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# *YOUR SPIRITUAL TOOLBOX*

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2018



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*BEING*



## *Allow the Day to Naturally Unfold*

If this is a busy time for you, go ahead and allow yourself to plan and create your to-do list. Get it all out on paper.

Doing this first will allow you to relax into this next step.

Now take a deep breath and put the list away.

Close your eyes, breathe deeply and for just a moment feel into today. What is uppermost in your mind? What would feel satisfying to do? What would feel like a relief to have done? Do that.

When that is done, take a moment. Take several deep breaths and see what is uppermost in your mind now. Do whatever you can about that.

When you have done all you can, again take a few moments, breathe deeply and allow what is next to come to mind.

You will find that as you do so you will discover your rhythm for the day, active and quiet, difficult and easy, social and alone, work, play and rest.

Follow the scent of today's blossom. Your spirit will guide you as you allow the day to naturally and beautifully unfold.



## *Put Being at the Top of Your To-Do List*

Pick a day when you feel pushed to get things done yet have some flexibility in your choice of what to do. Make a to-do list. The list looks like this:

1. For at least 15 minutes sit outside (if possible) or at a window with a cup of your favorite beverage and watch the play of sunlight and clouds. Feel the breeze on your face. Notice the details of what is around you. What do you hear? Feel your breath. Think as little as possible. Revel in the sensations that abound.

2. Now allow your mind to drift onto what feels most enticing to you at this moment. Allow all the other jobs vying for your attention to wait. There will be time for those. Right now, your being is guiding you to your bliss.

3. Do something having to do with what your being brought forth for you.

Repeat this exercise as often as you have time for it.



*BLISS*



## *Find the Gem of Your Inspiration*

It's there, perhaps hidden within the repetition of the day to day.

If it's not immediately apparent to you, quiet your mind and ask your Spiritual Support Team to show you where your inspiration is today.

Feel for it inside.

Feel that hint of excitement when you think of taking some action.

Feel for that child-like delight when you imagine yourself doing a particular activity.

Look for an inner sparkle, a happiness, an expansion, a contentment, maybe even a sense of relief when you allow yourself to contemplate what inspires you.

Acknowledge your inspiration and express gratitude. "Thank you for inspiring me today!"

This is the great gift of Spirit, that what inspires us is what we are here to do.



## *What is Your Bliss?*

What makes you happiest of all? Chances are your bliss is already an active part of your life however small. Today, make it a priority to discover your bliss.

1. Think about what comforts you, what cheers you up when you're feeling low. What are you doing?

2. Now think about times when you experienced flow. Time flew by. You were absorbed completely in what you were doing and what you were doing flowed through you almost without thought. You looked up to find that time had passed you unaware. You were in flow. What were you doing?

3. Now think about peak experiences in your life. Those times in which you experienced fulfillment, happiness, deep love. What were you doing?

What common denominators do you see between all these activities? What patterns underlie the activities? Hidden within you will find your bliss.



## *Make a Dream List*

Give yourself a half-hour, gather writing materials, sit comfortably and close your eyes. Now imagine with me.

What if you had today free? What if you had no responsibilities, nothing you have to do today? What would you choose to do?

Imagine that there is no one demanding of your time. There are no jobs you must get done. This time is all yours to follow the urgings of your soul.

Does your soul urge something that is beyond your current means? Go for it, imagine it fully.

Now, take your writing materials and make two columns.

On one side of your paper write each of your imaginings down in a list.

On the other side of your paper list the major activities that compose your daily life right now.

Is there overlap between your lists?

How can you create more of what you love in your life? Now, today, take one step toward making that happen.



## *Daydream Your Desire*

Take time today to daydream. Feel into where your excitement is and allow your imagination to blossom.

If negating thoughts arise place them gently inside a mental box and close it.

Now is your time to dream. Clarify your desire. See, feel and touch it. Feel that sweet excitement and revel in it for as long as feels good to you.

When you feel complete with your daydream take one outward step today toward allowing your dream into your life.

That might look like writing down your ideas. It could be researching on the internet. Maybe you need to fill out an application. Perhaps you could visit a store and purchase supplies. You might want to rearrange your home, making space for your dream to manifest into your life.

It doesn't have to be a big step as you move energy into what you desire. Tomorrow you will take another step and then another. Allow yourself to take a risk for happiness.



*BREATHE*



## *Recharge with the Breath*

Become aware of your breathing. Huna, as well as many teachings within Indian and Chinese philosophy teach that the breath energizes the body just as eating and sleeping do.

Additionally, Huna teaches that the breath energizes the subconscious, conscious and superconscious selves.

How deeply do you breathe during the day? Are your breaths shallow or full? As often as you can throughout the day remember to breathe slowly and deeply.

Imagine yourself taking in energy as you breathe deeply, recharging yourself with each breath.



## *Energize with Your Breath*

Today, start by intentionally gathering energy with deep breathing.

Out loud, ask your subconscious mind to gather surplus energy.

Huna teaches that women should visualize breathing up from Mother Earth through your feet, and men should visualize breathing down from Father Sun through the top of the head.

Now visualize the breath filling up your whole body as you breathe in deeply and exhale.

With each breath fill your body up until it overflows like a fountain.

I like to use my hands and arms in a gesture like pulling the energy up through my body with each breath and over the top of my head.

Give yourself 20-40 breaths or more until you visualize the energy fountaining up out of the top of your head.

Now thank your subconscious mind and ask it to use this surplus energy to support you to feel really good today.



## *Breathe Through Uncomfortable Feelings*

Become aware of your emotional self. Do you have knee-jerk responses to certain types of events in your life? These may be positive or negative emotional responses.

Don't try to fix anything. Just note when you respond emotionally and what you are responding to.

These are your triggers, those events that create an automatic emotional response. You don't have to know how or why. This is your subconscious reacting emotionally because of a belief based upon your experiences in the past.

A simple and powerful tool for easing uncomfortable emotional responses is the breath.

Breathe into the feeling, focusing all your attention on the feeling and the breath. Don't attach any story to the feelings. You don't need to know why you're feeling this way. Just allow yourself to feel and keep breathing deeply.



# *GRATITUDE*



## *Allow Sweetness into Your Daily Life*

Our daily lives are filled with little and big bites of sweetness. Yet, most of us don't allow ourselves the luxury of tasting that sweetness as a regular part of our day.

Part of us says, "I don't have time. I don't deserve it. I've got too much to do." Whatever the reason the sweetness passes by, untasted, day after day.

We're not talking about sweet desserts here. We're talking about the sweetness of a beautiful sunset, the smile of a child, the satisfaction of a job well done, the enjoyment of conversation with a friend over tea. Even if we participate in those activities we may or may not allow ourselves to savor their sweetness.

Allow sweetness into your daily life. Make a conscious decision to allow yourself to feel that happiness. Choose to pay attention to the little things that sweeten your day today. Savor that sweetness as you would an especially delicious dessert.

Allow yourself the sweet taste of loving appreciation and more and more that is what will fill your days.



## *Gratitude in Your Pocket*

Keep a pocket-sized notebook and pen in your pocket.

Note things for which you are grateful as they happen or as they occur to you throughout the day.

At the end of the day, just before sleep, read over your notes and allow yourself to experience that feeling of gratitude again.

If you enjoy this activity continue it, noting different things every day.

Even if you are grateful for the same person or situation, note different aspects about those things for which you are grateful.

The more you focus your attention upon gratitude the more you will find to be grateful for!



## *Make a Gratitude List*

If your mind is filled with worries and gratitude feels far away, get out pen and paper, get down to basics and start to list whatever you can come up with that you do feel grateful for. It may be the air you breathe, the fact that you are able to put words on paper, the eyes that let you see what you are writing, the roof over your head, the breakfast that filled your stomach, the bed that supported your sleep last night, the trees, the birds, the sky. Wherever you need to start to feel even a twinge of gratitude, start there. Even if it feels stilted or uncomfortable at first, keep at it.

In time as you continue this exercise you will find yourself relaxing and your gratitude list flowing more easily.

Now read back over your list, breathing in that feeling of gratitude for each item on your list.

Feel that sense of expansion and alignment that gratitude gives you. Now ask your Higher Self and Spirit to support you to take inspired action today.



## *Gratitude Opens the Door - Making Inspired Choices*

Here's the formula. Choose a quiet place and time in which you will not be disturbed.

Write out your questions. This serves three purposes. It gives your mind a job to do. It clears the clutter of your thoughts allowing you to calm your mind. It communicates your conscious questions with your subconscious mind.

Choose the question that is foremost in your mind. This is the question that feels most important or urgent, the one that is right in your face at this moment.

Ask your question out loud. By doing so you are communicating your intention to receive an answer to this particular question at this time, with your subconscious mind. Remember it is your subconscious mind that communicates directly with your superconscious.

Close your eyes and calm your mind, preparing yourself to open the door to guidance.

Focus upon gratitude, say out loud, "Thank you for guidance." Think and feel and breathe the mantra, "Thank you. Thank you. Thank you." This opens the door to allowing your answers to come. As you breathe in mentally say, "Thank you." As you breathe out mentally say, "Thank you." Feel gratitude for guidance. Feel gratitude for your higher self and for Spirit. Feel gratitude for connection and inspiration. Keep repeating and breathing the inner mantra of, "Thank you," and allowing yourself to feel gratitude.

Your answer will come in the language and timing of your higher-self. The answer may come immediately or it may come later on. It may come as a visual image accompanied



## *Gratitude Opens the Door - Making Inspired Choices contd.*

by an understanding of what this means. Or, you may need to ask what this image means and open yourself through gratitude for the answer. Your answer may come as a feeling. Your answer may come in a dream as you sleep that night. Your answer may come in symbols that you see or hear throughout the day.

Stay focused on gratitude. Your answer will come. If you sense an answer but do not understand the symbolism ask for clarity, then again focus upon gratitude. "Thank you for giving me clarity about the answer to my question. Thank you. Thank you. Thank you."

Needing answers on the fly. Ask your question, out loud if possible. Then focus fully upon gratitude for guidance using your mantra, "Thank you. Thank you. Thank you," allowing your answer to come.



# *LAUGHTER*



## *Lift Your Energy with Laughter*

When I feel the need to relax and release, one of my favorite things is to watch YouTube videos of newscasters who can't stop laughing. It is hilarious as they start laughing, and can't stop. That gets their fellow newscasters laughing until everyone is guffawing, tears streaming down their faces. At this point as I am watching I too am laughing. YouTube does a good job of recommending similar videos and after watching several of these in a row I am guffawing right along with them.

Search [YouTube](#) for old comedy sketches and TV blooper videos. The actors end up laughing and us with them.

Laughing baby videos are wonderful.

Give it a try next time you want to elevate your energy with laughter.



## *Cultivate Your Super Power*

How you respond to the events in your life is a choice.

Pay attention throughout the day today. How are you reacting to what happens?

Do you focus on the positive aspects of each situation or the negative?

My tendency, unlike my cheerful husband, is to focus upon what I didn't get right or to feel irritated with someone else who didn't get it right (as defined by me of course!) That only lowers my energy and creates more of what I don't want.

Instead I now choose to focus my attention on the positive. How about you?

Focusing on the positive can be as simple as just seeing the humor in a situation rather than the irritation.

Laughter lightens the energy of all those around us.

That is a super power.



# *MEDITATION*



## *Active Meditation*

Today, choose one activity to do in which you will focus your mind and be fully present with what you are doing.

Choose an activity that you are doing by yourself and in which you won't have to be interacting with others for a time.

Some of my favorite active (and not so active) meditations are walking in the woods, weeding, cleaning, washing dishes, knitting, crafting, watching the birds at the feeder, and sitting quietly just looking out the window watching the light on the leaves of the trees. You probably already have your own favorites.

If you find it too difficult to quiet your mind you can add in the repetition of a positive affirmation, short prayer or mantra, spoken out loud or internally. This is calming to a busy mind and soothing to an anxious one. Focus your attention on the words you are repeating to yourself as you continue to engage in whatever meditative activity you have chosen to do.



## *Focus into Your Being*

Today, make focusing into your being the very first thing on your to-do list.

Take a few moments to focus upon aligning and connecting with your inner self, your larger or Higher Self.

Do this in a way that appeals to you. You could sit quietly and gaze out the window. Take a walk in a natural setting. Lie down on a comfy couch.

Breathe deeply and allow your thoughts to pass through your mind without giving them too much attention. Just allow them to drift in and out again.

Breathe and focus upon whatever is attractive to you in your surroundings.

Now close your eyes and focus upon the physical sensations that you feel for a few moments.

Open your eyes and again focus upon your surroundings just being right where you are, breathing it all in.

As you continue you may find that your to-do list for the day shifts. Some things may take on a higher priority, while others move to the bottom of the list.

Allow your being to guide your choice of actions today.



## *Be in Your Heart*

Take a deep breath and feel the air expanding the area around your heart.

Visualize a beautiful, emerald green light, the color of your heart chakra, filling your chest and expanding outward.

Now take another breath, deepening the green light in your chest. See the light expanding outward from your chest into a sphere.

Keep breathing deeply as the green light expands outward to totally surround your body.

Continue to breathe deeply into your heart filling and surrounding yourself with beautiful emerald light expanding the sphere bigger and bigger.

Now allow your breathing to relax into a normal rhythm and sit within your heart space, breathing and feeling the expansion for as long as it feels good to you.

Throughout the day if you find thoughts of judgment or fear uppermost in your mind, take a moment to close your eyes and breathe deeply. Feel the emerald green light filling your chest once again reminding you of where your true home is.



## *How Does Your Higher Self Communicate with You?*

Today, ask your higher self to clearly show you the language with which it communicates. Make your request out loud to engage your subconscious mind in your desire.

Pay close attention and learn the symbolism and feelings with which your higher self speaks to you.

Each of us is different, but here are some possibilities.

Look for the symbols in your dreams and in your outer world. Do you have a special song that feels like loving support from Spirit when you hear it? Is there an animal or bird symbol in nature that is meaningful to you? Try to remember your dreams and look for any symbols that recur. Writing your dreams down in a dream journal as soon as you awaken is a great way to train yourself to remember your dreams.

Look for sensations in your body that get your attention. Do you experience chills, tingles, even a feeling like a hit in the solar plexus, when you hear or speak truth or untruth? Do you have a sensation of expansion or contraction in your body when considering different paths of action?

Visual images may appear in your mind's eye when you close your eyes and sit quietly. It may be a face you recognize or a symbol that is meaningful.

Each of these may be your higher self communicating with you in your special, shared language.



# *SELF-NURTURANCE*



## *Have a Daily Spiritual Practice*

What can you do for yourself today that supports you spiritually?

Choose something that takes no more than 10 minutes, and do it first thing in the morning. If you make it something that is part of your bedroom environment it will be even easier to remember.

Here are some ideas.

Frame an inspiring quotation and hang it where you will see it first thing in the morning. Read it to yourself every morning before you even get out of bed.

Choose an inspiring spiritual picture that reminds you of the love of Spirit. Hang it where you will see it first thing in the morning when you open your eyes. Rest quietly allowing yourself to feel that love.

Memorize a favorite prayer or positive affirmation and repeat it with the support of mala beads that you keep in sight on your bedside table.

Commit to serving yourself in this way every day for 21 days. As you do so you will form a positive habit of spiritual practice aligning with your spirit first thing in the morning.



## *Have a Routine of Self-Nurturance*

Structure your day so that you have time to care for yourself first thing in the morning, or as soon as possible thereafter. Give yourself permission to serve yourself in whatever way feels nurturing to you.

Red Feather says, *"You will find that when you start your day by serving you, it will not be challenging to serve others. Attend to yourself with a good breakfast, maybe some meditation or inner peace, some movement."*

It does not have to be a long time. Just knowing that you have a routine of self - nurturance every day is supportive in the most loving way.

\* To read more about Red Feather, visit: [www.redfeatherwisdom.com](http://www.redfeatherwisdom.com)



# *THOUGHTS*



## *Result Rather Than Insult*

The next time you find yourself creating drama around a situation in your life take a step back.

Become aware of which voice you are listening to.

Are you listening to the voice of your ego? It will be full of negativity and insult. It will wind you into internal knots. That voice will make you and others wrong. It will take you around in circles, thinking the same fearful, critical thoughts over and over. It will not fix anything, though it will sound like it is trying to.

Or, are you listening to the voice of your spirit? That voice will relax you with its quiet certainty. It will reduce the situation to its appropriate size. It will guide you to the first step you need to take.

Ask for this guidance.

Look for answers all around you, in the kind words of a friend, in books, in the lyrics of a song that you just happen to hear, in unexpected changes of perspective that drop into your mind, and in the countless special ways that Spirit communicates with you.

The thoughts you think determine how you feel about any given situation.



## *Choose Thoughts That Feel Good*

Today, live from the inside out. Intend to feel happy.

Consciously choose the thoughts that feel good, thoughts that create happiness, thoughts that nurture and support you.

Ask Spirit for support with this any time it feels difficult for you.

Make the decision that today you will feel happy. Then choose, thought by thought, only those thoughts that support you to be happy.



## *Pollyanna Your Way into Feeling Better*

Happiness is a thought by thought choice. It is the result of the habit of filling your mind with positive thoughts.

Starting with your next thought, notice the trend. Does it support you? If not, find something, anything, to think that feels better than what you were just thinking.

'Pollyanna' your way into feeling better by focusing on what is right in this situation that you find yourself. What did you do right? What did they do right? What were your positive motivations and intentions?

Allow yourself to focus on the best of you that shows up for any given situation. As you do so, you can trust that more and more of the best of you will keep showing up.



