



RITUAL & PRACTICE

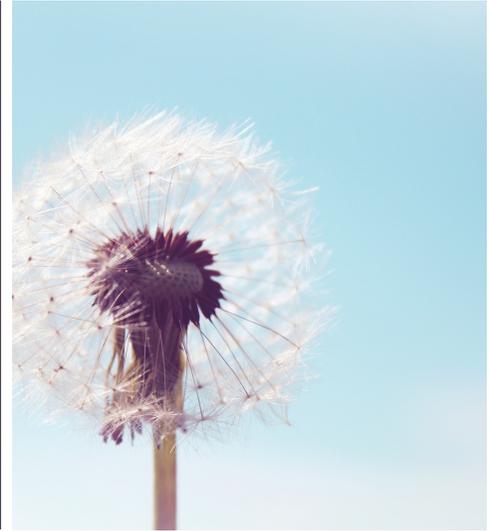
Trusting YOU

Stability to Pleasure

Pleasure to Joy

Start Within

Welcome.



Trusting YOU

◆ **THESE TWO MONTHS WE WILL WORK TO CREATE RITUALS & PRACTICES YOU CAN USE ANYWHERE, ANYTIME TO COME HOME TO YOURSELF.**

TRUSTING YOU IS THE ONE & ONLY KEY TO YOUR WELL BEING.

In our one on one work you are breathing, you are caring for yourself in a way that aligns with nature. YOU ARE SO FAR AHEAD OF THE CURVE.

The season of fall moving into winter November & December can bring all sorts of letting go, transition & chaos. Life gets busy & you need a reprieve, right?

Let's do this, babes. It's time to embrace the changes & lean into trust. You are on a path to healing yourself. You are not alone in this journey. I've got you.

xoxo, Erin

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Special Instructions

I am giving you tried & true recommendations.
It is up to you to use them.

BEST ADVICE:

HOW TO USE THE GUIDES

- Alternate a practice with a journal prompt each day.
- You will find that when daily life gets chaotic or busy you will not want to do the work. Keep with it. It is not a requirement but an invitation.
- If you don't like to write talk into a voice recorder. Or, challenge yourself...use the notes app on your phone to make it easy.
- It is always good if you can breathe uninterrupted for a minimum of 90 seconds & maximum of 12 minutes prior to the work you choose each day.

DON'T EXPECT A MIRACLE, BUT EXPECT A MIRACLE

- This is a practice. Practice means to carry out something habitually & improve your proficiency. REPETITION REPETITION REPETITION. You are rebuilding your brain.
- Don't place 'overnight change' expectations on yourself, but be open to receiving all of the gifts the program offers.
- Sometimes breakthroughs do happen. When they do GO WITH IT.
- Be patient with yourself.

BRING YOUR HONEST ASSESSMENT

- The results are only as real as your efforts.
- If you are not being honest & real with yourself, you will not find your body, mind, & spirit making the shifts you desire.
- This is FOR YOU. YOU are the ONLY one who gets to decide how to participate in your program.

*Attention Leads to Intention
Intention brings about change*

Changes are inevitable.

Are you resisting or working with change.

The changes that are happening this season are here for a reason. Are you resisting? Often when you resist it is an indicator that your soul & your mind are in disagreement.

Use this space to consider what you are most resisting & how you can soften around that tension.



Where do you desire a change?

Describe one area of your life where you are experiencing change & fighting against it.

List the top three habits/behaviors/actions that are keeping you stuck in old patterns.

1 _____

2 _____

3 _____

10 *invitations*

CULTIVATING RITUAL & PRACTICE

food

Are you paying attention?
--Food for macros & function only may leave you less than satisfied.
--Slow down to smell, taste, & enjoy every bite whether a salad or a burger ENJOY IT.

3

morning routine

What needs to be easier?
--A softer alarm.
--7 minutes breathing before you hit the ground?

1

beverage

Is your drink nourishing or distracting you?
--Replace a caffeine drink with herbal tea.
--No ice all day.

2

movement

Do you find yourself feeling cold & stagnant?
--Shift your moving habits 20 minutes a day.
--Instead of after dinner netflix take a short walk.

4

breathing

Do you even notice your breathing?
--Take note of your breathing patterns during your daily activities.
--Slower is helpful.

5

6

nighttime routine

Are you waking up tired?
--Turn off the screens ALL OF THEM one hour before bed.
--Write all of your next day to-dos before bed and put it away out of mind.

letting go

What are you clinging to?
--Write down one thing you feel you want to let go of.
--Shake it off. Stand up & shake your body, hands, head, kick, jump.
Release

9

ask/receive

Do you listen to your inner wisdom?
--Make 7 minutes of time to sit in stillness & pay attention to what comes up.

7

choices

How are you choosing to honor your desires?
--Say yes only when it is YES.
--Let no speak for itself.
--Don't compromise on this one.

8

REMEMBER

ALL OF THIS IS A PRACTICE. Keep coming back to the tips daily or weekly. Pick what sits well with you & focus on that invitation for a couple of weeks.

10

30 days of ritual

R O A D M A P

Day 01	AM breathing, 3 min, no pause between inhale & exhale	Day 16	carve out 7 minutes before bed for any pleasure you choose
Day 02	be still for 90 seconds & feel your heart after doing the breathing	Day 17	be still, completely still with no distractions, 7 minutes
Day 03	drink warm lemon water as first beverage (do this all month)	Day 18	play a song that reminds you of how you want to feel & move/dance/stretch to it
Day 04	continue with with lemon water and add turmeric to the drink	Day 19	incorporate the song & movement into your day each day
Day 05	before you sip smell it, slurp it, notice the details on your lips	Day 20	breathe 3 min with your hand on your heart, notice where your mind goes
Day 06	go outside & do a 20 minute brisk walk	Day 21	breathe 7 min with your hand on your heart, notice where your mind is
Day 07	pay attention as you walk, no podcasts, no company,	Day 22	when you do the song/movement practice spend 3 min after being still
Day 08	walk & repeat the mantra with each step: sat (step) nam (step)	Day 23	when you do the song/movement practice spend 7 min after being still
Day 09	shake your hands as you walk	Day 24	cook a meal for no other reason than it is delicious
Day 10	squeeze & release fists as you walk	Day 25	eat at least one meal with zero distractions
Day 11	when you finish your walk sit & breathe, no pause, for 3 minutes	Day 26	sit a table & eat in a beautiful space
Day 12	be still for 90 seconds & feel your heart after walk/breathe	Day 27	be still for 3 min & focus on one thing you are grateful didn't happen today
Day 13	PM breathing, 3 min, no pause between inhale & exhale	Day 28	be still for 3 min & focus on one thing that happened you are grateful for
Day 14	be still for 90 seconds & feel your heart after doing the breathing	Day 29	discuss with the people in your family you need support from that you are doing a 90 day practice
Day 15	brain dump before bed...list what's on your mind & put it away	Day 30	choose 1 activity above & practice for 90 days consistently

Journaling for:

Trusting Yourself

- 01 When I wake in the morning how do I feel? What could support ease in waking?
- 02 As the morning gets started where do I feel stress? Name one tiny change to help.
- 03 Do mornings feel chaotic or peaceful? Why?
- 04 What does my breathing do during the morning routine?
- 05 What happens when I breathe only through my nose & slow the breath?.
- 06 Describe one area where I need support for smoother mornings & how I can get it.
- 07 How am I supporting myself & doing exactly what I need in my daily routine?
- 08 Describe one area in my health where I would like to make change.
- 09 Describe how I am resisting this one change for better health.
- 10 Describe in detail what it would look like in an ideal scenario to make this change..
- 11 When it is time for bed how do I feel? What could support more ease in sleep?.
- 12 Describe a time when you thought you should be feeling pleasure, but were not.
- 13 What stress do I feel as night approaches?
- 14 What do I need to make my sleep more peaceful?
- 15 What does my breathing do when I lie down to sleep at night?
- 16 Make a list of the strategies that have helped me go to sleep & stay asleep before.
- 17 Describe what a ritual means to you.
- 18 Make a list of simple daily routines in your life. Leave space beside each item.
- 19 Look at the list. Write where your mind is & where your heart is during each task.
- 20 What tasks are a burden because my heart & mind are burdened?.
- 21 Pick one daily routine task & describe how you shift it to a ritual..
- 22 Remember morning or nighttime rituals from your earlier life that supported..
- 23 Remember morning or nighttime routines from early life that burdened..
- 24 What parts of these rituals in earlier life could I bring back into my life now?
- 25 Describe where I resist shifting from a routine to a ritual. Why is this?.
- 26 Where am I seeking advice, counsel, opinions in my life?
- 27 What is the feeling that causes me to seek affirmation from others? .
- 28 What areas of my life do I trust myself to know & do what is best for me?.
- 29 What does it feel like when I do trust myself, make choices, & act accordingly?
- 30 How would my life be different if I trusted myself more completely? .



AYURVEDA MEETS YOU WHERE YOU ARE

Five Tips for November & December

01

Get warm.

Move your body to stoke your internal fire. Bundle up & go outside to enjoy nature when you can.

02

Food choices .

Skip frozen food. Cold foods. Minimize bitter, pungent or astringent tastes. Eat more root veggies & stewed fruits.

03

Consider doing a cleanse. Fall is the perfect time.

If this is on your radar DM me. I can help you as part of your private sessions & give you a few good independent references to read up on & proceed with care.

04

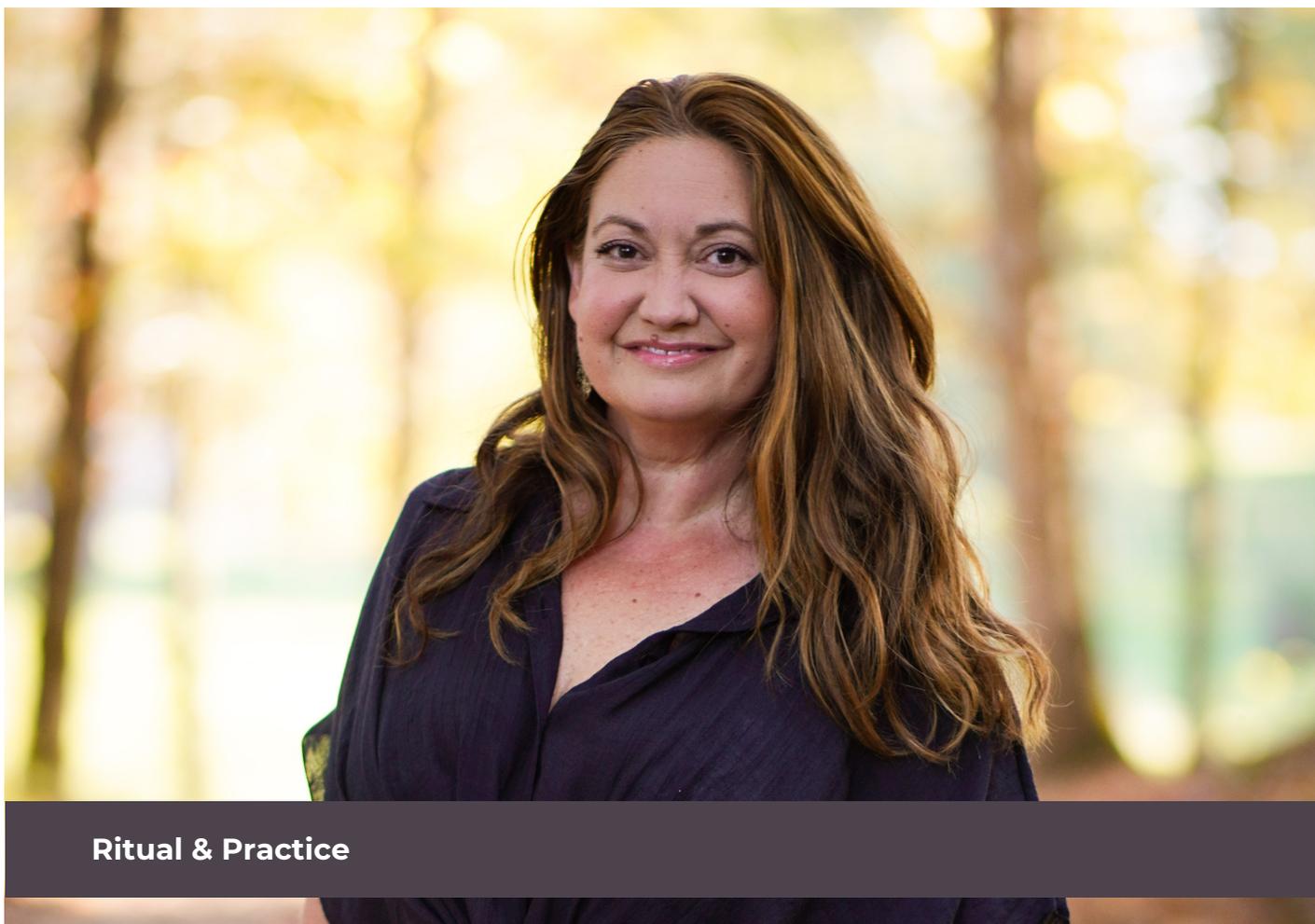
All the herbs.

CCF tea is super supportive for this season. Cumin, coriander & fennel. Ginger is also a nice warming addition as a tea or by boiling root in water.

05

Appreciate the season.

This time of year people get restless & scattered. It is easy to watch the weather shift, become discouraged, stay inside, & forget to find joy in nature. All seasons are only that...a season. Focus on appreciation of what November & December have to offer.



Ritual & Practice

TRUST YOU.

**Thank you for trusting me to do this important work with you.
Even more, thank you for trusting yourself to dig in
& create the life you want even when resistance comes about.**

- We spent time prioritizing the areas you would like to see shift.
- We worked through a series of practices to help you feel more into your truest self.
- We practiced breathing because it is the essence of you & the single most potent way to shift your energy in any given moment.
- We journaled because moving it out of you & onto paper is an ancient & powerful tool for changing & growing.

When you are ready for more, head on over to [my website](#) & get in touch for the next bi-monthly package coming in January/February "Get Still & Go Within"