have that thing you think you want or need. Ensure it's in accord with Love and only love, and then Trust that it (or something greater) will come. Hand it over to the Universe/God. Be grateful that it will be given. Let the prayer/asking go, and Be patient.



Gratitude Practice. Take a few minutes each morning to write and feel into 3 small or large things that you are grateful for.

Ask: What am I grateful for?

Find gratitude for one thing in the past.

Find gratitude for one thing you have in the present.

Find gratitude for something happening in the future.

This will strengthen your power of asking by affirming what you are grateful for.

You will bring to you more of what you are grateful for by focusing on asking yourself what you are grateful for.



♥ You can always **ask for forgiveness**. In A Course in Miracles it says that forgiveness means a “correction of perception” or a “change of mind”. Through forgiveness we learn there is a correction for all mistakes and that we can do better when we know better. As we seek to know better, we can heal our mistakes and learn from them to become stronger. If you need assistance with forgiveness for self or another, I do [1 on 1 private coaching](#) and would be happy to assist you in learning how to ask for and receive forgiveness.

♥ **Set an intention / Pray before meals and before making food.** Doing so enables you to become centered in the presence of love. It may also give you a moment to remember all the people and efforts involved in the food that has arrived on your plate. It's gratitude and love that includes the farmers, the truck drivers, the animals, the cook, the provider, your family, yourself and Creator. As you ask to set an intention, that love and intention will pour into the meals you make and bless everyone who eats it. Including yourself. Want more calm? Set the intention for Calm for that meal, and welcome the calm into your being as you eat it.

Which form of asking speaks to you the most? When will you practice it?

Three Day Meal Plan



I have given you a 3 day meal plan to help you to spring clean your digestive system and thus the overall health of your physical body, gut, liver and brain.

If clean and vegetable focused meals are new for you, just choose the few recipes on this list that speak to you the most, and make those. I am not a doctor or nutritionist. I am a mom and educated professional who has learned through books, online courses and trial and error .

I have cooked thousands of meals and I chose my most favorite, nutritionally dense and delicious meals [that are focused on cleansing] that our family loves and so can yours! I have even more recipe options for you in my [Healthy Recipe Resource](#) .

Day One Meal Plan



Breakfast

Fruit bowl (apple, strawberry, pear) with 1-2 tbs flax meal on top



Lunch

Waldorf Salad: Romaine Lettuce, grapes, walnuts, (chives + hemp hearts optional) With [Creamy Herb Dressing](#)





Dinner

Red Lentil Wraps with Colorful Raw Vegetables OR Roasted Veg Blackbean Wraps & Kale Salad with Golden Dressing, cranberries and sliced almonds



Snack

Apple slices and seedy nut butter for dipping

Day Two Meal Plan



Breakfast

Chia Banana Pancakes + Berry compote



Lunch

Fresh Salad with Boiled Eggs



Dinner

Roasted Vegetable Curry (Naan Bread optional)



Snack

Black Bean Brownies

Day Three Meal Plan



Breakfast

Simple scrambled eggs with a side of sauteed tomatoes & kale with coconut oil, salt and fresh garlic. With sprouted grain bread. I also highly recommend pickled onions. Honestly the best ever topping to eggs in my opinion or sauerkraut. So good for your gut you can't refuse.



Lunch

Veggie Sandwich with a side Chickpea and Herb Salad with Broccoli Cheddar Panini (optional)



Dinner

Gluten Free Vegan Pad Thai! OR Spicy Koshari Dish with a side salad



 **Snack**Berry Berry good gluten free muffins

What meals are you excited to make this week? Put a star beside them :)

Spring Clean the Kitchen



Since Spring is in the air, it's time to give your Kitchen a spring cleaning!! Begin with the dishes, then cleaning behind the items on the counter, then to one cupboard at a time, one shelf in the pantry at a time, one drawer at a time. Bit-by-bit you will get it done and you will be so grateful when you do. You will realize that everyone in your home will benefit from an open clean kitchen, because everything finds its own place. This feeling of "everything in its place" will help you feel grounded in the place where you are at, too. And then, slowly, you can move onto other drawers and corners of your home. But let's start with the Kitchen first :)

Step #1: Kitchen Cleaning.



Start by being grateful for your kitchen and your role in it. Honestly, take a moment, put your hands on your chest, and say to yourself *"I am grateful for my kitchen, the domain of health and togetherness. I am grateful for myself, and my role in the kitchen and my life"*



Decide what section of the kitchen you want to tackle first, I often start with all the dishes. Then move onto cleaning counters and then cupboards / pantry / fridge. Take everything out of that cupboard or drawer. Put it all out onto the counter. Wash down that cupboard or drawer with a cloth and green cleaning spray. Make an effort during this step to throw out all unhealthy / junk / sugar foods. When you throw it out, be grateful for it and say *"no thank you. I have decided on health for me and my family from today onwards."* Once you clean out your pantry and fridge, restock it with whole foods!! See section after this one for restocking tips.



Take an honest look at your kitchen and ask *"How can I make this easier for me to flow when I cook?"*

- Perhaps that means moving your utensil drawer / knife set somewhere closer to where you food prep.
- Perhaps it's putting onions and garlic in a basket ready and available for you.
- Maybe it's shifting around your spice cabinet and buying an organizer.
- Maybe it's buying a white board that you can put on your fridge and write your meal plans for the week on.
- Whatever it is, make your kitchen as helpful, simplified and easy for you to use as possible.



When you put your kitchen supplies/ whole foods back in the cupboards/ fridge, organize it.

- Use mini boxes in drawers to organize utensils & big spoons etc



- Organize by type. Make sure everything has a home
- Use plate/ tray stands
- Put jars on counters for most used utensils
- Get glass jars for all your pantry items so you can see all those nuts, oats, seeds, grains in there so you can be inspired by them.



If you need assistance with this step, I can personally walk you through it in my “[Kitchen Alchemy Course](#)”. It can be done online :)

What day will you begin spring cleaning your kitchen?

What day do you want to be done spring cleaning your kitchen?

What part of the kitchen do you want to start with?

Boundaries with Food



Having boundaries with food is essential if you want a healthy relationship with food. Just like we all need boundaries on the road when we are driving so that we know where to go and where not to go, the same goes for us and food! We must know what and when to eat and THEN we can learn to trust our self / intuition with the rest.

For me, setting boundaries of when I eat helped me to really become more clear on what to eat, and helped me to overcome late night binge feasts on carbs and sweets!!

For example, I find what works for me and my clients is to eat by the clock. (when I started this I stopped eating at 8pm and did not eat again until 8am. I highly recommend sticking with an 8pm to 8am fast for beginners) That’s it, keep the boundaries simple.

The reason this is a helpful boundary is because it does not require much more than awareness of what time it is. Since I was always a late night binge eater, I could not say “*don’t eat this*” because my subconscious mind would just hear, EAT THIS” ... and so I would. Instead I now say “*You can eat whatever your heart desires during the day, but you will NOT eat past 8pm or before 8am*” BAM! I stopped feeling deprived!! I stopped telling myself what I couldn’t do!! Instead I could eat what I want at night, the next



day if I really wanted it. I found FOOD FREEDOM!!! I now only had to think about what time it was. And this activated my power of WILL instead of willpower. My Will is shared with God and all the powers of this loving universe, my willpower is finite and often runs out by the end of the day. Call upon your WILL and what you WANT to do, instead of your willpower and what you do NOT want to do, and you will set your relationship to food, free!

- ★ You can move out of "unconscious eating and snacking" by becoming conscious of what time it is so that we eat according to the clock. And the clock becomes our boundary.
- ★ When you eat with boundaries, you can tell yourself in the evening "*if you still want this tomorrow afternoon, go ahead and eat it and enjoy it then. For now its okay to be hungry*". This avoids feeling deprived or telling yourself you "can't" have something. You can totally have something. Just not at night.
- ★ We really, truly, should not be eating after diner time. 1) because our digestive tract needs a break to digest the food, process it, extract nutrients and then eliminate it. Putting more food on top of dinner is interfering with that process, and while you sleep food is processing (maybe even fermenting :() Instead of all your energy being put into sleep!
- ★ Also...when that afternoon rolls around you might not even eat what you thought you wanted! So the decision to delay eating that food, helped to save you from eating more than you really needed!
- ★ If you are going to sit down to relax/watch tv. CHUG WATER!!
- ★ Literally count to 10 while you drink so you are hydrated. Then make tea :)
- ★ No eating after 8pm. No eating until 8am (at least). This healthy boundary will make a huge shift for your mental aptitude to stick with this. (Check with a doctor if you have any health conditions)
- ★ Eating with Boundaries can also be called Intermittent Fasting. To learn more about IF you can join my free facebook group called 30 Day [Intermittent Fasting Challenge](#).

More Boundary Ideas:

- ★ Practice **Mindful eating**. Mindful eating begins with asking yourself "*Is this really what my body needs right now?*". It continues with you sitting down to eat with your food and becoming conscious and aware of every bite you take. Bring in all 5 senses - the taste, touch, smell, feel- of each bite and allow each sense to flow through you. Continue being mindful with every bite until you are done eating. At this time pause for a moment and notice how you feel. You should feel satisfied, but not too full. Begin to settle into gratitude for all the people who contributed to bringing that food on your plate, then go on your way.
- ★ Here is a [Mindful Eating Worksheet](#) that would be fun for you to try, and to include your family in as well!
- ★ Remember to take a pause **before you cook and eat**. Pause helps you to connect with your body, which activates your digestive system AND your brain to prepare itself for the food that is coming. You also are calling on the power of love in you and around you to support you in your decisions for what food you will eat, when you will eat it and how much you will eat of it.
- ★ One firm boundary for me is **no junk food in my home**. We flat out do not buy cookies or cakes or donuts or the like. If you buy it you will eat it. If you don't buy it, you will likely not eat it. What you can do though, is buy ingredients to make your own desserts!! I then either put half of the desert in the freezer for another day, or I give half to my neighbors. **Food is about GIVING** and I promise the more you decide to give of your desserts and food, the more you will feel fulfilled and loved and filled by the act of giving and not just the food itself.
- ★ Lastly, **think 80/20!!!!** You can eat crap food 20% of the time and enjoy it like crazy if 80% of the time you eat clean food. Weekends or holiday events are my time to enjoy whatever my heart desires. Since I am so nourished from the week, sometimes I eat crap, sometimes I don't. But



when I do it is in moderation, and when I do, I enjoy it!

THE 80/ 20 RULE OF HAPPY EATING



80% of the time eat foods that make your future self happy and your gut healthy



#foodfreedom

20% of the time eat what makes you feel happy in the moment and enjoy every bite!



Which Boundary Methods Resonate with you the Most?? If you choose I.F...what is your Fasting window?

Essential Self Care Practices



I suggest choosing 3 self care practices. Whatever 3 resonate with you the most, clump them together. When you clump self care practices it becomes a “Self Care Routine”. I suggest doing your S.C.R when you wake up in the morning or before you go to bed at night, or both. That way you start and end your day right. You are worthy of caring for you. Even 5 or 10minutes a day will contribute to enhancing your overall health, well-being and happiness.

- 💡 Breathe deeply, relax your shoulders, close your eyes and rest for a moment. Breathe.
- 💡 Wash your face mindfully and with love
- 💡 Go for a quick walk outside and breathe deep!
- 💡 Say loving affirmations of the truth about you:
“I am enough” “I am kind & loveable” “I can do this”
- 💡 Never speak bad about yourself. If you hear a negative thought say “I cancel that thought!!”
- 💡 Sing, Dance, let your body flow and move
- 💡 Listen to or play music.
- 💡 Take a bath with essential oils, candles and/or epsom salts.
- 💡 Make your bed in the morning



- 💡 Meditate and listen to your heart
- 💡 Journal out your thoughts, realizations, curiosities, points of forgiveness.
- 💡 Make yourself a wholesome snack
- 💡 Ask, pray, listen, be still.
- 💡 Communicate /meet with a therapist / counselor / mentor for mental and soul healing
- 💡 Move Your Body. Stretch, do yoga, walk, strength train or any way you want.
- 💡 Think about the meals you will be making this week (and write it down!).
- 💡 Make a nourishing meal and share with another person
- 💡 Read a thought provoking or soul searching book. Here are some recommendations.
- 💡 Look in the mirror, into your eyes and affirm "I love you just the way you are".
- 💡 Set healthy goals for yourself and your relationships for that day, week, month, year
- 💡 Be grateful for the small and big things in your life. Feel into that gratitude.
- 💡 Dry Brushing for lymphatic drainage and youthful skin
- 💡 Self Massage/ Abhyanga: this practice is the perfect way to nourish, moisturize, and bring comfort and balance to your whole body. Whether you're winding down for the evening or prepping for a busy day, a self-massage can be very beneficial.
- 💡 Reflect on your personal mission statement / why. Don't have one yet? This course can help

There are so many expressions of self care. Which one(s) do you choose to commit to eachday?

Dealing with Big Emotions



Anxiety or big emotions can show up in many ways. Know first it is showing up for you to learn from it, not to tell you that you have done something wrong or not good enough. Whether you experienced anxiety before, or recently with covid, there are some tools to lessen the rise of anxious, fearful or even angry thoughts.

No matter how it shows up for you or those you love, know that it is a survival mechanism. It is a way for the body to protect itself. We can learn how to claim and tame the thoughts in our mind, thus the emotions in our body by realizing our anxiety does not control us, we control it.

Here are 3 tips to help you to deal with anxiety most effectively.

1) You must set-up self care practices that focus on your mind, your body AND your spirit. When you care for your whole self and set up a routine for it, you will begin to develop new ways of solving problems and overcoming your anxiety or fears. You thus become more balanced and able to change your mind to a more positive and calm state more easily. Reference the list of "Essential Self Care Practices" above for suggestions. If you need more 1 on 1 or group help, contact me for a free



20 minute consult.

2) A Breathing exercise: Pranayama Breathing

Prana means life energy. Yama means control. When you learn this breath exercise and practice it, you are learning to control your breath and control the life force that flows through you. When you are feeling anxious you often feel out of control. When you learn to control your breath, you are in control of what you can control.

I recommend practicing this breathing exercise as often as you can. The more you practice, the more it becomes ingrained into your subconscious as a natural part of you. You can then use it in any time of need.

Practice this:

Keep your spine straight.

Inhale to the count of 4

Hold Breath for the count of 7

Exhale for the count of 8

Repeat this at least 5 times.

Watch these for [more pranayama breathing practices](#)

3) Another great technique for anxiety or shifting our emotions is to:

Countdown from 5 to 1 & apply an ANCHOR

- Counting down from 5 to 1 interrupts thought patterns and old behaviors.
- It stimulates your prefrontal cortex and helps you to make new decisions. It's the part of the mind you need to be AWAKE when you are changing behaviors.
- I suggest using this tool when you feel frazzled in the kitchen, when you feel overwhelmed, stressed, upset or about to do something that is not in alignment with your why/goals.
- Counting down from 5-1 can be made into a new healthy habit that triggers you to switch gears and choose something else.
- **Try This:** Notice when you engage in an old unhealthy habit or thought pattern. Once you notice it, immediately count down slowly with eyes open or closed, out loud or in your mind: "5-4-3-2-1".
- In counting down you have shifted from the habitual thinking part of the brain and awakened your prefrontal context where your decision making lies.
- You have interrupted the old pattern and made space to welcome a new response. Your mind is now ready to receive a new thought.
- Put in an **ANCHOR thought** at this time such as:

"I am calm. I am relaxed. I am at ease"
"I have everything I need within me already"
"Peace to my mind. Let all my thoughts be still".
"Thank you thank you thank you"
"I allow myself to receive the help I need, now"
"Everyday and in every way I am getting better and better"

- Say your chosen anchor thought and repeat it 3 times or so.
- Sit with the new thought and let it settle within you. Notice how you feel in your body.



Which Tools Speak to you the most?

Want to try one right now? If so, what one?

Tips to Love Salads



Salads are the best way to up your nourishment. **Aim to eat at least 1 green salad a day!** When you have at least 1 salad a day, you have accomplished a big step towards your health goals. Try these tips out, and fall in love with salads.

♥ Top 4 Tips to Love Salads:

1) Use delicious, homemade & healthy salad dressings!

My Favorites are 1) My Golden Salad Dressing and 2) Herby Salad Dressing ... but any recipes on this list are superb!!! **TIP:** Make 1 or 2 salad dressings on your chosen meal prep day. You will then have 'ready to go' salad dressings like the ones from the store BUT they taste better, they do not have additives, preservatives and added stuff that makes it not that good tasting or for your body.

2) Use different greens and put them together

Such as: Romaine, kale, Arugula, baby spinach and baby kale, Spring Mix, Cabbage, Sprouts, Micro-Greens, Watercress, Collard Greens

3) Add texture

nuts, seeds, cucumber, peppers, fruit or berries, dried cranberries, shredded carrot,

4) Optional Flavor Enhancers

Feta cheese, goat cheese, olives, shallots, caramelized onions, mushrooms, boiled eggs, red onions, pickled onions, green onions, pecans, roasted vegetables.

Check out this [blog for more salad inspiration](#) and recipes.



Which tips will you use to make salads taste delicious?

Awaken Your Soul



I remember the first time that I talked to Tom (my hubby) on the phone. He said this to me and it rocked my world, “*You are not 2 things. You are not a body and a soul. You are a Soul that has a body*”. Like woah! (I made a video about it, [watch it here](#)) Even though it shook me, I KNEW that it was true. Ever since that day I set out to live life as a soul, and not a body. And through awakening my Soul, I care for (and learn to love) my body for the vessel that it is, naturally and happily.

The soul is the spark of light that exists inside us all. It is what makes us all equal and the same. Our souls may have different journeys, but we come from the same source. The soul is untouched by bad habits, body images or negative self talk. When you realize that your soul is where your abundance comes from, where your certainty comes from, where your health comes from, where your deep unchanging love comes from, the more you are likely to feel inspired to connect with the power of your own soul on a daily basis. You already have everything you seek embedded into your soul. You are learning to allow it to emerge from inside of you.

Practice these Tools to Connect to your Soul:

- Let your Soul and Spirit reach you. Think of it like a telephone channel. In order for you and I to talk on the phone, we both have to pick up the phone to listen. You must pick up “the phone” and listen to your soul / spirit within. One consistent way to connect with your soul is through Meditation. Meditation is a quiet time of listening and loving. It’s a time to turn off the outer world, still your thoughts and let your soul speak to you. Your soul speaks the language of love, but also shines the light to reveal what is still hiding in the dark. Let all be welcome as you walk this path of love and undoing all that is not love. If you need further assistance with this [I am here to help](#). Here are 2 meditations that might help you as well: 1) [the peace of God is shining in me now](#) and 2) [I am happy to be wrong when I am not at peace](#)

- Ego is nasty. It wants you to believe things about yourself (and others) that are mean, and not even true. Vigilance in your mind for only loving thoughts about yourself and others is part of our soulful practice. Know that this practice takes practice and consistency.

Affirm these thoughts to yourself on a daily basis & let no other thought enter about yourself:

- I am enough
- I am loved
- I will let my Soul Shine right now
- I am here only to be truly helpful



- I am the soul, the life, that animates this body
- I am worthy of all that is good
- I rule my mind, which I alone must rule
- I am responsible for the thoughts I think and the goals I set
- I am healthy. I am happy. I am whole
- I bring health and happiness to others

(if you do not yet believe these thoughts, that's okay. These thoughts are the language of your soul, and when you say them you are programming your subconscious. So say them as often as possible. And know that every time you do, you are creating a neural pathway in your brain leading you to healthier, happier waters.)

- Gratitude. I mentioned it a few times here already but Gratitude is a soulful practice. Think of the small and large things you are grateful for. Be in that energy of gratitude. When gratitude is present, anger and fear cannot be. Choose to be grateful. You can even repeat this thought over and over again: “Infinite love and Gratitude” And send out light beams of love and gratitude to everyone and everything you can think of. Including yourself and God.

- Forgiveness. Forgiveness is a tool for changing our perception and undoing all that is unloving and unreal. Forgiveness is not “for the other”. Forgiveness is for you. As you receive forgiveness, you learn of how loved you are and that your “sins” were only mistakes and you are forgiven for them. We want the same for every human being who makes mistakes. We are all worthy of peace and healing and forgiveness. Forgiveness brings everything we want. It also brings with it the remembrance of our Soul that is forever in this peaceful, loving state. Forgiveness also takes practice. If you want to learn how to practice going deeper into forgiveness together, I am happy to do that with you. [Contact me here.](#)

Which soulful practice speaks to you the most? And Why?



Mindfulness



A way to save time and stress is through **daily mindfulness**. I don't know about you, but if I don't have my head on straight and I don't feel grounded, I can spin and not know what it is I am doing and end up making mistakes or getting frustrated/angry. I have had this happen when I am cooking in the kitchen many times and as well as in daily life. Learning the practice of mindfulness however, has helped me to stay present and away from making up stories that aren't true about the situation. In being mindful I am present, and can hear and receive what I am to say and do next. This has a profound calming effect on the body and mind.

Become Mindful:

- As often as you can, ask yourself: *“What am I thinking?”* And watch your mind. Take notice. Perhaps take notes. But simply observe without judgment.
- As you start to pay attention to your thoughts, notice if what you are thinking matches up to what you are saying. For example: if you say to someone: *“Oh I love your hair”* and then inside you say *“Oh I wish I had her hair”*, then be with that thought. Write it down when you get home. That is a thought of lack and judgment. It's a thought that says *“I want what she has, and what I have is not good enough.”*
- What you should do is when you become aware of something like this is to go home and write out the thoughts you had. And then write out the thoughts you wish you had. Next time a situation like that rises, you have the chance to choose your new thought.

What might “more mindfulness” look like for you in your life?

Kitchen Hacks



A way to save time and stress in the kitchen is by thinking things through. You want to know what you will be eating the following day and week to come so you don't stress about what is for dinner all the time. I have an entire module dedicated to this in my [Kitchen Alchemy Course](#).

Save Time in the Kitchen:

1. Choose a meal plan / prep day(s).

I choose Sunday as my meal plan day. You can even choose 2 days if that works for you. Decide ahead of time what you want to cook.

Write out those meals on a white board or paper.

Add those ingredients for those meals to the shopping list.

Get those ingredients and then work your way through the meals you agreed to do.

It takes 15 minutes to set up, and yet saves you tons of time thinking about food, not knowing what to make, needing the right ingredients, wondering if everyone will like it



Once I know what we will be eating I make a few things like [salad dressings](#), [hummus](#), chop vegetables, wash greens, caramelize onions.

2. Cook as much as you can, whenever you can.

When you have a sliver of time, use it to make or prep a future meal. You can do this easily with stews, soups, and cutting up all the inner fixings for wraps, or sandwiches or salads. You will be so grateful to yourself for preparing a bit of food ahead of time.

3. All of my Recipes have Save Time Options!

There are always a few ways to save time that make a big difference. I try to include them in all the [recipes](#) that I have.

4. Set Your mise En Place:

This means to take all your ingredients out on the counter before you cook. This will save you time running around the kitchen trying to look for things.

What will you do to save time in your kitchen this week?

Affirmations from A Course in Miracles

You all may know that I am an ACIM student and teacher and have dedicated my life to this teaching. ACIM has been a huge part of how I have come to know myself, save myself and live a life of peace and joy. It has also empowered me in a way for me to share what I have learned, with you! I have done all of the ACIM videos on youtube, and upload new videos each week. Would love for you to [subscribe to me on youtube](#) and if your spirit calls to it, to study ACIM along with me. I would also love for you to choose what thought below speaks to you the most and use it as an affirmation that you repeat over and over, as you let yourself sink into the message, its meaning and the presence behind the words.

“Healing is a sign that you want to make whole. And this willingness opened your heart to the Voice of the Holy Spirit whose message is wholeness”

“To heal is to make happy”

“Let me be still and listen to the truth”

“Love is the way I walk in gratitude”

“God’s voice speaks to me all through the day”

“I am loved, lovable and loving. This is how a man must think of himself in his heart, because that is what he is”

“Peace to my mind, let all my thoughts be still”

“The Holy Spirit’s voice is as loud as my willingness to listen. My prayer is, “I am willing to listen.”

“Love holds no grievances”

“I am the light of the world”

“Forgiveness is my function as the light of the world”

“I am entitled to miracles”

“Ask Him very specifically: What would You have me do? Where would You have me go?”



What would You have me say, and to whom?"

"Truth will correct all errors in my mind."

"To give and receive are one in truth"

"I am not a body, I am free. For I am still as God created me"

"I want the peace of God"

"Noone can fail who asks to reach for truth"

"Into His presence I enter now"

"Beyond this world is the world I want"

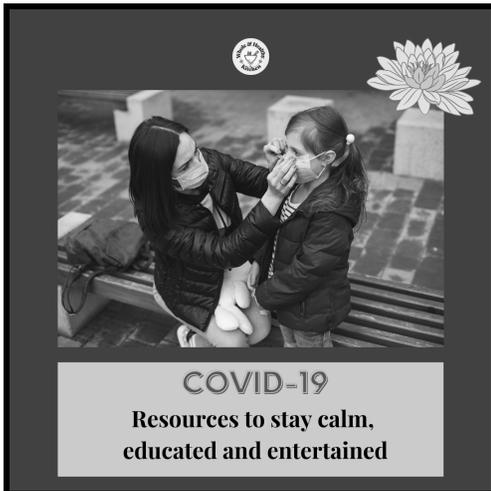
"God is the strength in which I trust"

"God goes with me wherever I go"

"I am sustained by the Love of God"

"We invite God to reveal our oneness through our minds. We do this through sharing or giving away our loving thoughts."

BONUS: Covid-19 Resource



I also created a COVID-19 Resource for you.

Within this resource you will find:

- Videos to help you through this trying time
- Activities to do with your kids / families
- Recipes that I recommend to make with Pantry Essentials

- Extra Resources & Videos to rise up during covid.

[Check out Your Covid-19 Resource](#)

Notes:



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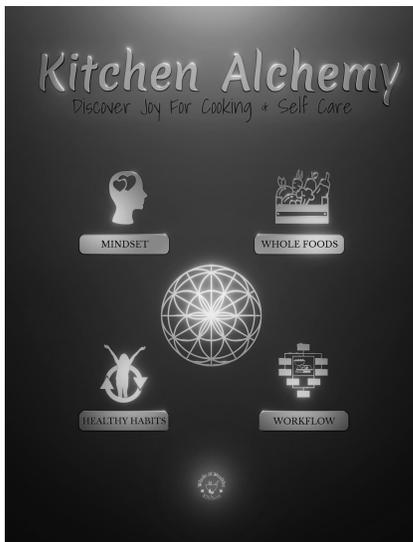
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Book a Free 20 Minute Coaching call with me:

<https://meet-with-britney.appointlet.com/s/20-minute-call>



For more information on

Britney's Kitchen Alchemy Course

Visit- <http://www.wholeandhealthykitchen.com/alchemy>

“An online course for Awakening Parents & Souls who want to up-level their home cooking and self care, to bring more joy, mindfulness and confidence into their everyday cooking and life”

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