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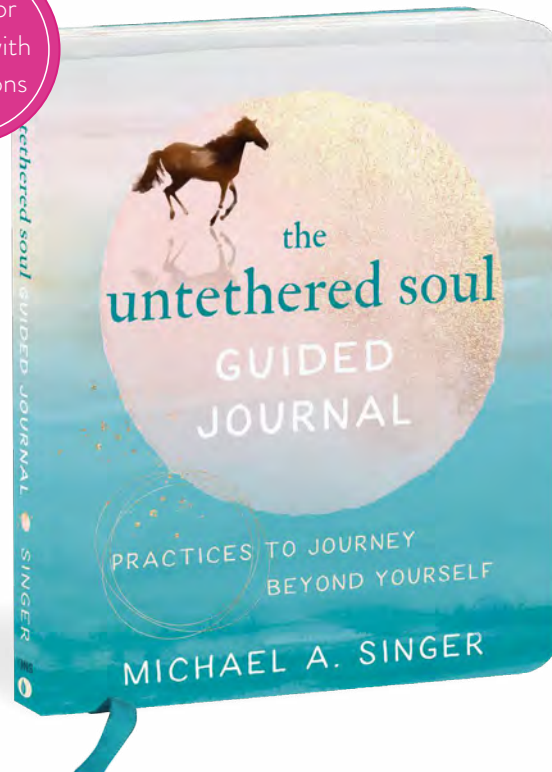


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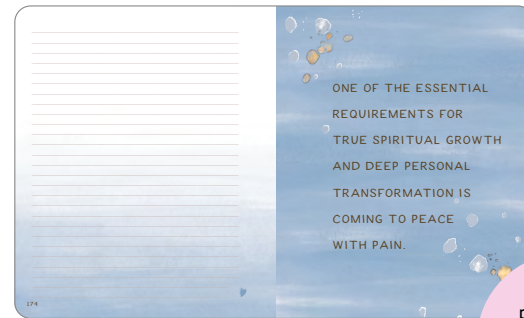
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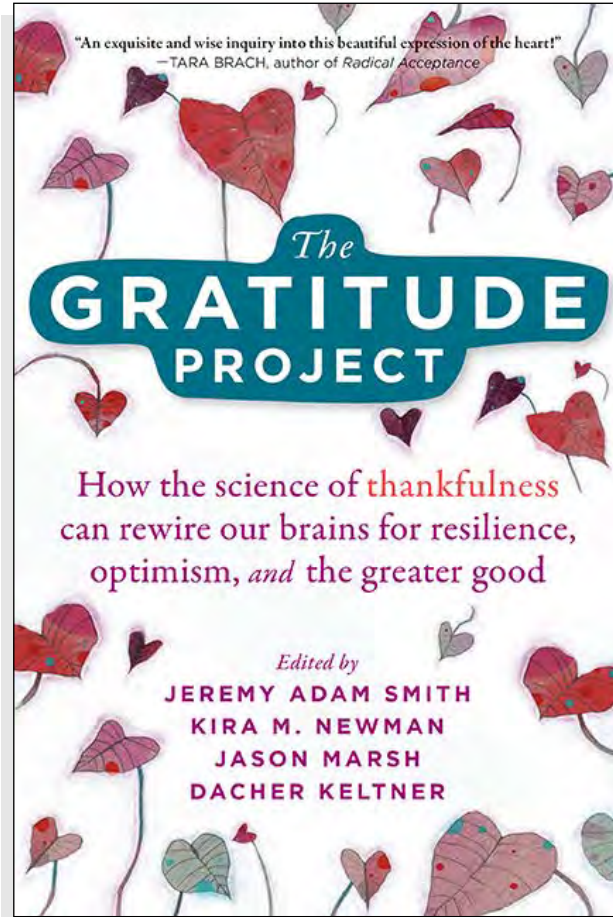
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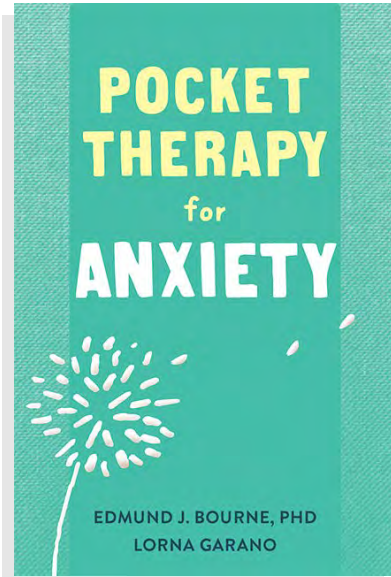
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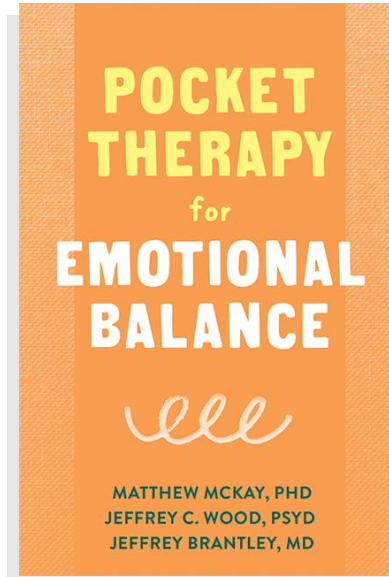
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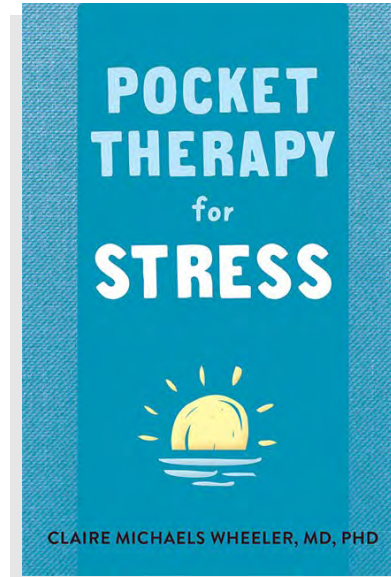
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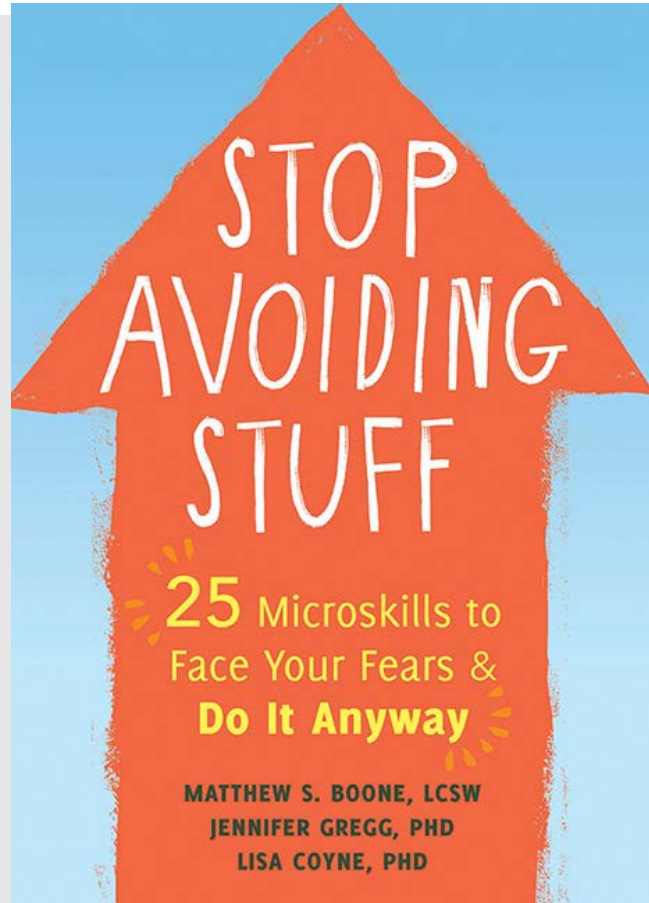
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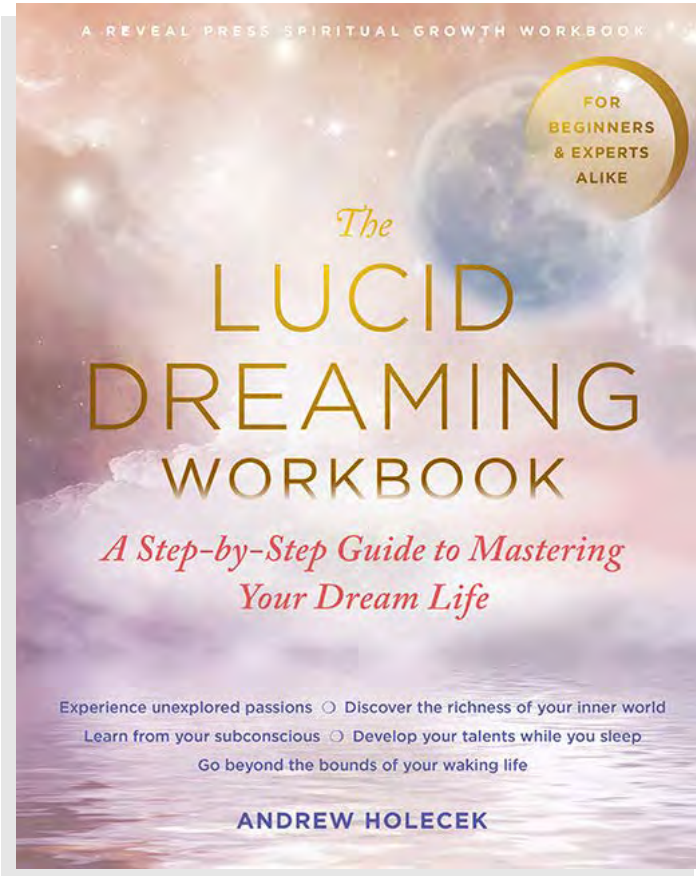
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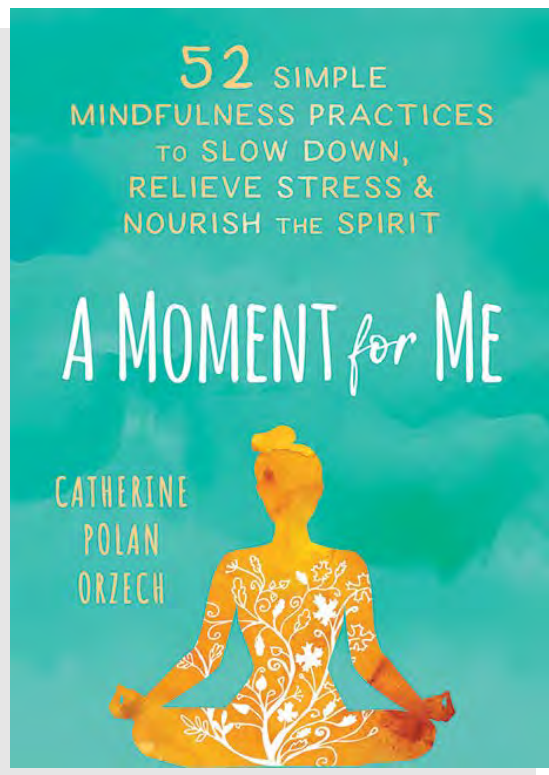
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Connection

Thanks to our pioneering ancestors, we in the West strive for rugged individualism. But it's a myth that anything actually functions or is even created independently. Instead of fighting against our very nature, which is wired for connection, we can learn how to capitalize on it.

Connection is a vital ingredient in the human condition. In fact, it's one of the main shapers of what makes me who I am—and you too.

This theory has been articulated by Dan Siegel and is called interpersonal neurobiology. Our minds are constantly rewiring themselves in relationships, and our neural architecture is shaped by connection. No way around it. Our earliest experiences in relationship create not only the template for our future relationships but also the very structures in our brain. And throughout our lives, our most intimate relationships—from our primary caregivers and intimate romantic partners to our interactions with our pets—continue to shape our brains. New relationships or old, we are who we are because of our connections.

80 A MOMENT FOR ME

Systems theory, an interdisciplinary framework focusing, among other things, on wholeness and relationship, offers the model of *entrainment*, in which the dominant vibration of one thing will determine the frequency of something close to it. If you strike one tuning fork and then hold another next to it, it will ring out the same tone. Think about walking into a space where there is a communal charge of fear or aggression—like a struck tuning fork, it will impact each individual who comes into it. When we get out of balance with stress and anxiety, we need ways to reregulate. Self-regulation is really important, but even more important is *coregulation*, in which states of balance come about through connection with others; these are essential for our well-being.

When connection is disrupted, we can experience isolation, which triggers our threat receptors and leads to increased stress and fear. However, when we feel connection and belonging, we experience soothing and security and are nourished by it. We feel seen, understood, and, most of all, not alone. “I feel you, man!” means we are together in this, and that lessens the likelihood of the “threat” that comes from feeling isolated.



Connections: Who and What?

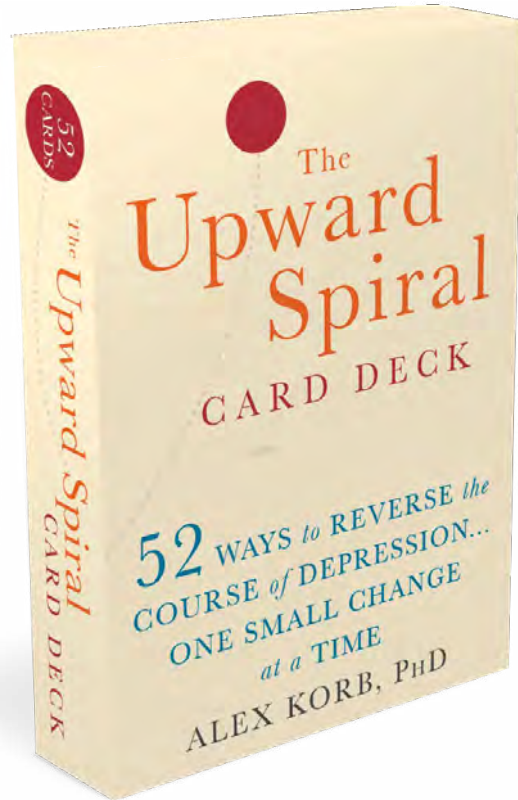
Take a moment and sense who you are when you truly see another with love and friendliness. Now sense who you are and how you feel when you are on the receiving end of someone else's love and

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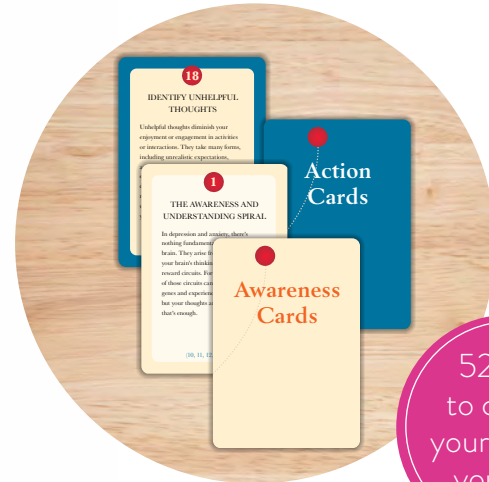
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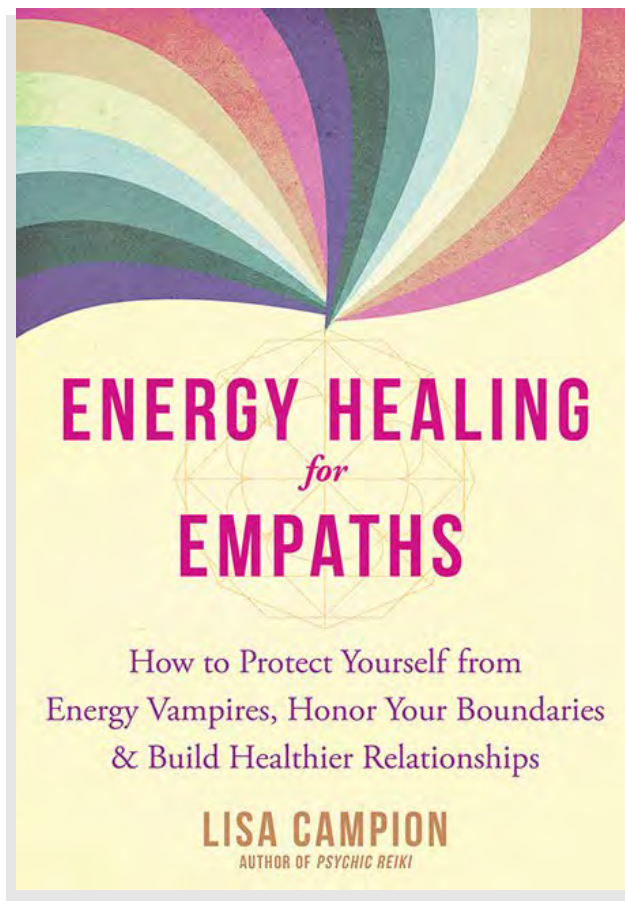
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<p>Tune In</p> <p>Come down onto your mat, sitting in a cross-legged position. Alternatively, you can sit in a chair with those off and both feet flat on the ground. Rub your palms together and bring them into your heart center in a prayer position. Begin your ritual by tuning in with the "Adi Mantra"—"Om Namō Guṛō Dayv Namo"—three times.</p>	<p>Meditation</p> <p>This three-part meditation, titled Let the Self Take Care of Things, was created to change your energetic frequency to allow in more compassion.⁴⁶ It will aid you in releasing the comparison game—the judgment of yourself and others—and in developing the self-love you need so you aren't looking outside of yourself for validation. Your soul knows how to take care of you if you just let it, and when it does, you will know you've got all you need and you're perfect as you are. The key is to find your divine self within yourself and then see what comes to you.</p>
<p>Warm-Up</p> <p>Spinal Twists open up the heart and awaken the spine. This movement will get your energy flowing toward compassion instead of comparison.</p> <p>Come sitting on your heels in Rock Pose. Place your hands on your shoulders, your four fingers in front of your shoulders, and your thumbs in back. Your arms and elbows are parallel to the ground. (If this pose is too difficult, you can sit in a cross-legged position, or stand up with your feet shoulder-width apart).</p> <p>Inhale, expanding your stomach out, twisting your head and torso as far to the left as you can go. Then exhale, contract the stomach in, and twist your head and body as far to the right as you can go. Continue this movement back and forth for one to two minutes with your eyes closed, looking up between your brows to your third eye point.</p> <p>To end, come to the center, inhale deeply, and hold the breath as long as you can. Exhale fully to relax your arms down. Feel the energy circulating through your body and around your heart center.</p>	<p>PART 1</p> <p>Posture. Sit up straight in a cross-legged position.</p> <p>Mudra. Hold your hands together in Sarab Gyan Mudra in front of the heart. Begin by interlacing your fingers, then extend the index fingers up, pressing the palms and index fingers very tightly together, thumbs crossed.</p> <p>Eyes. The eyes are closed.</p> <p>Breath. With long, deep breathing, meditate on your breath, inhaling and exhaling so deeply and completely that you can hear your own breath. Continue for three or eleven minutes.</p>
<p>PART 2</p> <p>Posture • Mudra • Eyes. Same as part 1.</p>	<p>PART 2</p> <p>Posture • Mudra • Eyes. Same as part 1.</p>

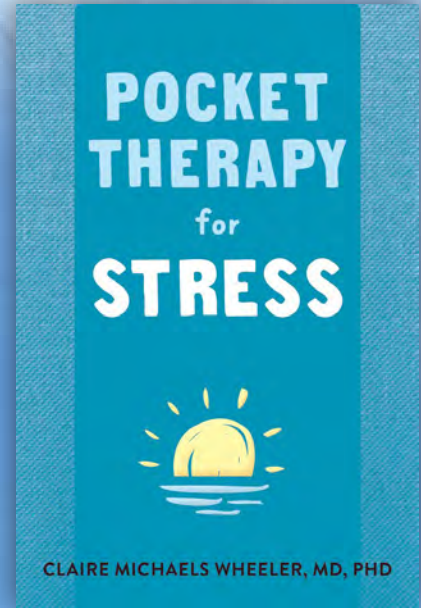
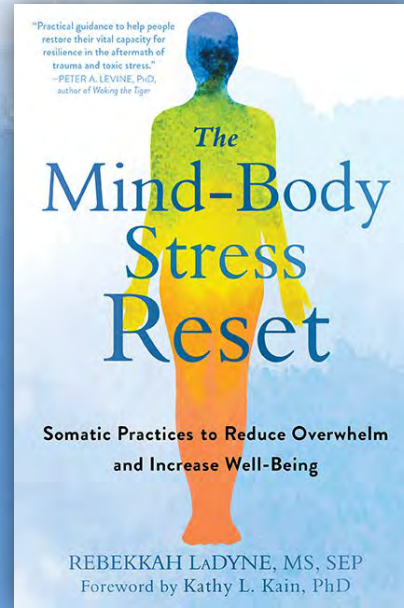
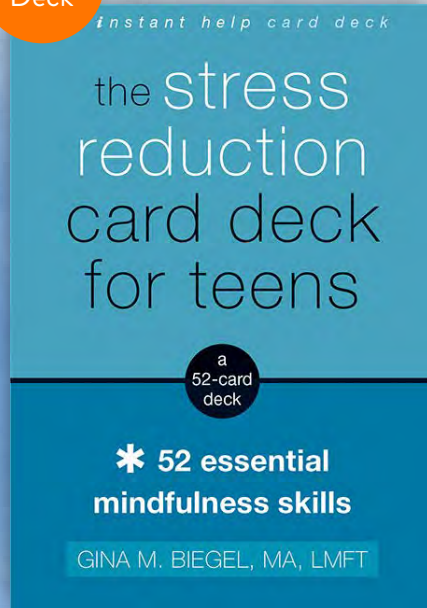
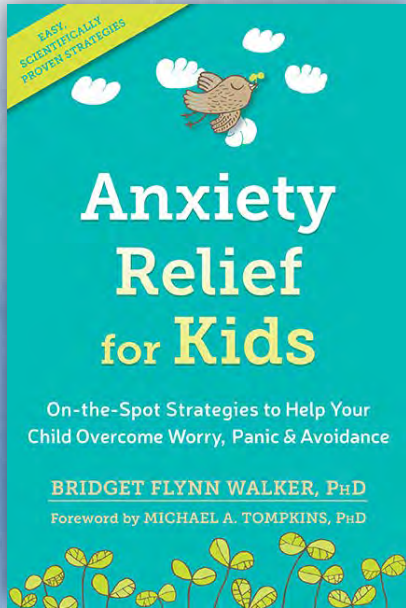
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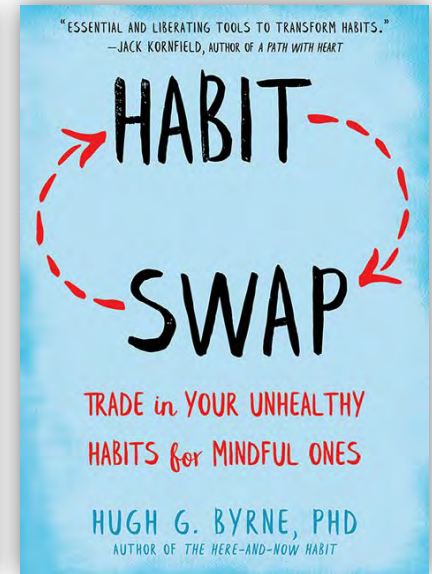
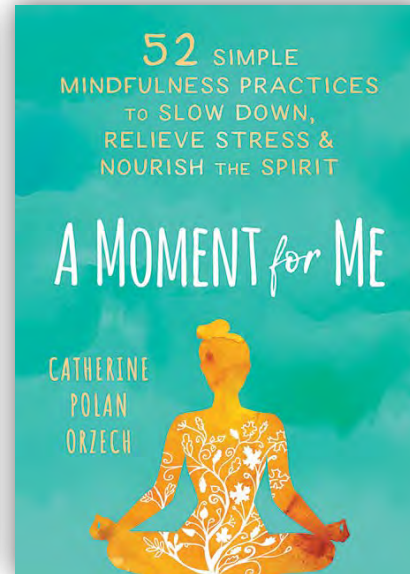
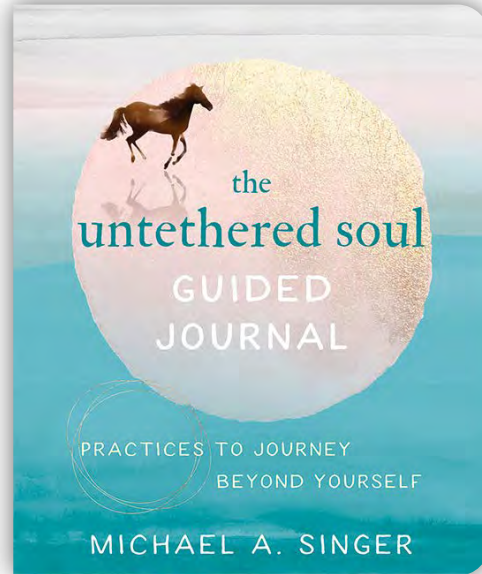
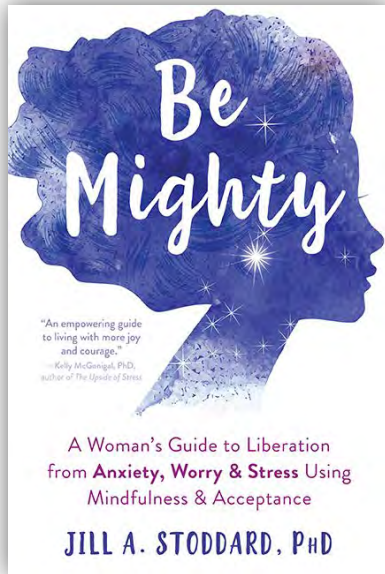
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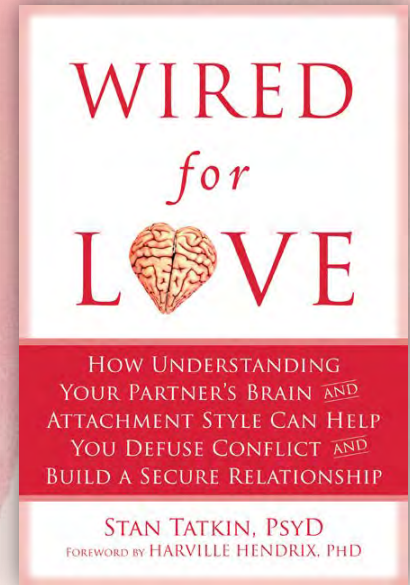
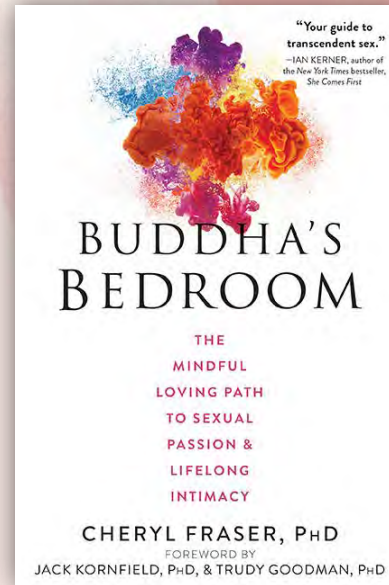
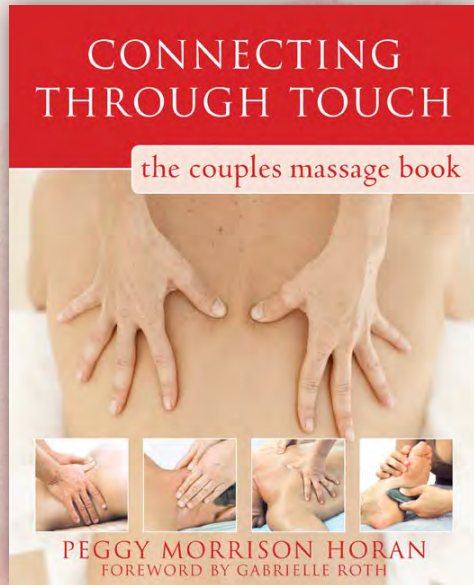
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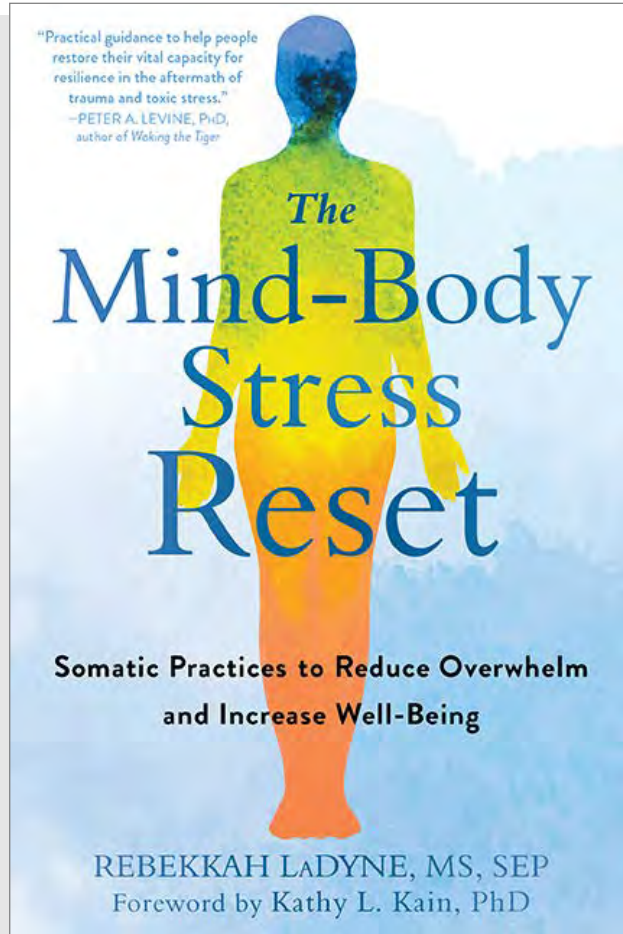
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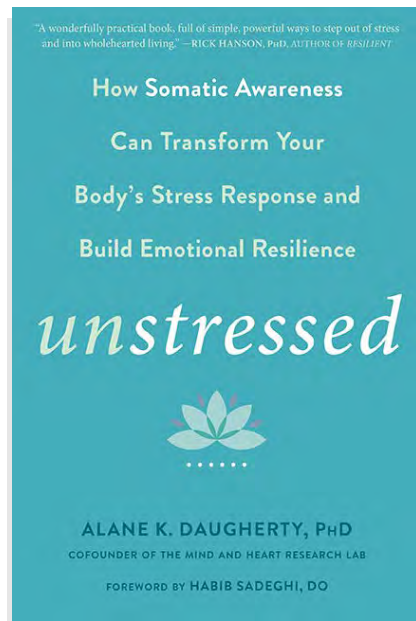
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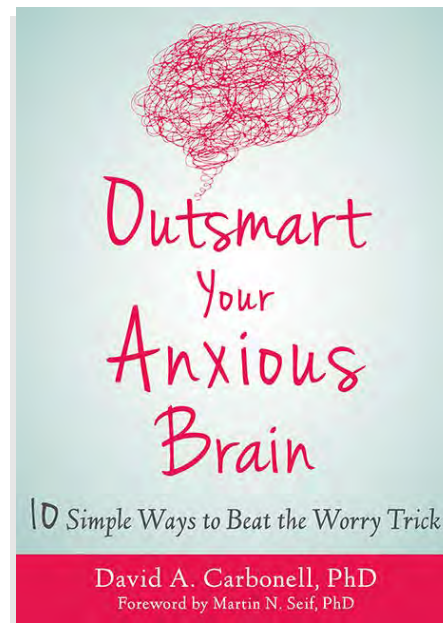
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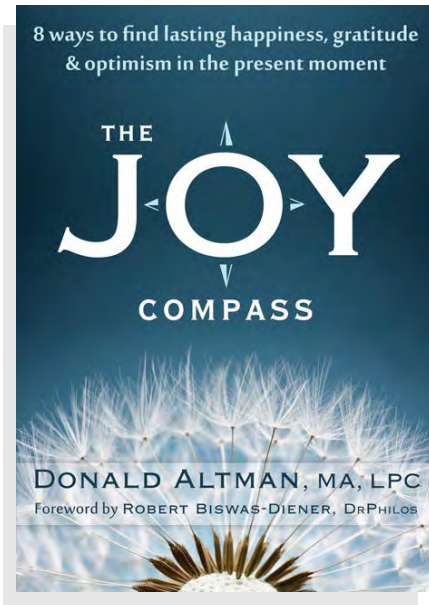
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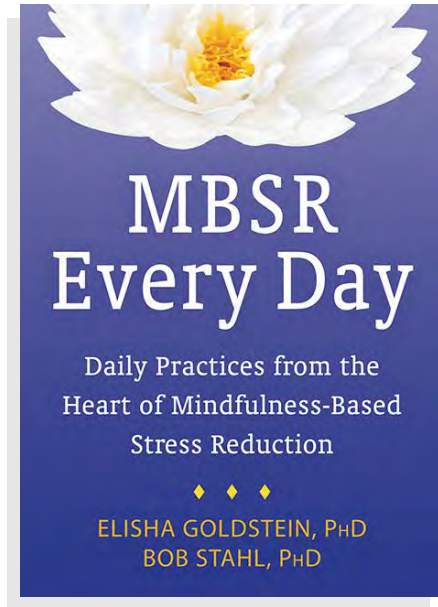
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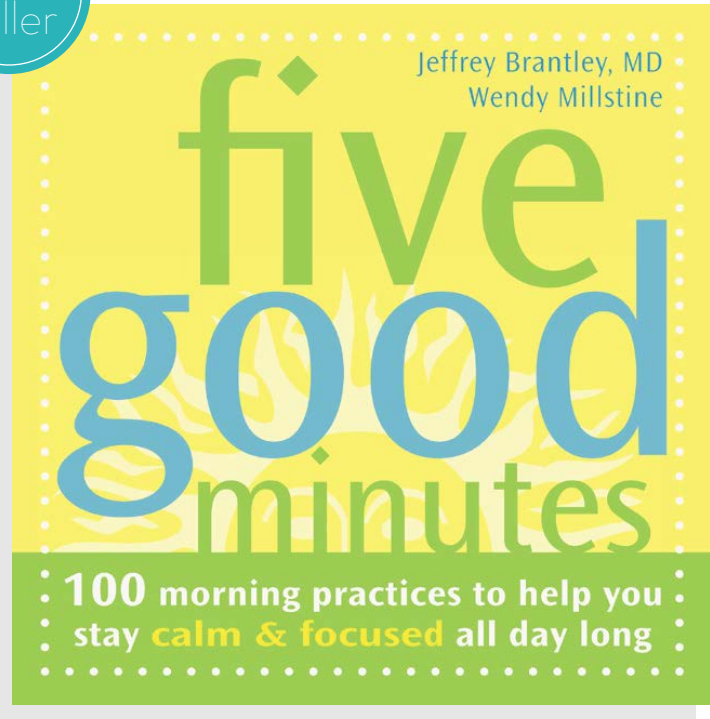
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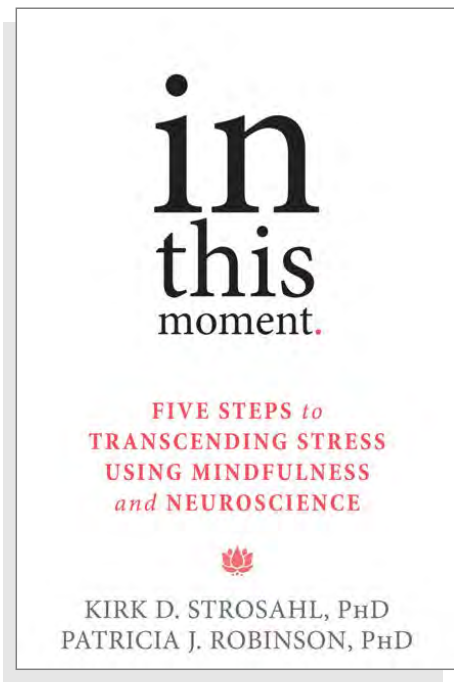
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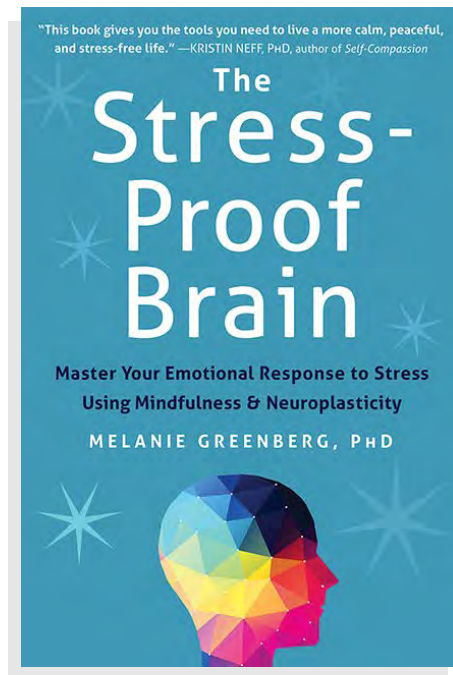
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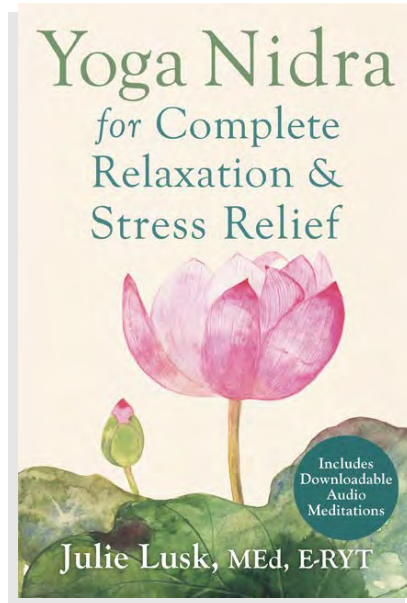


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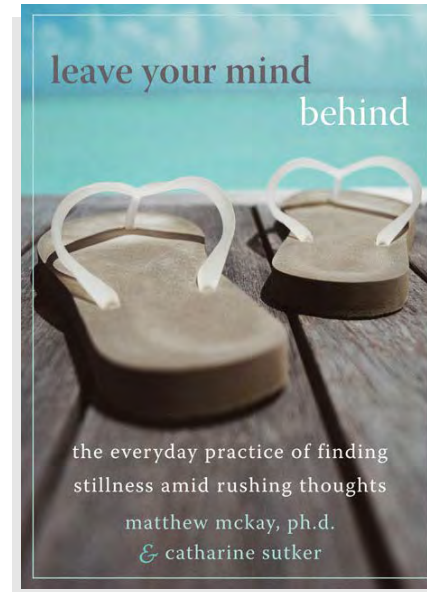
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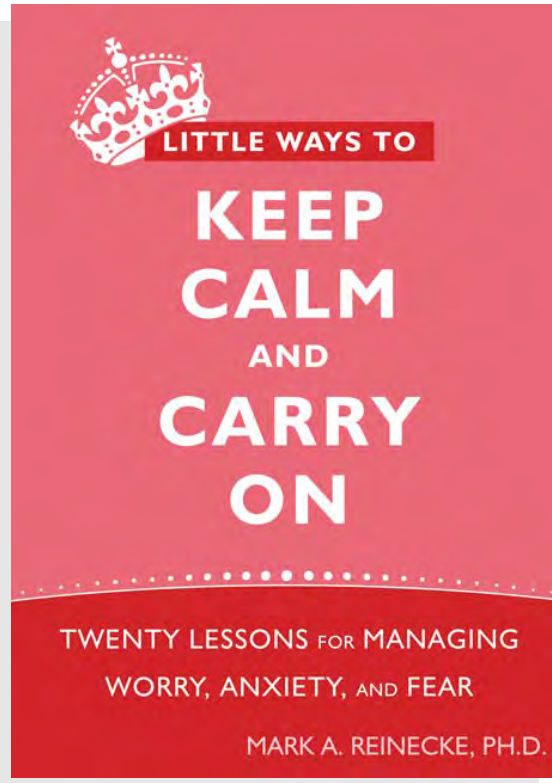


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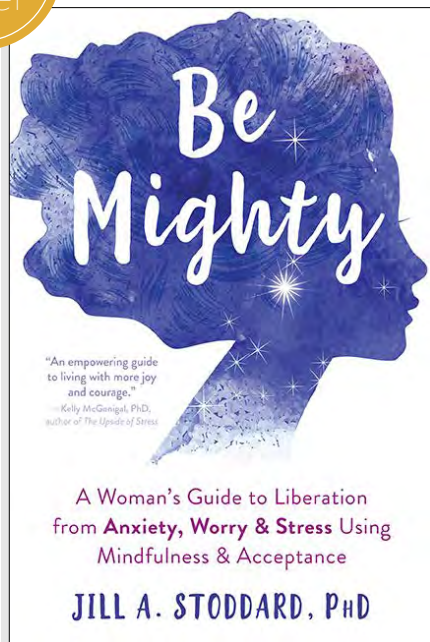
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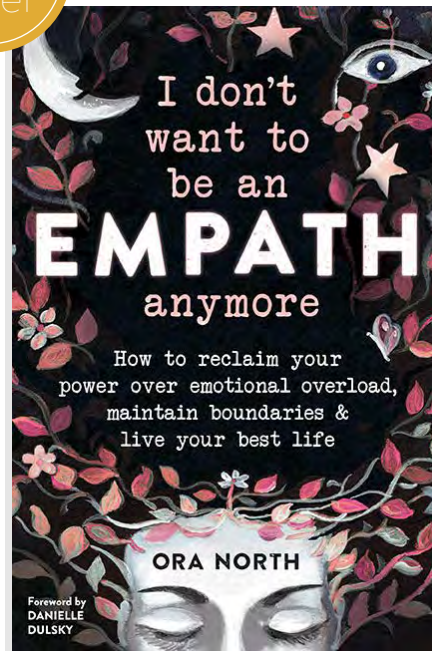
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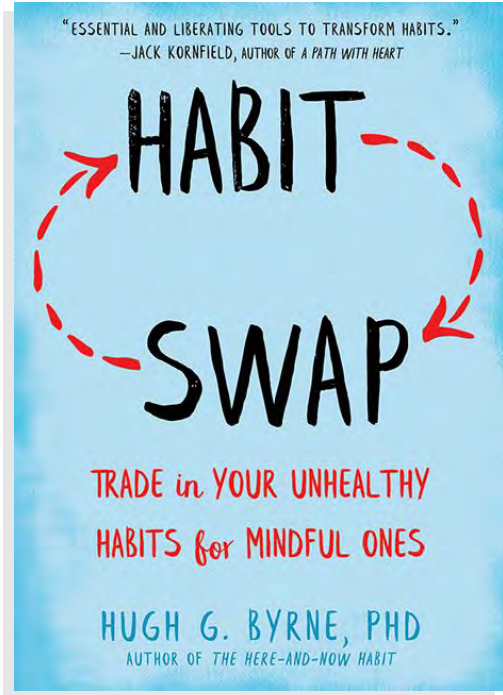
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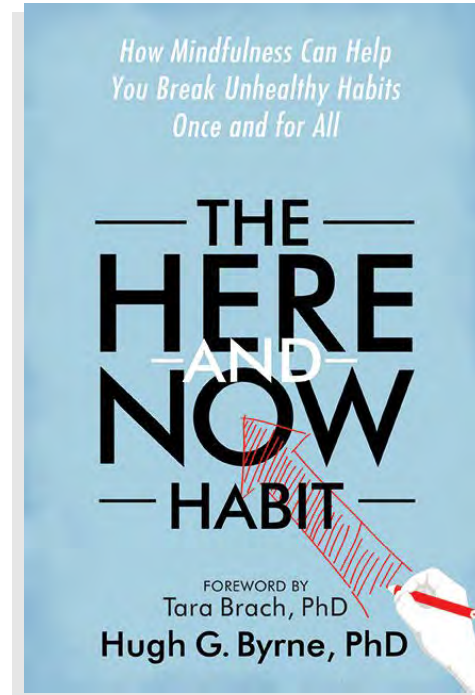
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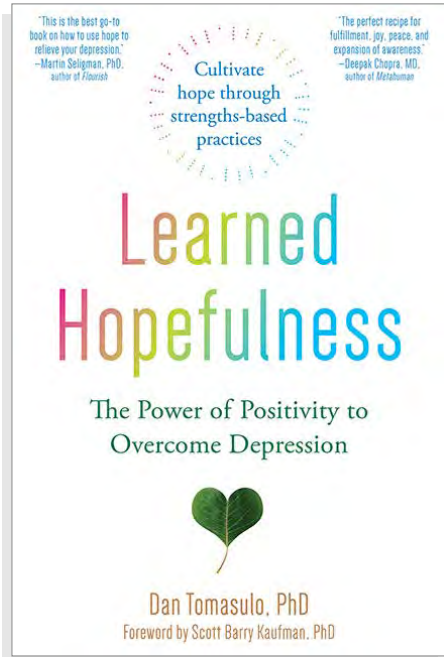
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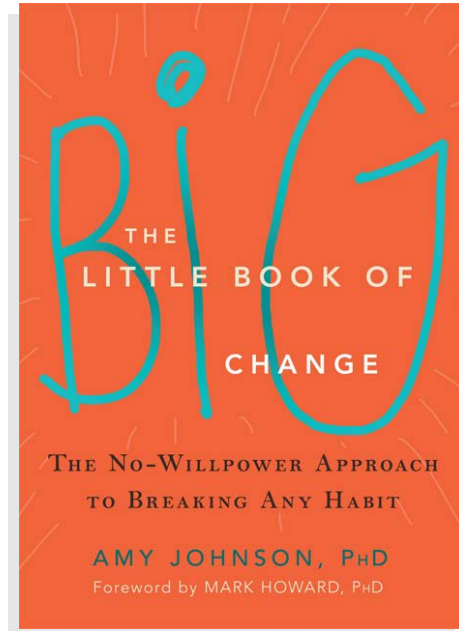
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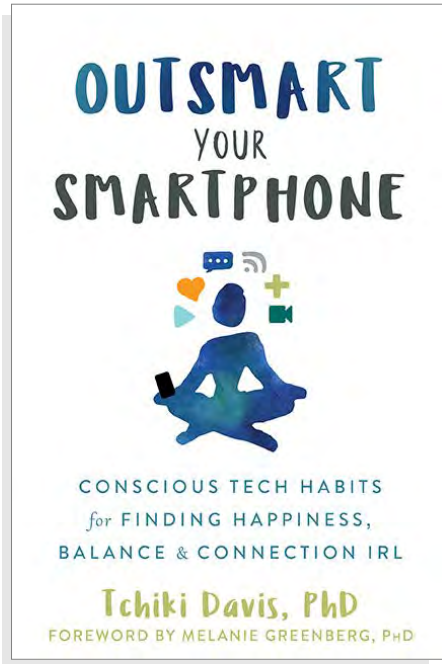
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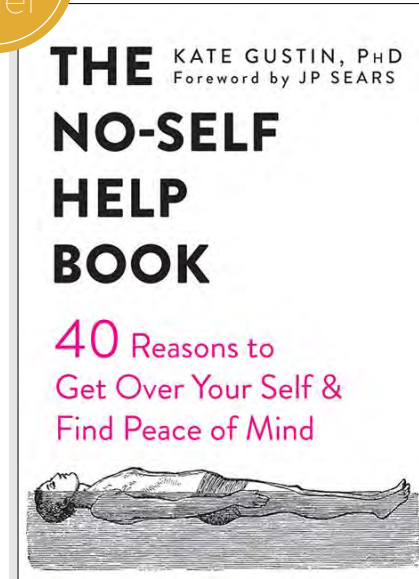
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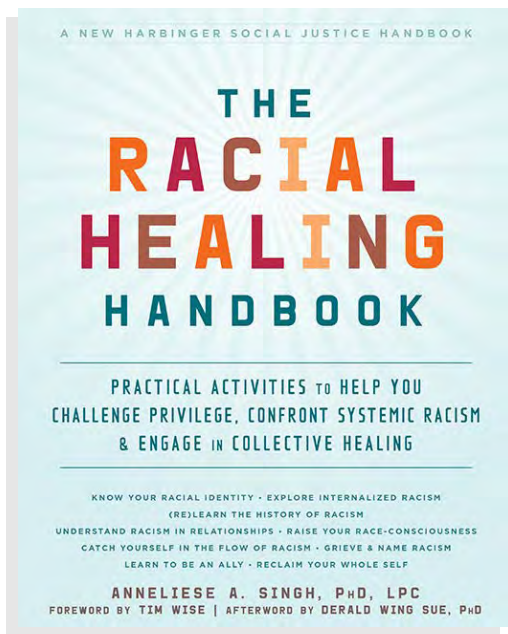
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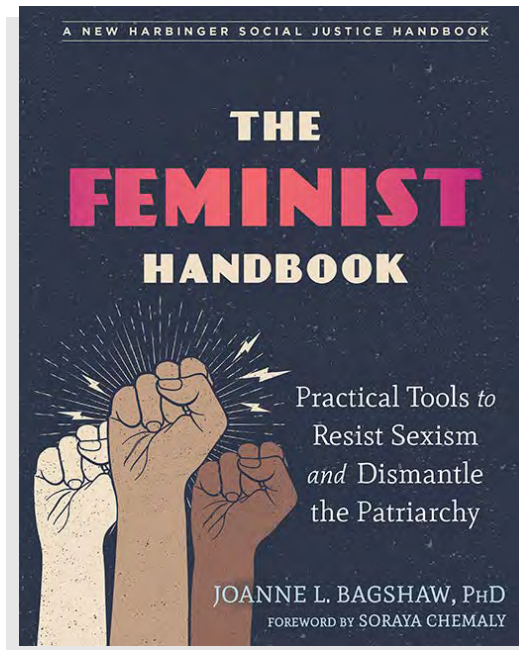
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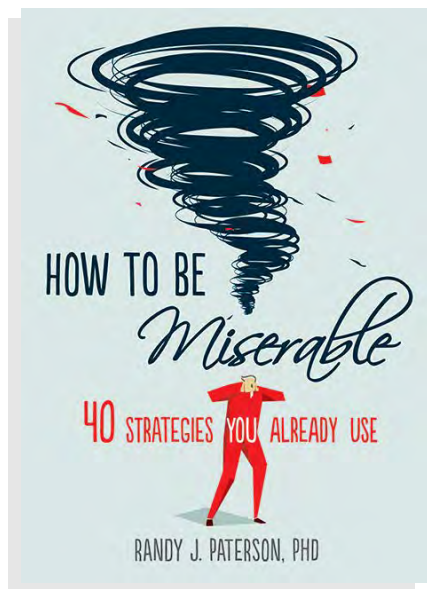
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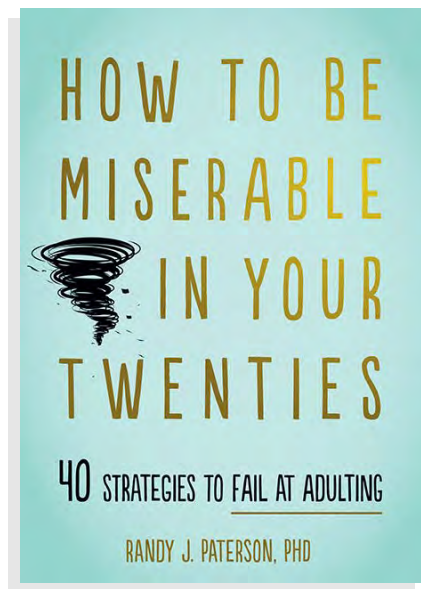


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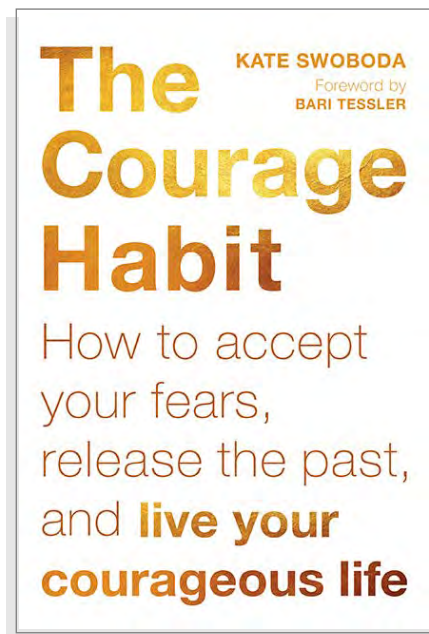


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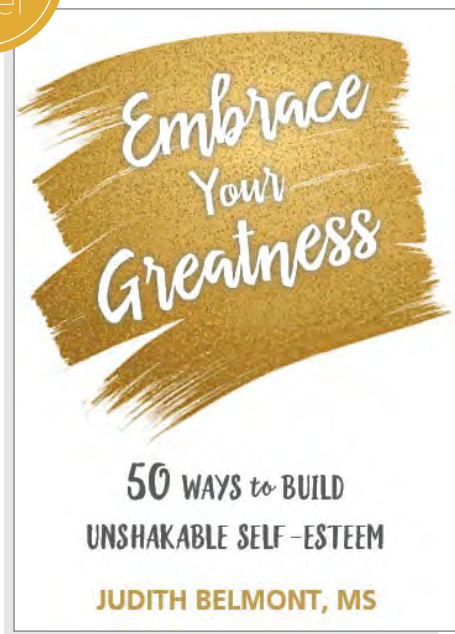


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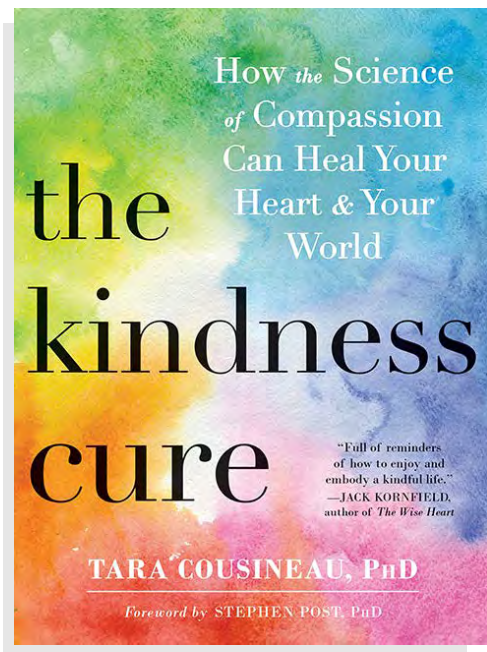
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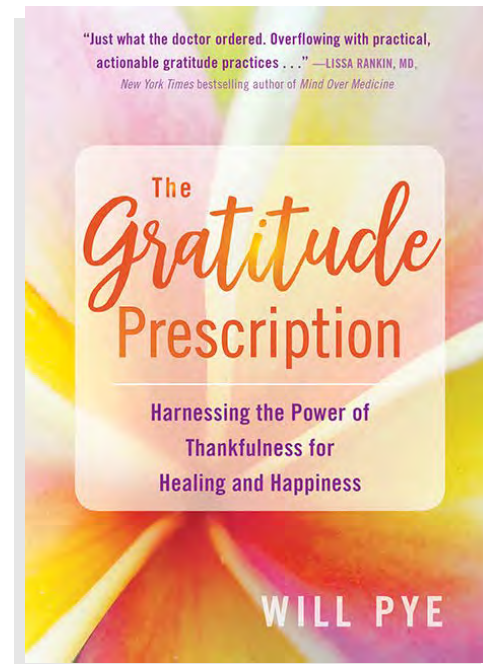
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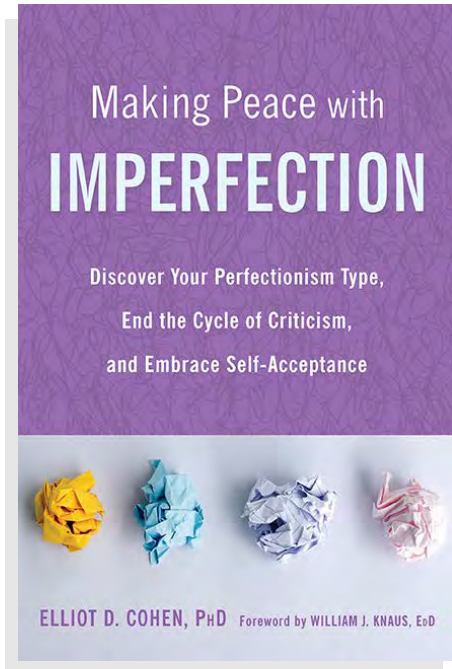
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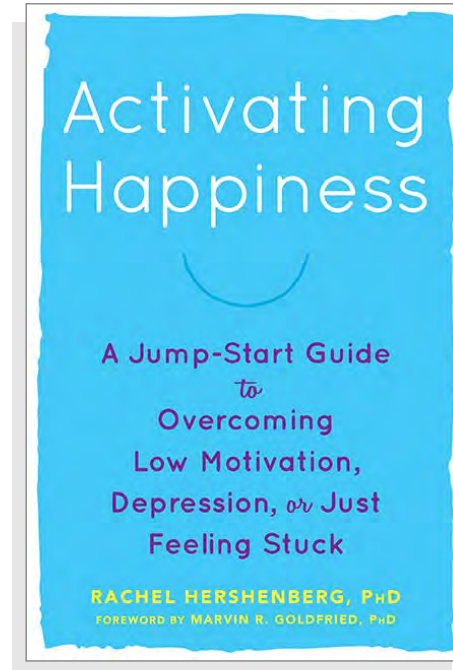
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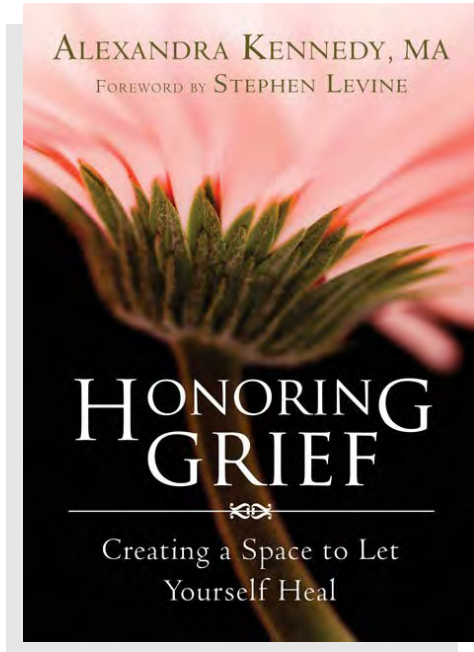


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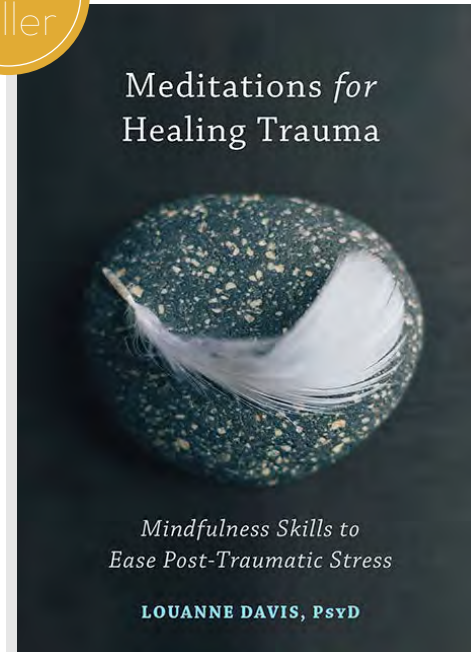
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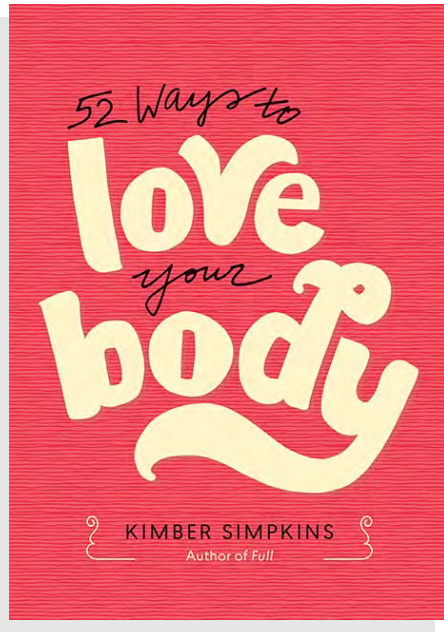
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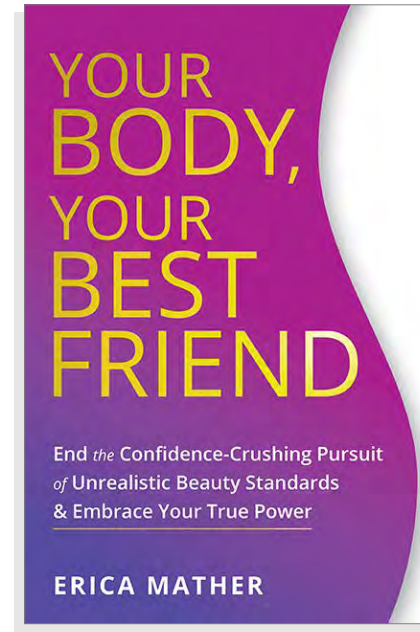
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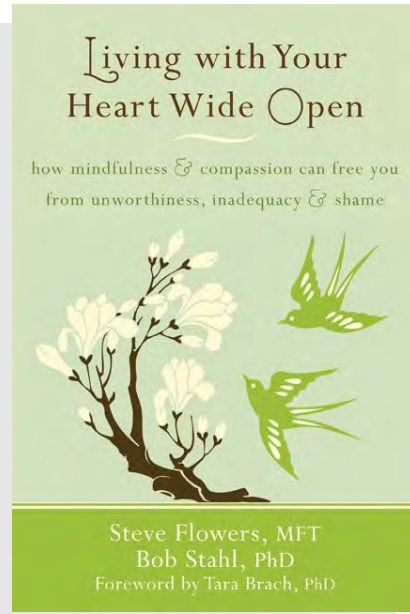
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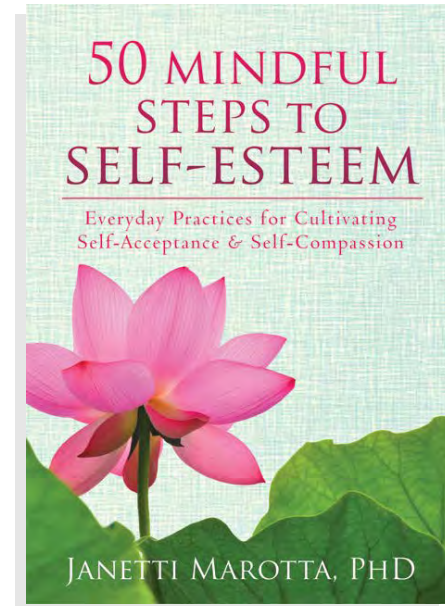
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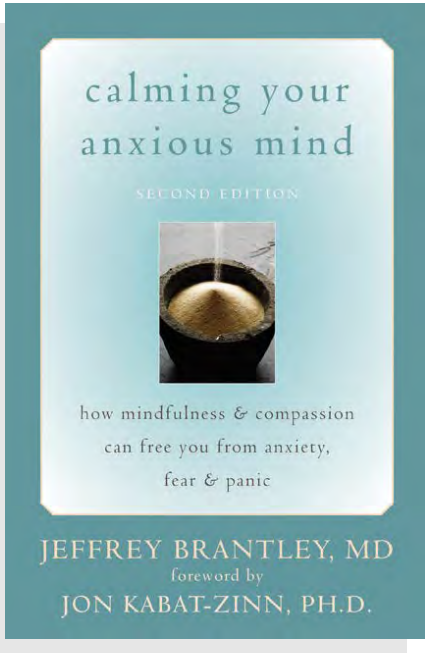
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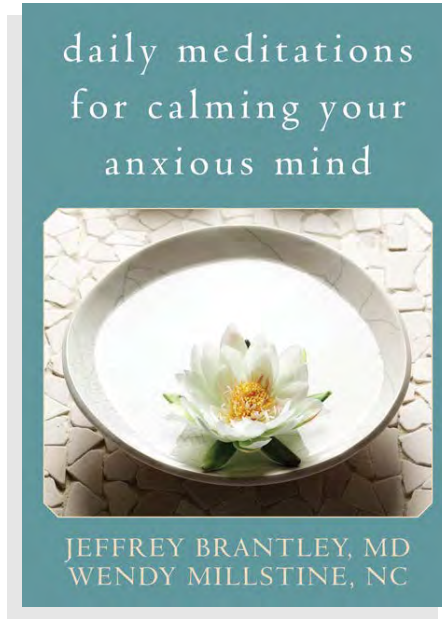


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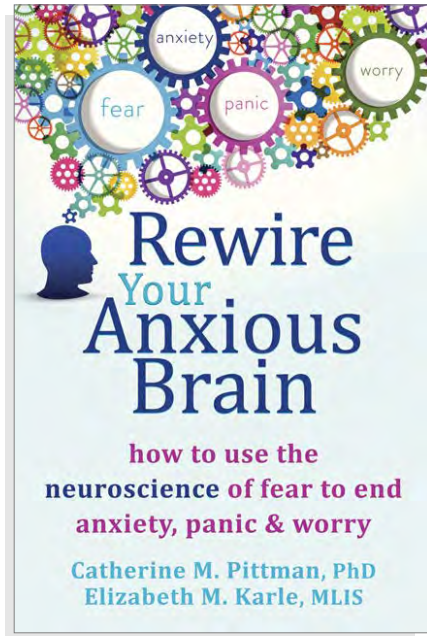
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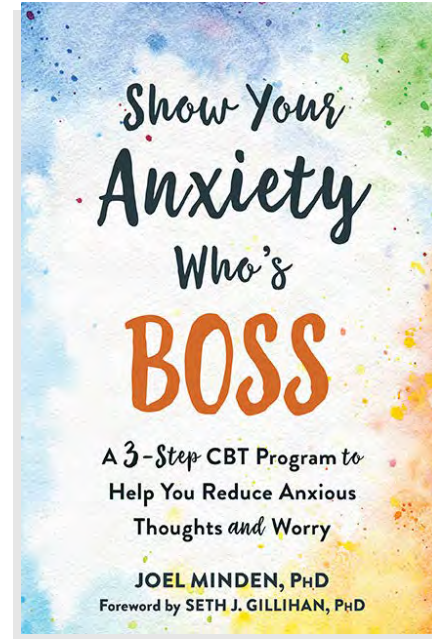
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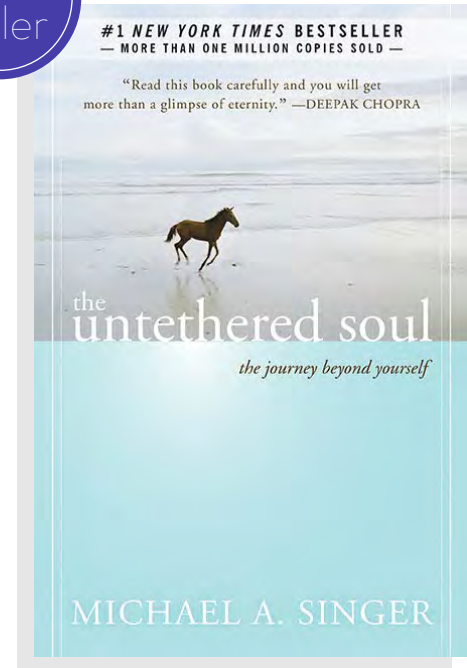


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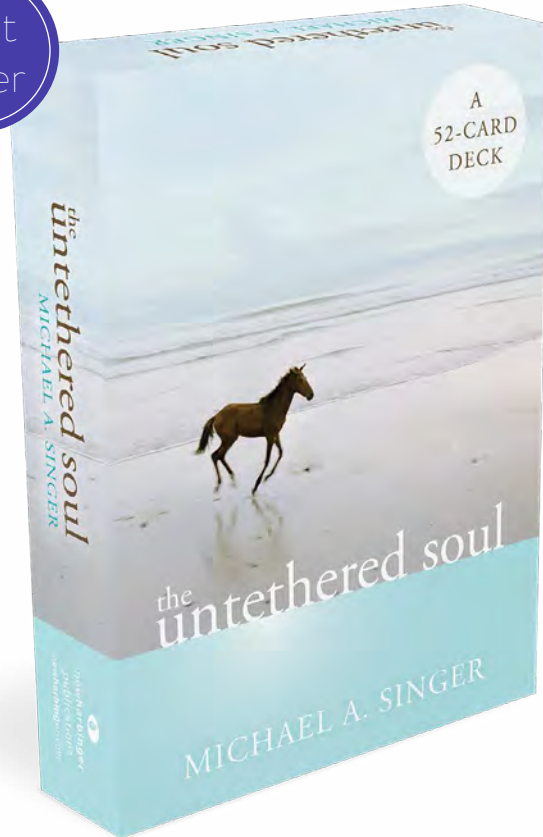
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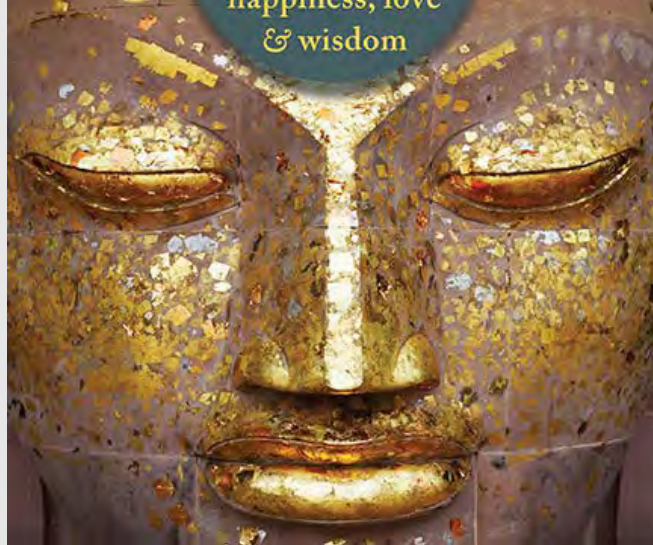
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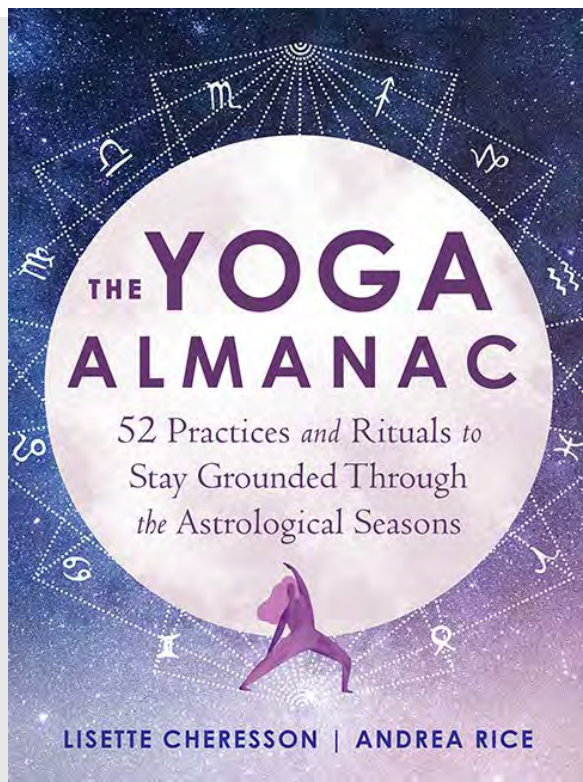
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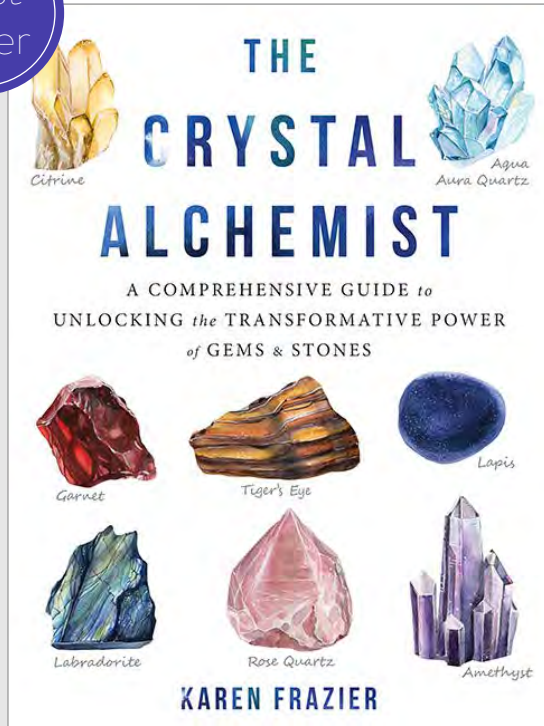
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<p>PRACTICE</p> <p>Seated Spinal Twist (Marichyasana III)</p>  <p>"Marichi" is loosely translated as "sage" or "a ray of light from the sun or moon." Marichi is the son of Brahma and one of seven seers (rishis), or lords of creation (prajapati). Marichi is also the great-grandfather of Manu, who, in Vedic tradition, is considered the father of the human race.</p> <p>Seated Spinal Twist, also known as Sage's Pose or Marichi's Pose, stimulates the abdominal organs. When we tend to this "second brain," we create clarity and alleviate nervousness, aiding the body's natural detoxification process. The posture benefits a healthy spine when rotation is natural and not forced.</p> <p>Seated Spinal Twist rouses the root (muladhara) chakra and taps into our place of personal peace. Tuning into our sacral (svadhisthana) chakra—the center of our creativity—allows us to hone what makes us tick, what helps us feel centered and whole. A slight turn of the chin will open the throat (vishuddha) chakra to increase our ability to communicate from a place of serenity and calm.</p> <p>Cancer, Leo, Virgo</p>	<p>THIS WEEK: GROUND THYSELF</p> <p>Spending time in nature boosts our immune system, improves mood, accelerates recovery from injury or illness, increases energy levels, and, of course, improves sleep (Williams 2017). Mindfulness meditation asks that we observe ourselves and our surroundings in the present moment so that we may become more at ease with what is.</p> <p>Go for a nature walk and notice the small things we so easily take for granted. Be it the untamed forest or a city park, observe the environment around you. Pay attention to your breath and feel sensations arise within your body, while releasing attachment from the outcome of your stroll. Even the most basic activity, such as an afternoon walk, can become sacred when it is infused with palpable presence and attention. We become more at ease and more capable of accepting ourselves in the moment. This is the practice of contentment.</p> <p>ॐ</p> <p>DHARMA TALK</p> <p>We do not strive for contentment but create space for it to emerge. Contentment is not complacency but finding strength in simplicity and power in the peaceful. By softening, accepting, and releasing what is not, we establish inner peace and find ease with what is.</p> <p>131</p>
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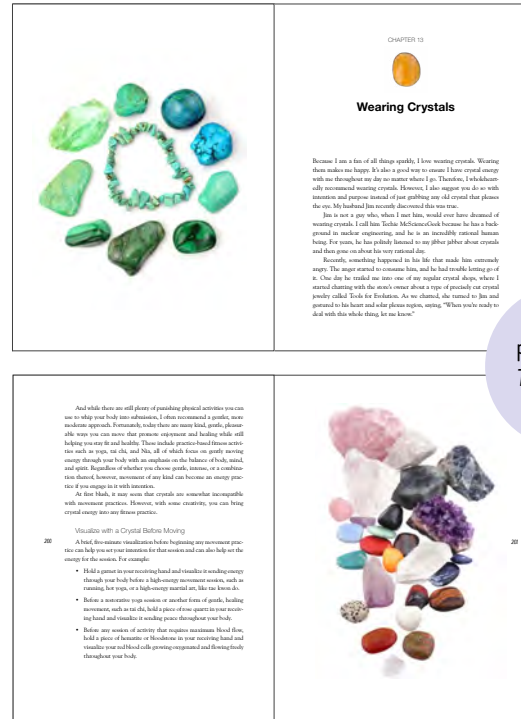


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CHAPTER 13

Wearing Crystals

Because I am a fan of all things sparkly, I love wearing crystals. Wearing them makes me happy. It's also a good way to create a more vibrant energy with me throughout my day in various ways (e.g., bracelets, jewelry, etc.). I have personally recommended wearing crystals. However, I also suggest you do so with intention and purpose instead of just grabbing any old crystal that glimmers the way. My husband Jim recently discovered this was true.

Jim is not a fan of this, which I can't blame, would you have thought of wearing crystals, I call him, Terrell McScienceBook because he has a background in nuclear engineering, and he is an incredibly rational human being. For years, he has publicly blasted to me other people about crystals and then gone on about his very rational day.

Recently, something happened in his life that made him, extremely angry. The anger started to consume him, and he had trouble letting go of it. One day he called me one of my regular crystal days, where I started chatting with the stones about a type of precisely cut crystal jewelry called Tada for Evolveus. As we chatted, the stone he had placed in his hand and I did some magic, saying, "When you're ready to deal with this whole thing, let us know."

take a peek inside The Crystal Alchemist

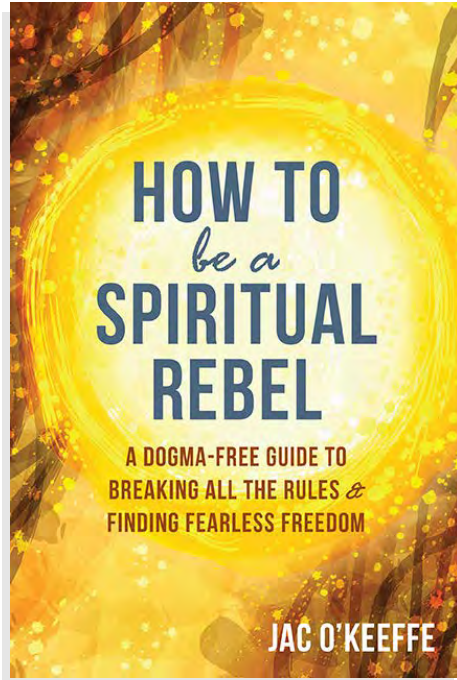
And while there are still plenty of powerful physical activities you can use to help your body stay vibrant, I often recommend a gentler, more accessible approach. Fortunately, when there are some kind, gentle, pleasant ways you can move that promote endurance and health while still helping you stay fit and healthy. These include practices based around activities such as yoga, tai chi, and Pilates, all of which focus on gentle, moving energy through your body with an emphasis on the balance of body, mind, and spirit. Regardless of whether you're a yoga, tai chi, or Pilates practitioner, however, movement of any kind can become an energy practice if you engage it with intention.

At this point, it may seem that crystals are somewhat incompatible with movement practices. However, with some creativity, you can bring crystal energy into any fitness practice.

- Visualize with a Crystal Before Moving
- A hand, this intuitive visualization helps in beginning any movement practice can help you set your intention for that session and can also help set the energy for the session. For example:
- Hold a gemstone in your receiving hand and visualize it sending energy through your body before a high-energy movement session, such as running, hot yoga, or a high-intensity martial art, like taekwondo.
 - Before a movement yoga session or another form of gentle, healing movement, such as tai chi, hold a piece of clear quartz in your receiving hand and visualize it sending grace throughout your body.
 - Before an evening of cardio that requires maximum heart flow, hold a piece of hematite or Woodrose in your receiving hand and visualize your mindfully cultivating grounding and firming body throughout your body.

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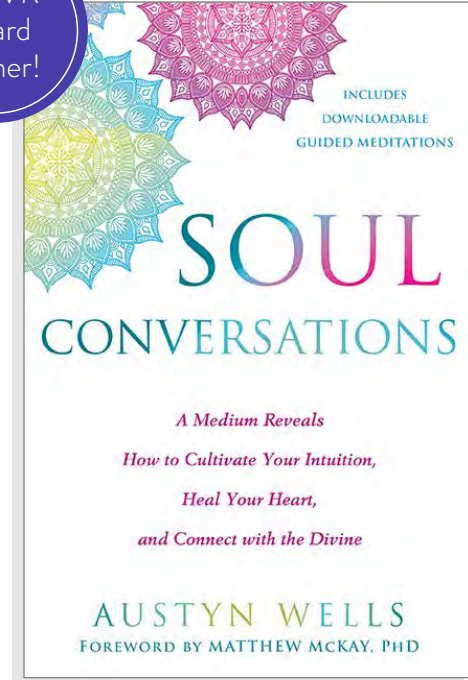
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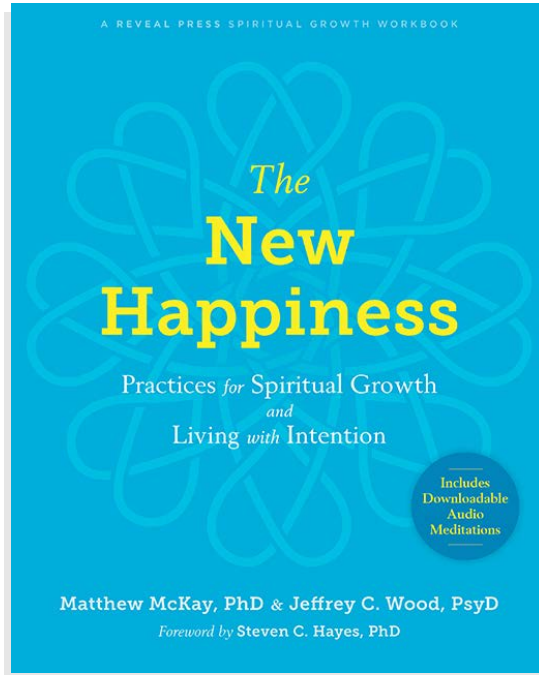
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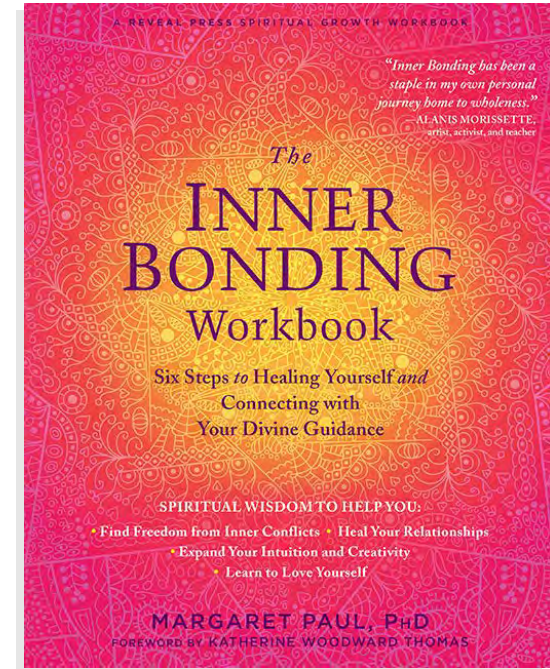
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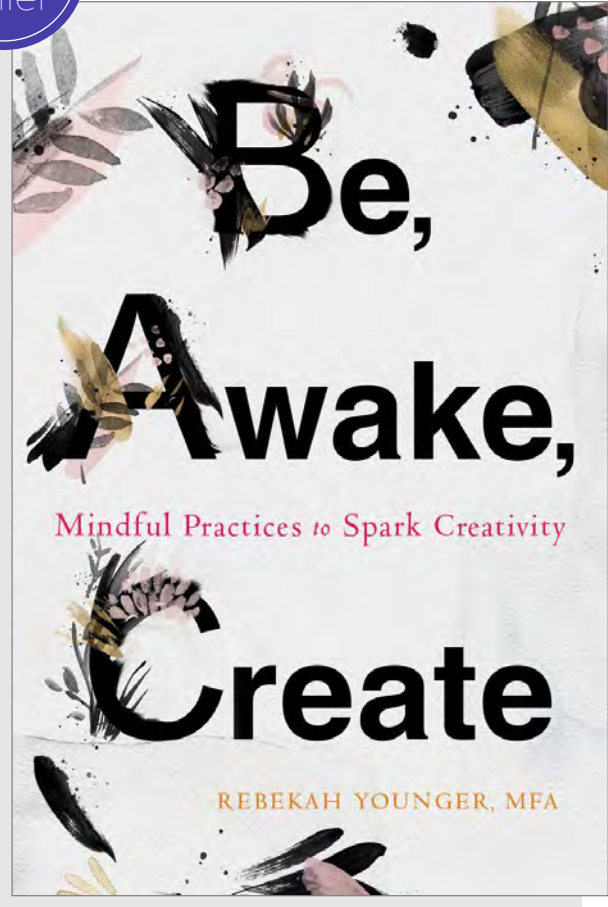
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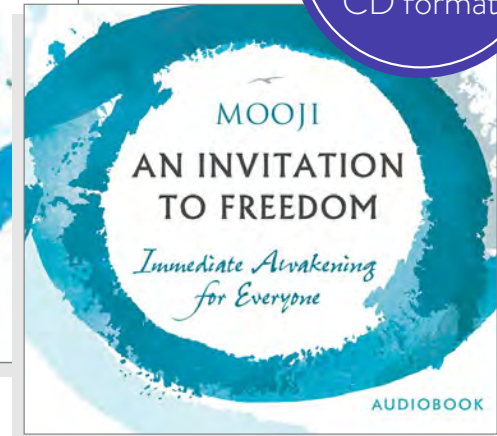
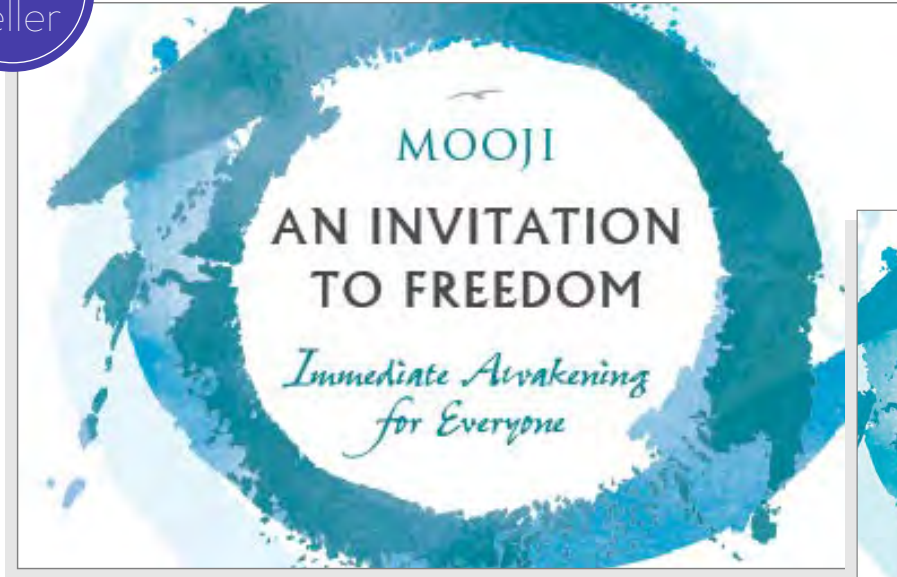
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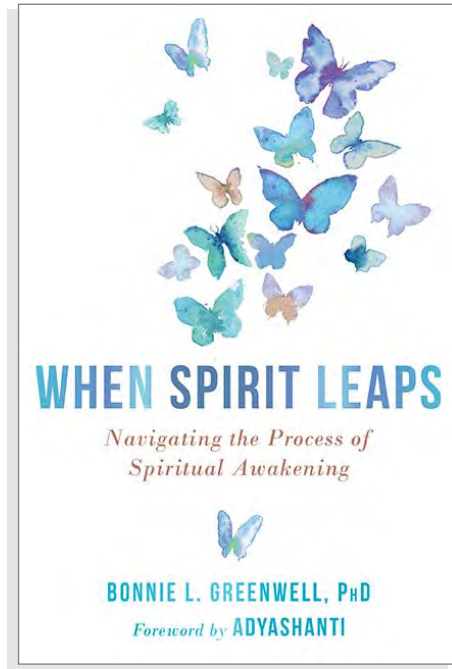
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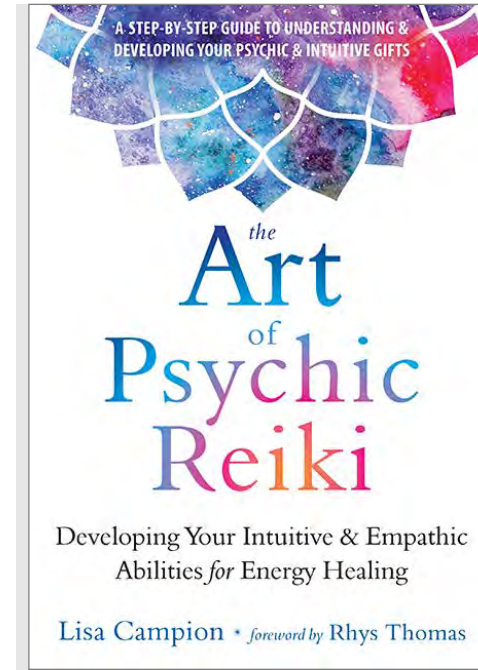
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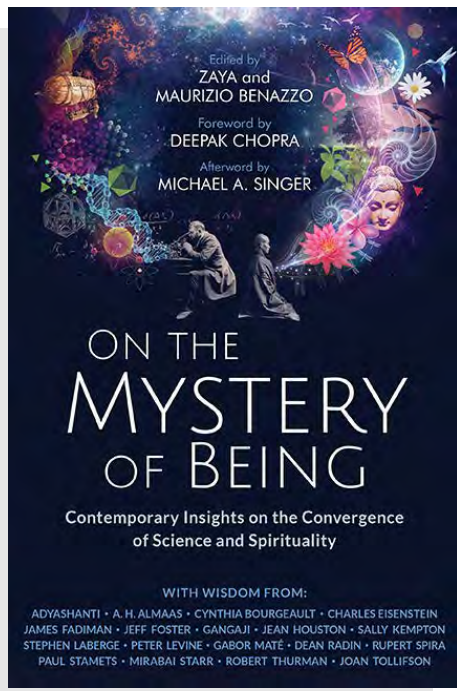
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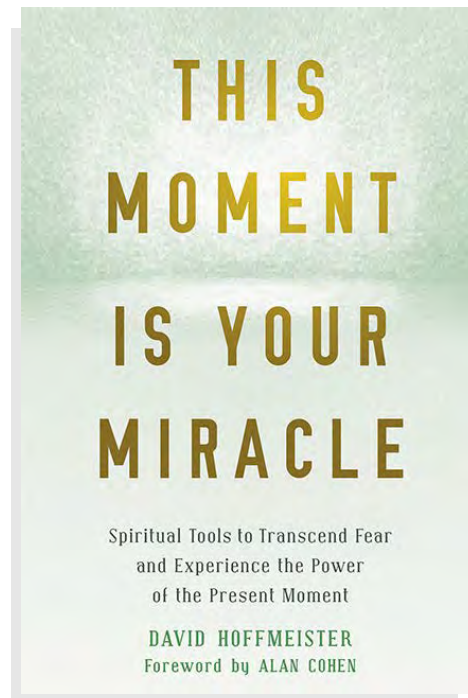
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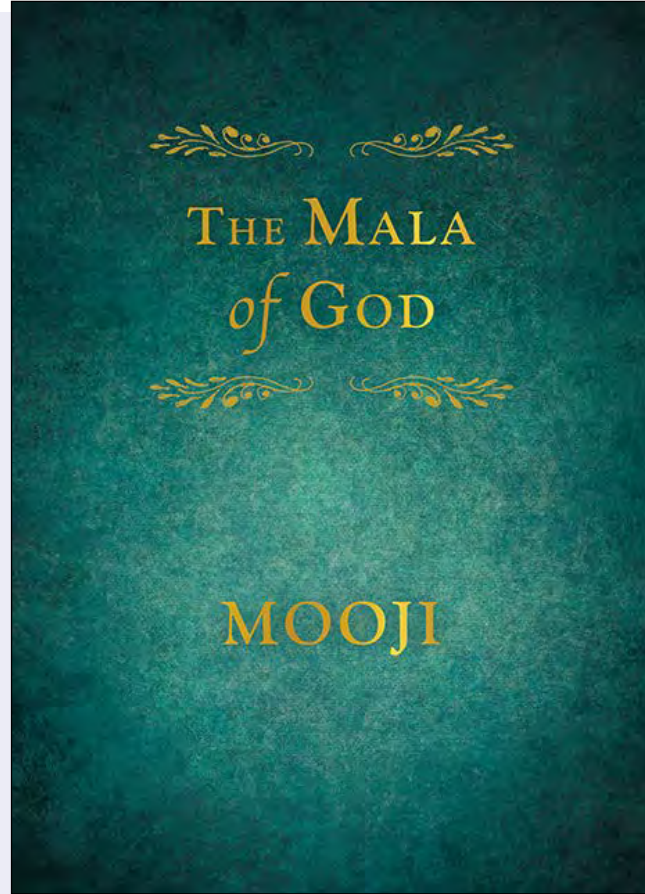


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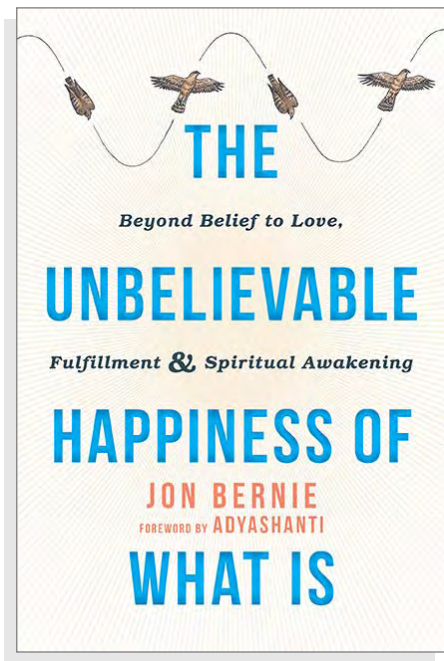
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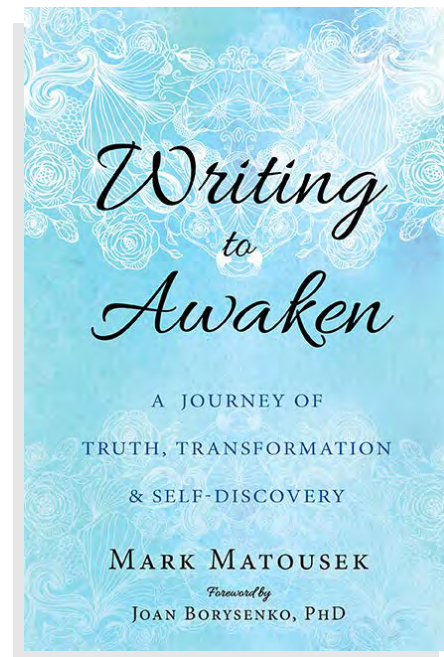
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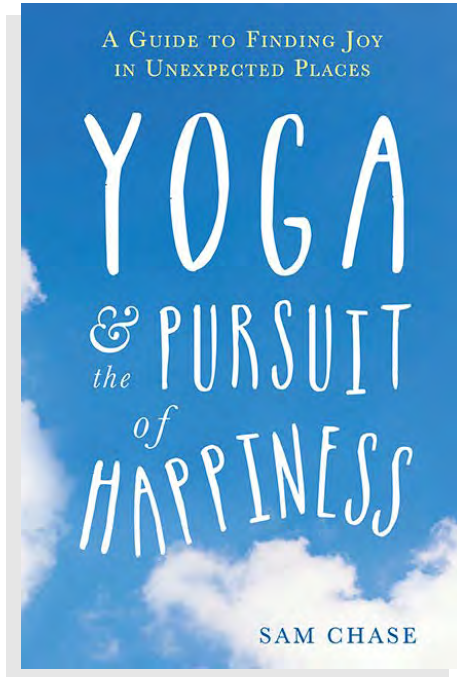
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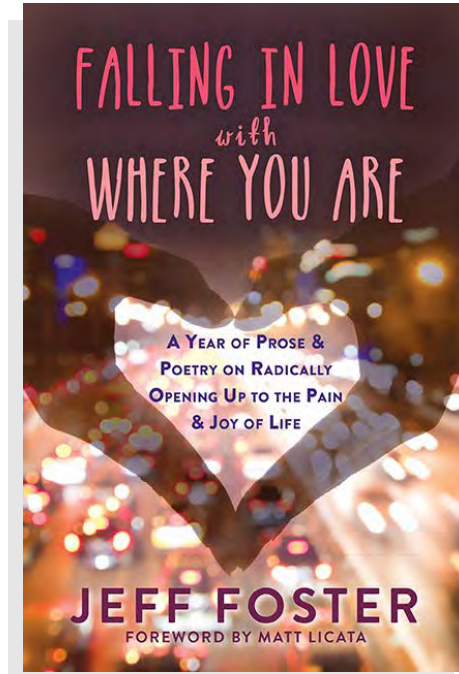
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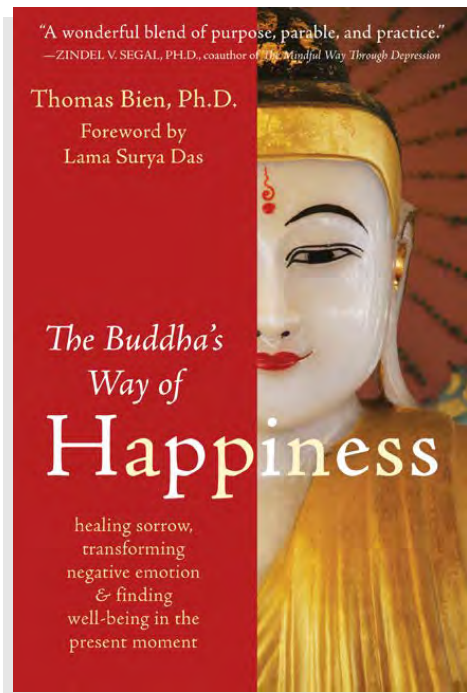
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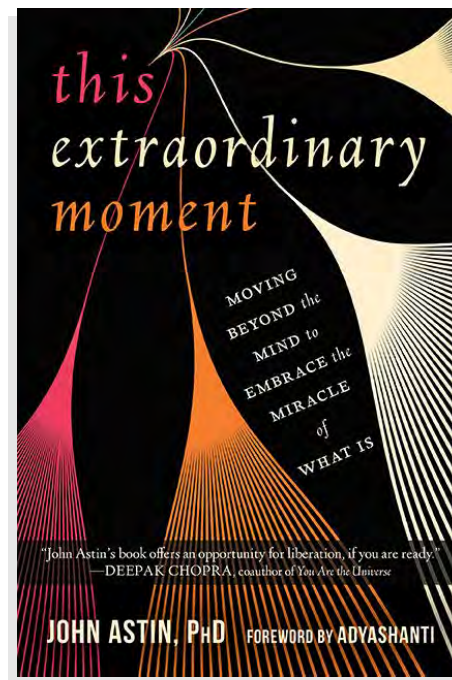
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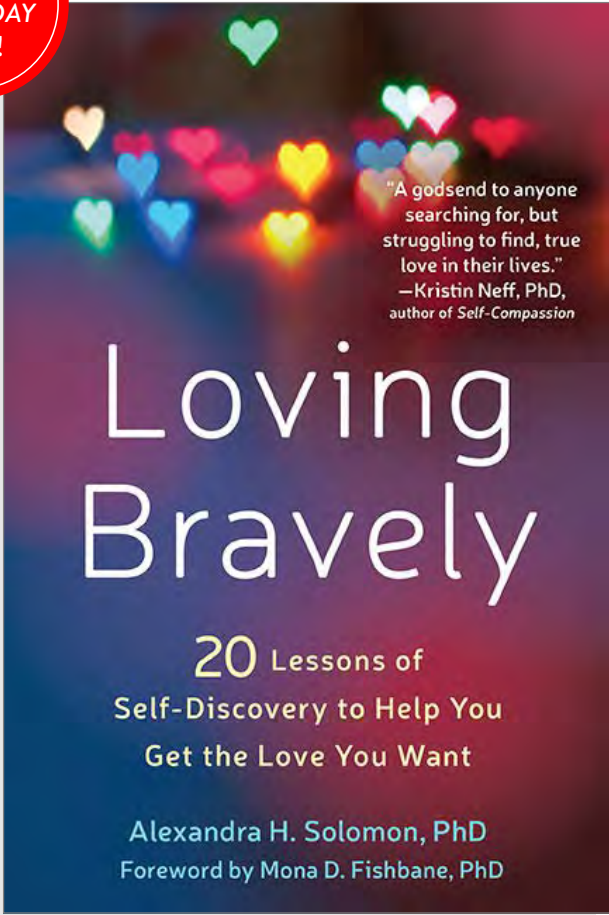
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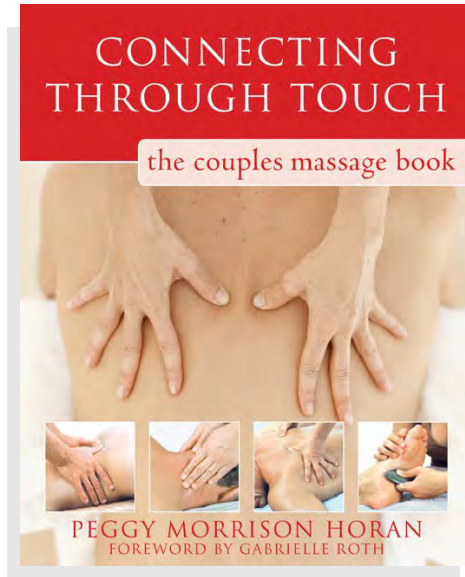
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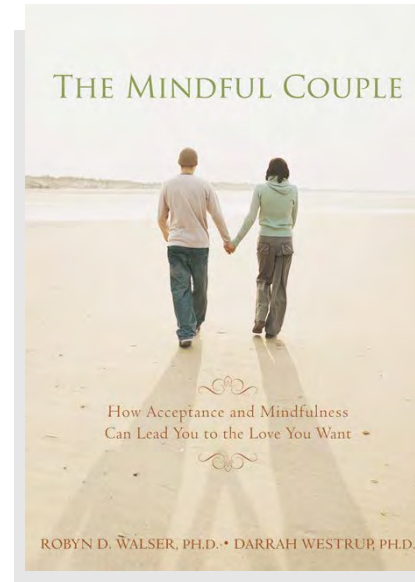
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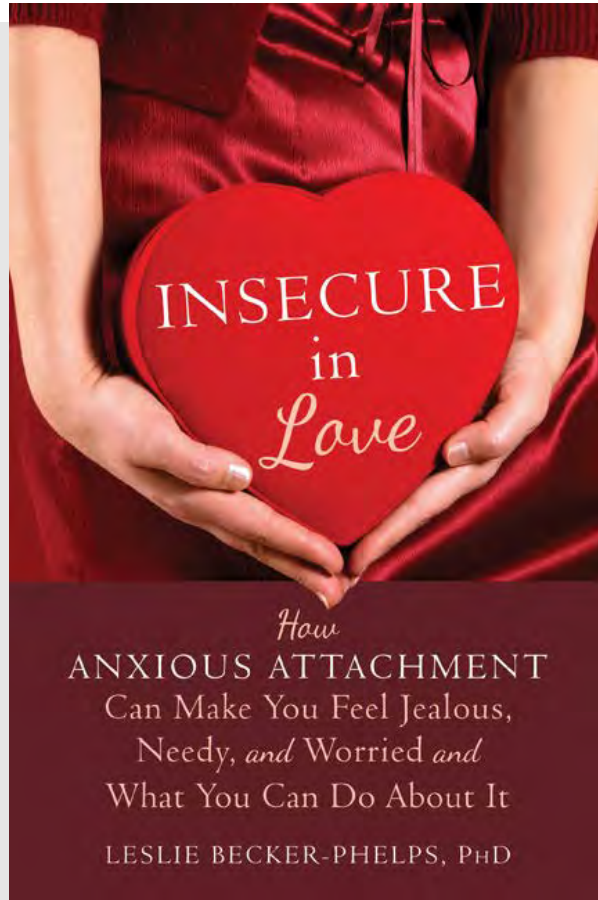
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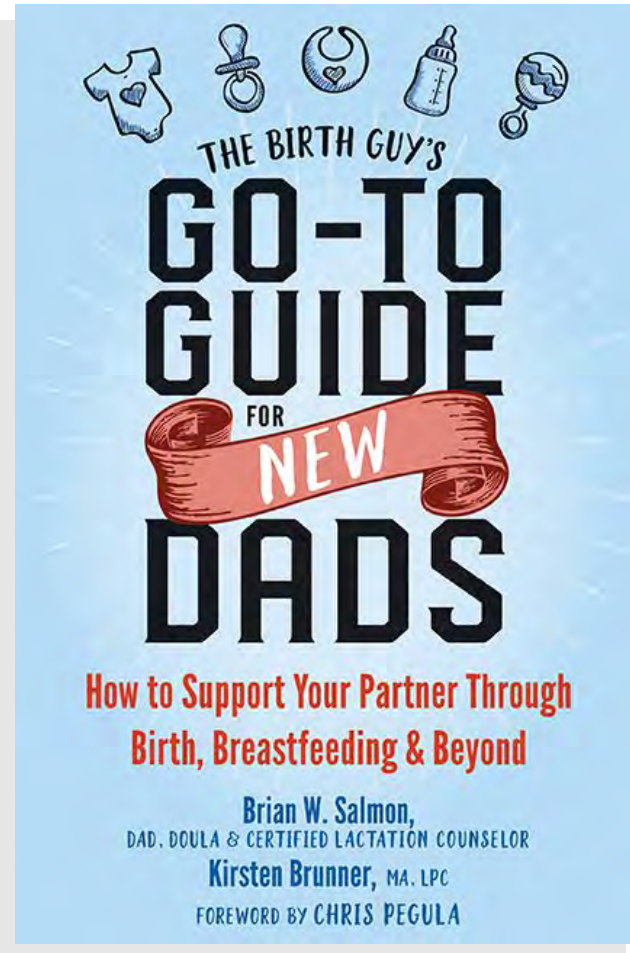


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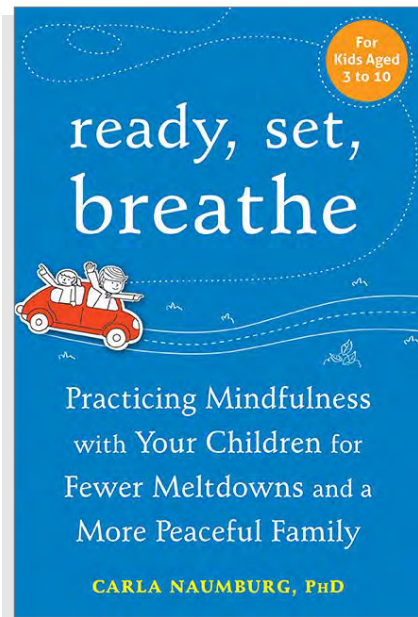
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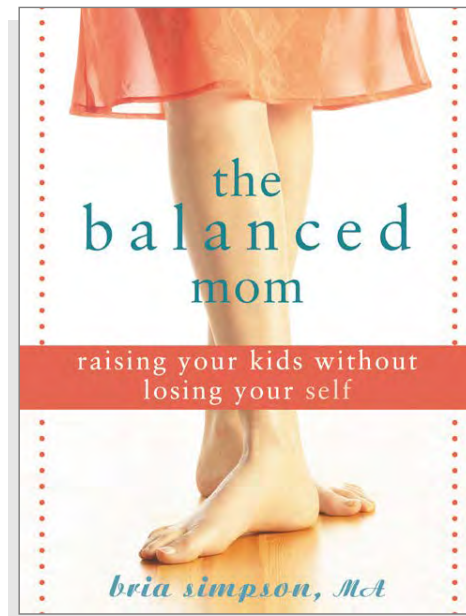
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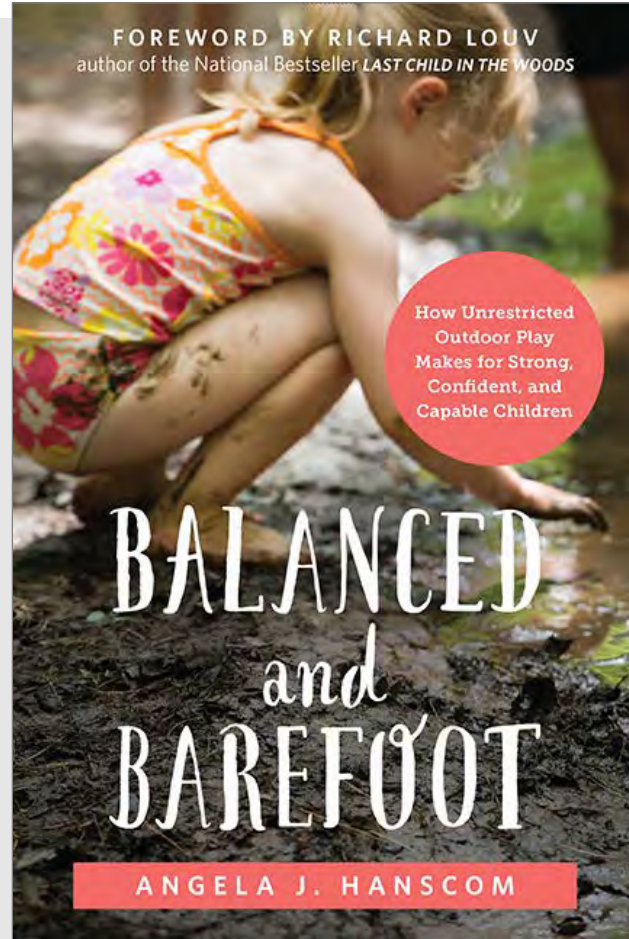


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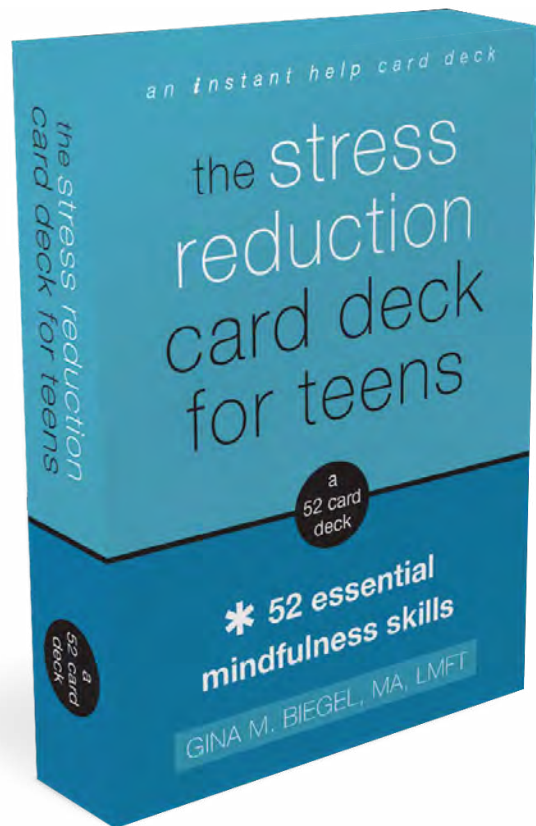
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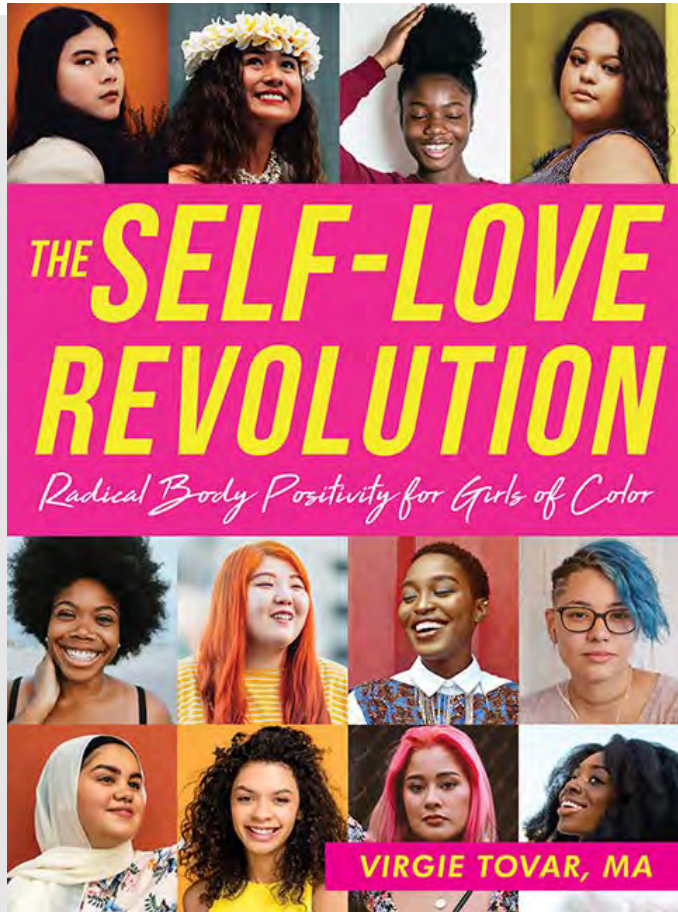
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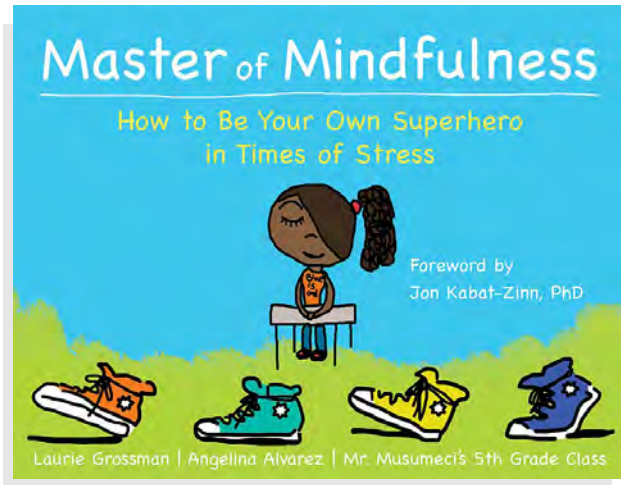
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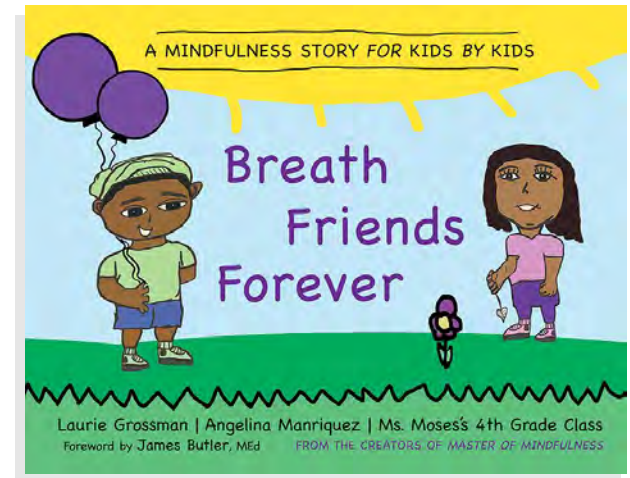


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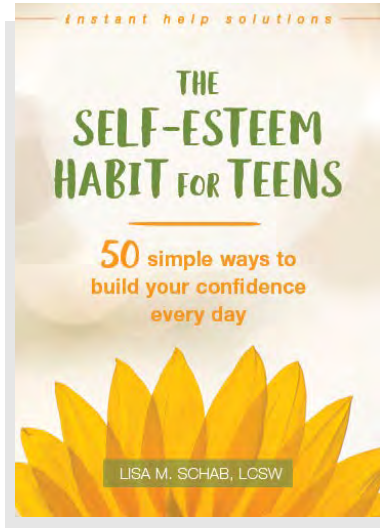
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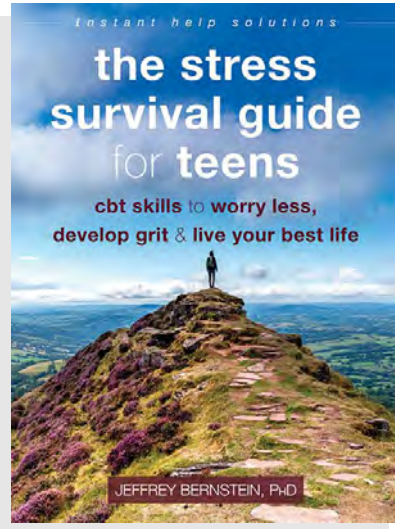
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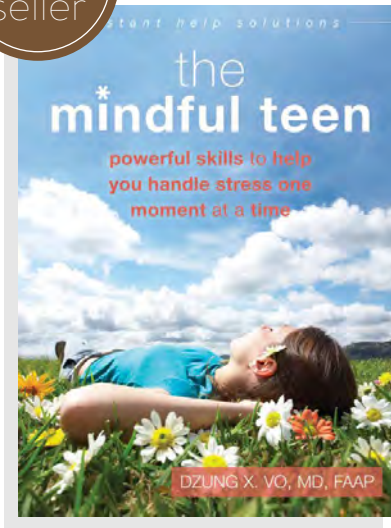
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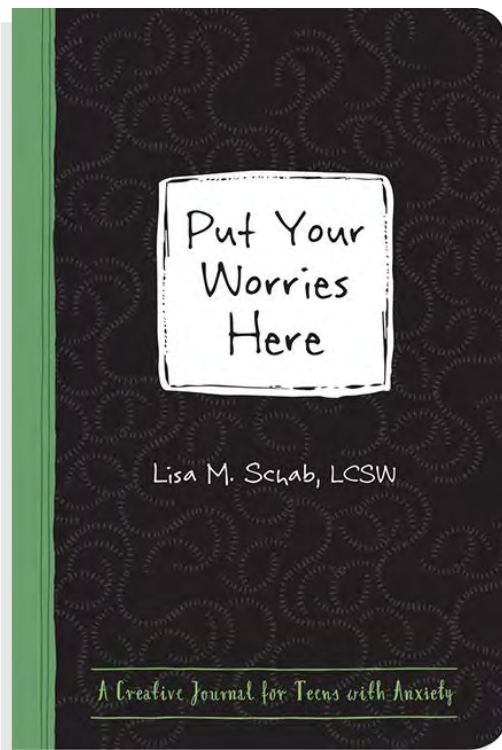


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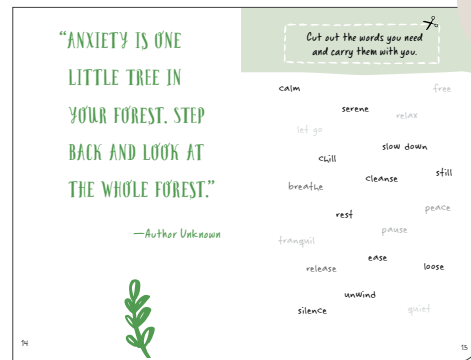
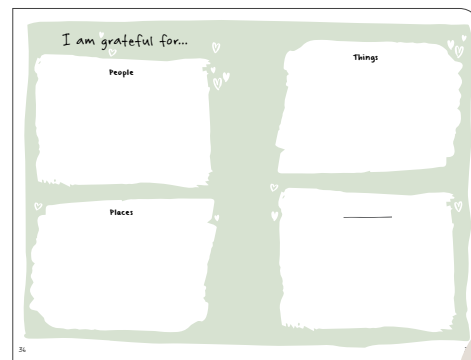
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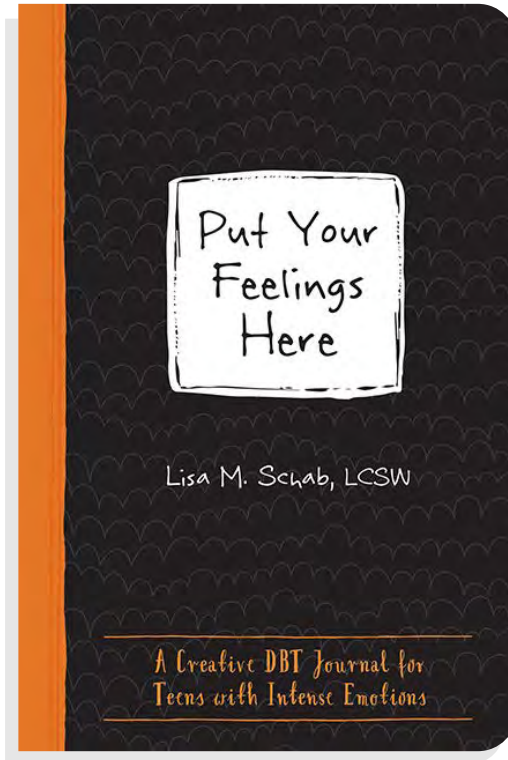
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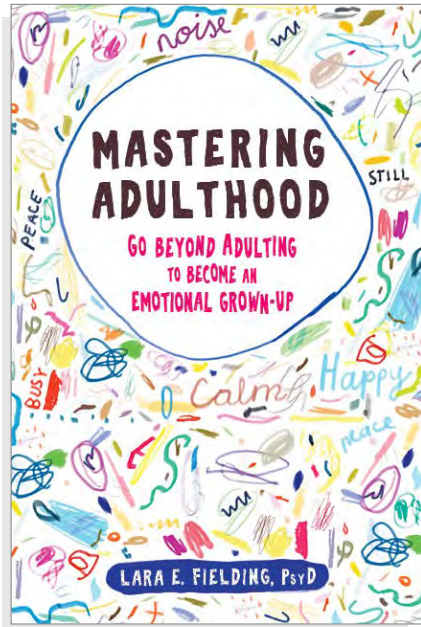
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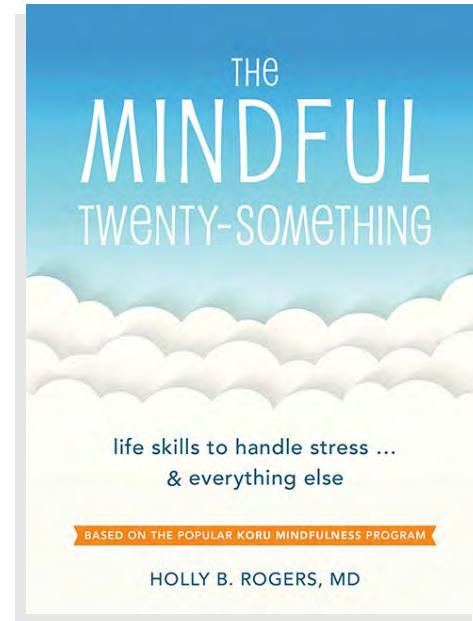
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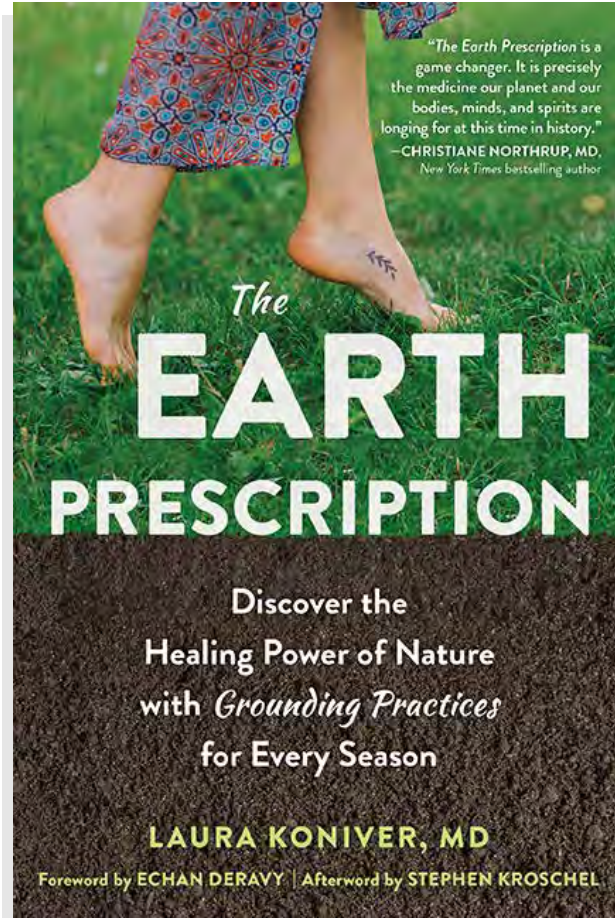


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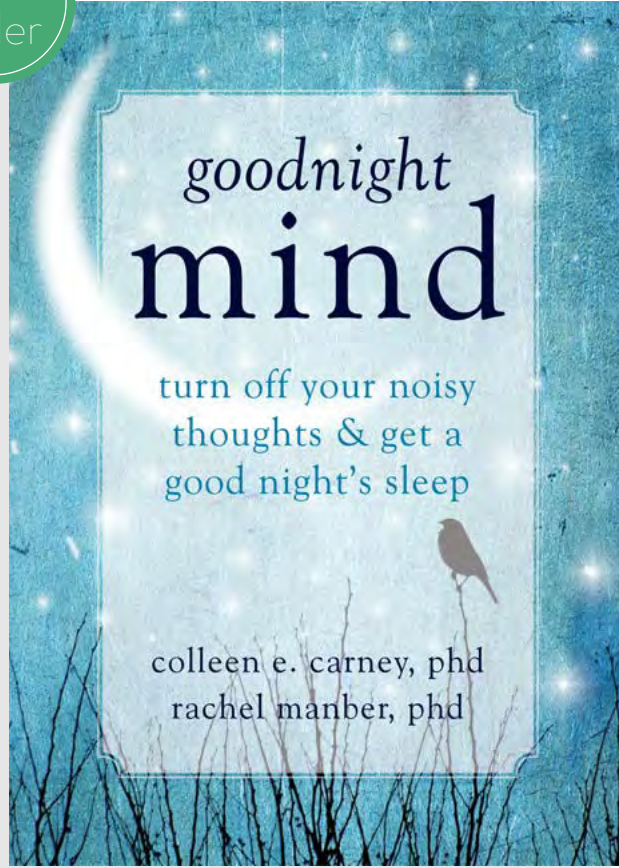
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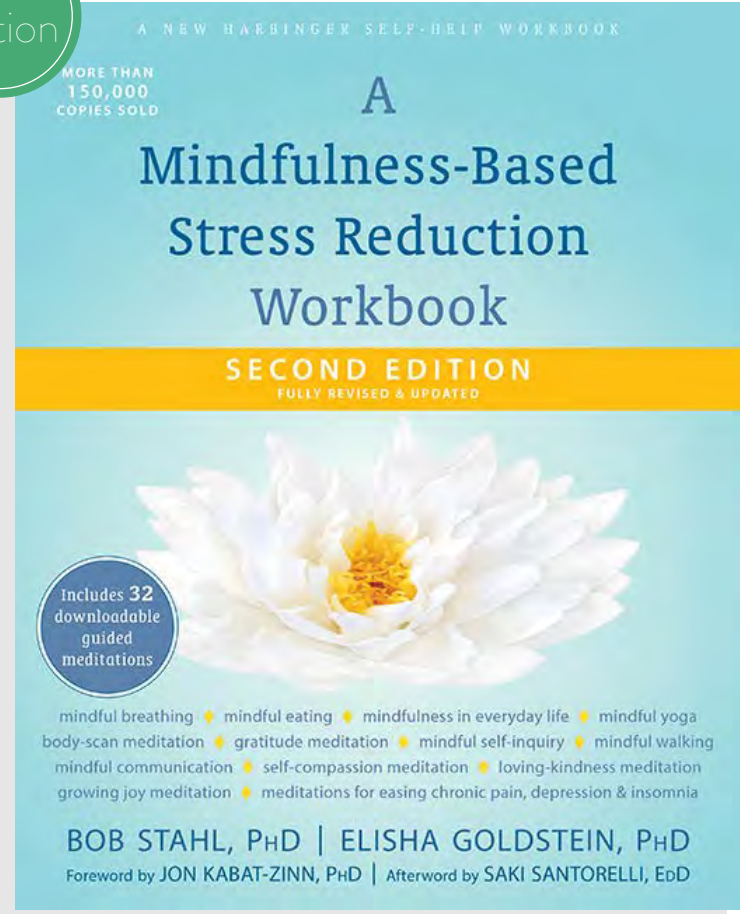
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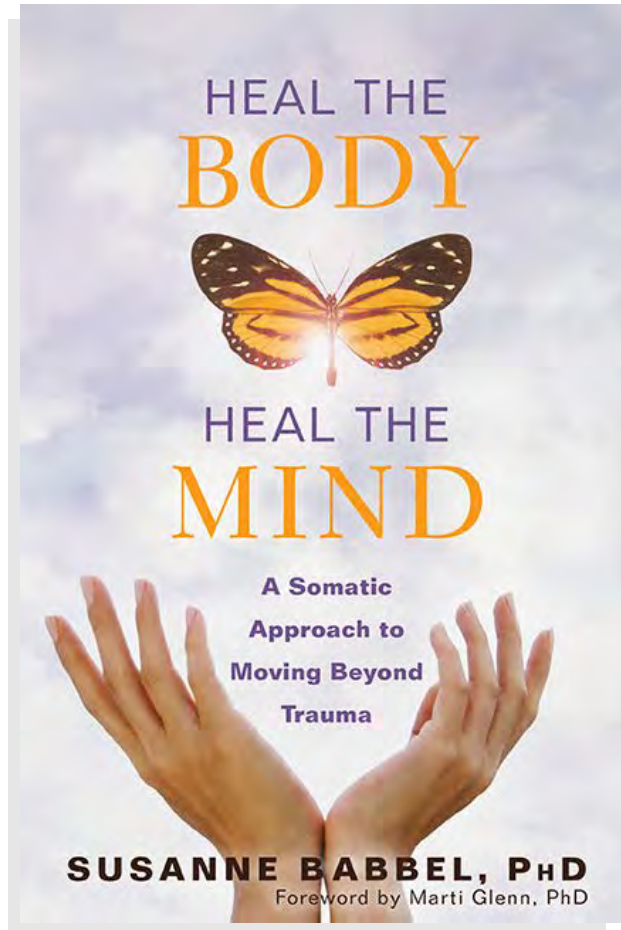
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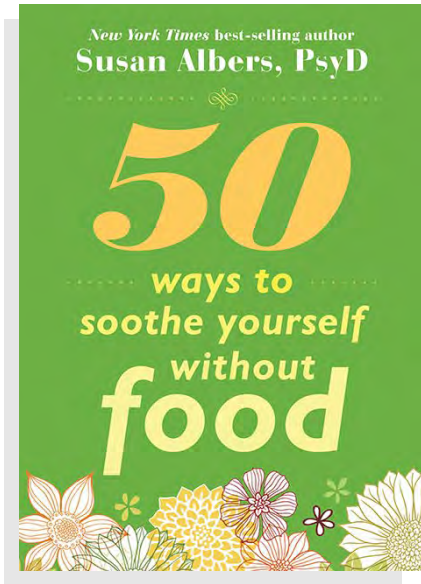
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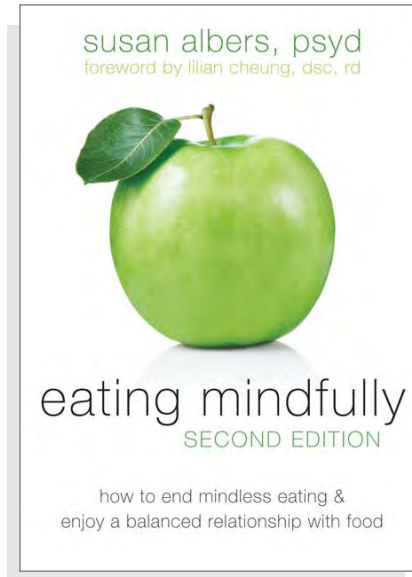
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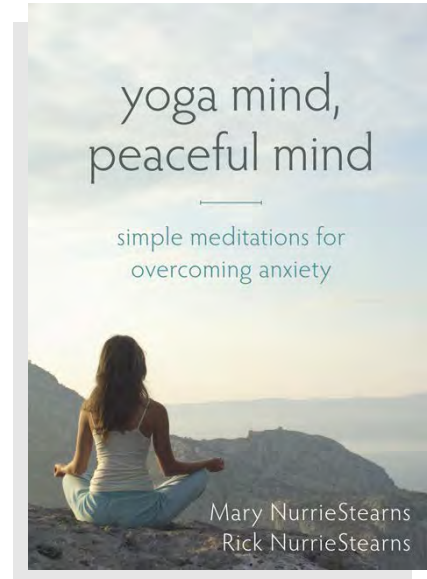
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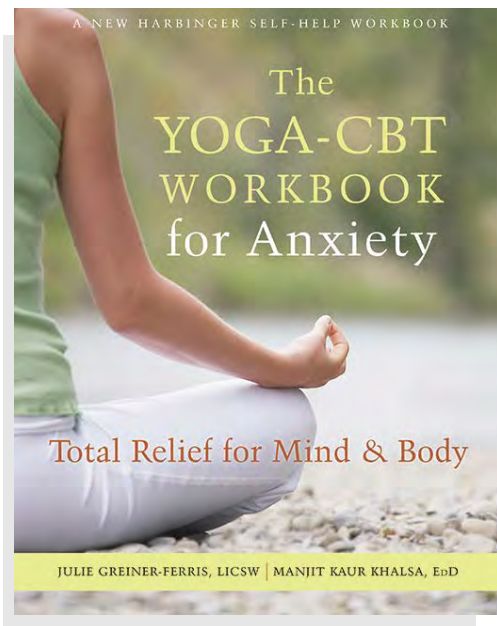
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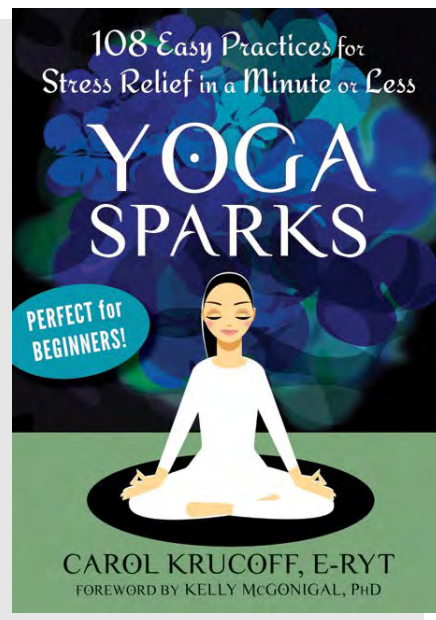
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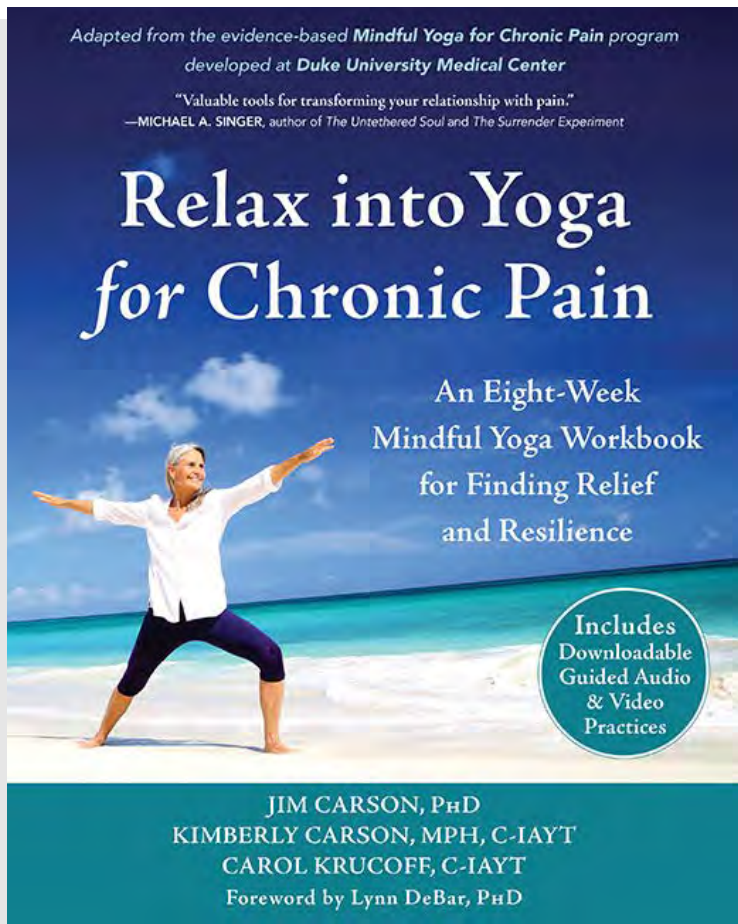


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This powerful, portable guide is packed with fifty-two in-the-moment mindfulness strategies you can use anytime, anywhere to cultivate calm and peace of mind. You'll get to the root of your anxiety, learn why avoidance just doesn't work, and find out how to quiet your anxious thoughts when they strike. Finally, you'll discover how focusing on your values can help you move past anxiety—once and for all.

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BE, AWAKE, CREATE

In our busy lives, it may seem difficult to slow down, breathe, and just be in the here and now. As a result, we feel scattered, overwhelmed, and our most treasured time to creatively express—and *decompress*—takes a back seat. Whether you have an artistic practice or long to be more creative, this mindful guide will help you cultivate a greater awareness of your thoughts, senses, and the ordinary magic of the world around you to spark a genuine creative expression.

Be, Awake, Create invites you on a journey to explore your own creative potential. You'll find dozens of unique prompts, introspective exercises, and hands-on activities designed to inspire you to express in any medium—from movement and collage to photography and poetry. You'll learn to tap into the power of your direct experience of the moment without judgment, for a fresh perspective and spontaneity of expression.

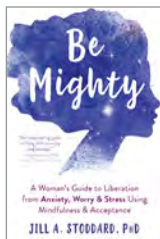
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Be Mighty leads you on a bold quest to gain a deeper understanding of your anxious thoughts, cultivate might through mindfulness, and “own it” without apology. You’ll learn how to respond more consciously to life’s daily triggers, discover what really matters to you, and connect with your most authentic self. If you’re ready to embrace your feminine fierceness and stand up for the life you want, this empowering guide will help you gain the confidence needed.

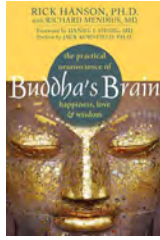
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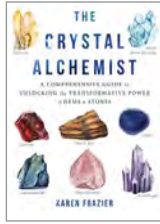
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The Buddha and other great teachers were born with brains built essentially like anyone else's—and then they changed their brains in ways that changed the world.

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Buddha's Brain draws on the latest research to show you how to stimulate and strengthen your brain for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. You'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. This clear, down-to-earth book is filled with practical tools and skills you can use in daily life to tap the unused potential of your brain, and rewire it over time for greater well-being and peace of mind.

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THE CRYSTAL ALCHEMIST

Crystals have long been admired for their raw beauty and sense of mystery. But did you know that crystals can also help you cultivate a healthier, more conscious, and spiritually fulfilling way of life? Whether you're new to gems and stones or have been collecting for years, this comprehensive guide will help you use crystals to set intentions, create harmony, and transform your daily life.

Written by an intuitive energy healer, Reiki master, and metaphysical practitioner, *The Crystal Alchemist* provides everything you need to tap into the ancient, healing, and truly transformative power of crystals. With this beautiful, in-depth guide, you'll learn all about the unique properties and types of gems and stones, and discover practical ways you can use crystals each and every day to create a life of contemplation, balance, purpose, and joy.

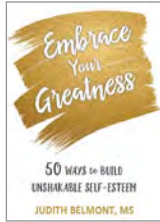
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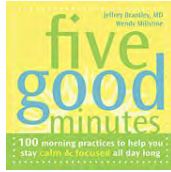
In our competitive and image-obsessed world, it's all too easy to feel like we're just not good enough. Maybe you wish you were thinner, smarter, or more successful. Or maybe you envy that friend who seems to “have it all.” You aren't alone. The truth is that everyone needs a little confidence boost from time to time. So, what can *you* do each day to help you recognize *your* fabulousness and start focusing on what makes you truly great?

In this go-to guide, you'll find fifty empowering tips and tools to help you overcome self-doubt, silence your inner critic, boost your self-esteem, and embrace your greatness. Using the unique and engaging activities in this book, you'll also discover ways to be more assertive, cultivate healthy relationships that support a healthier you, and create an unshakable sense of optimism about yourself and your life. What are you waiting for?

“An extraordinarily valuable book for anyone seeking a stronger, more positive sense of self.”

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How about five minutes?

In this book, Jeffrey Brantley, founder and director of the Mindfulness Based Stress Reduction Program at Duke Integrative Medicine, offers engaging ways you can make simple, effective, and lasting changes—five minutes at a time. Starting each morning with just one of these exercises will set the tone for a balanced, stress-free, and more fulfilling day. And, as you continue your practice, you'll find that five good minutes are the best gift you can give yourself.

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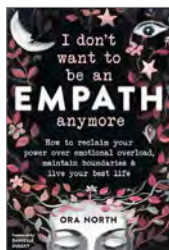
GOODNIGHT MIND

Many people who suffer from insomnia often complain of having a “noisy” mind that keeps them up at night. *Goodnight Mind* helps readers calm their overactive brain when they are trying to get to sleep. By creating routines and an environment that will promote good sleep, readers will learn to put a buffer between the stress of the day and bedtime—and train a noisy mind to be quiet after turning in at night. This is the perfect book for keeping on the nightstand.

“This easy-to-read guide provides ten simple steps for keeping one’s mind out of the way of a good night’s sleep. I am certain that this guide will be a great aid to those who read it.”

—JACK EDINGER, PHD, professor, and director of the behavioral sleep medicine program at National Jewish Health

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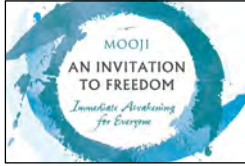
Have you always been sensitive? Do you care so deeply for others that their emotions become your emotions? If so, you may be an empath—and you may wish you weren't. Fortunately, you can learn to master your “gift,” find balance, and harness the strength of your intuition to live a more fulfilling life. This refreshingly honest guide will show you how.

In *I Don't Want to Be an Empath Anymore*, you'll learn how to navigate your empathic sensitivities, maintain boundaries, and build confidence. You'll also discover how to deal with “energy vampires,” and build healthy and mutually rewarding relationships that will lift you up, rather than pull you down. In this book, you won't find platitudes or attempts to whitewash your deeply emotional and painful experiences. What you will find are practical tools to help you make the most of your unique abilities, heal the wounds of past trauma, and stand strong in your power.

“A raw and powerful look at the reality of being an empath.”

—LISA CAMPION, Reiki master teacher, and author of *The Art of Psychic Reiki*

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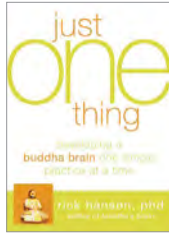


AN INVITATION TO FREEDOM

Amidst the busyness and chaos of our daily lives, many of us search for meaning, fulfillment, and a genuine sense of who we really are beyond our ego and conditioning.

An Invitation to Freedom guides you toward the immediate, authentic awakening that so many of us seek—the realization of our true nature as pure, effortless awareness. These simple yet profound instructions, questions, and contemplations will lead you directly into the heart of truth and absolute freedom. This could be the most important discovery you make in your life.

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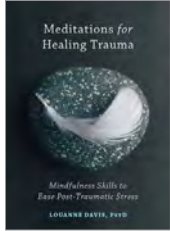
JUST ONE THING

We've all heard the expression, "It's the little things that count." Research has shown that little daily practices can change the way our brains work, too. This book offers simple brain-training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. *Just One Thing* is a treasure chest of over fifty practices created specifically to deepen one's sense of well-being and unconditional happiness.

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Post-traumatic stress isn't your fault. Although some people heal quickly after they experience a traumatic event, for others, the effects of trauma can develop into post-traumatic stress disorder (PTSD), with debilitating symptoms like nightmares, flashbacks, feelings of fear or anger, and difficulty sleeping. If you have PTSD, you may have lost your sense of who you are and struggle to relate to others. So, how do you begin healing?

The mindfulness meditations in this comforting guide will help you cultivate skills you can use anytime to free yourself from suffering and bring a sense of peace, connection, and balance. Instead of getting stuck reliving the trauma or worrying about something so painful happening again, these meditations will ground you in the present moment and help you cope with difficult thoughts and feelings as they arise, so you can start living your life fully.

“This book is a wise and welcome guide to healing and recovery.”

—CHRISTOPHER GERMER, PHD, author of *The Mindful Path to Self-Compassion*

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THE MINDFUL TEEN

Being a teen is stressful! Whether it's school, friends, or dating, you're dealing with tons of difficult changes—in both your body and brain. And if you're like many teens, everything becomes harder when you're stressed. The good news is there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and slow down in the present moment.

This fun and unique guide offers mindfulness-based techniques to help keep stress from getting the best of you. The simple and easy-to-remember tips in this book can be used every day to help you handle life's toughest situations—whether it's taking a test at school, dealing with parents, or navigating drama with friends. This book will show you how to stay cool, calm, and collected, no matter what life throws your way.

“I highly recommend this book for teens and teen educators.”

—THICH NHAT HANH, Zen Master, poet, scholar, activist, and author of *Being Peace*

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THE NO-SELF HELP BOOK

Who would you rather live your life as: Who you think you are?
Who you want to be? Or, who you actually are?

From the Buddha to Jung to Einstein, the self has been the subject of debate and discourse throughout human history. Countless self-help books are based on the premise that the self can be improved—leading to a happier life.

But what if the very concept of the self is what's keeping us from finding true fulfillment?

Written by a clinical psychologist and student of Eastern philosophy, this irreverent guide offers “no-self help”—a radical solution to anyone struggling with self-doubt, self-esteem, or self-defeating thoughts. You'll find surprisingly simple strategies to help you detach from the nagging inner voice that constantly says, “you aren't good enough.” You'll learn why this voice isn't actually you. And, finally, by breaking free from your own limiting beliefs about your self, you'll uncover the full potential of who you truly are.

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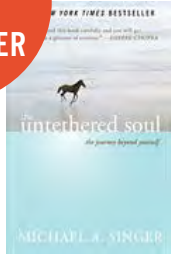
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