



Hello, Beautiful Soul.

If you're wanting to cultivate ***more energy in your life, less fatigue, and tap into what truly brings you joy***, these simple practices are a place to begin.

Think of them as a nourishing morning drink—simple, nourishing fun habits you can do each morning or evening, even if you have a busy life and only have a minute to yourself.

Just like adopting new, nourishing eating habits, the results sometimes don't appear overnight, but over the course of a few days and weeks, we start to ***notice shifts—little shifts that turn into big shifts in how we feel, think, show up, and the life we create.***

These creative practices below are intended to give your *mind* a break.

Why?

Because most of us spend about 99% of our waking consciousness operating in the left brain, analytical consciousness.

This can actually be exhausting because it means we're over-using our left brain and under-using our right brain. We have two brain hemispheres, and both serve a purpose.



We live in a society that prioritizes left-brain consciousness. But our right brain mode of being is equally important to our health.

Just like our bodies need a break—to eat, sleep, and eliminate... so does our left brain.

So, I invite you to sink in, and choose one of these practices each day, and allow your left brain to rest and your right brain to play!

The result?

First, I'd like to hear about your experience.

You can write and let me know what you feel after your joy prompt creative practices [here](#).

For me, these are a few of the practices I use to generate ***more authentic joy, inspiration, and energy in my life.***

Enjoy, and congratulations on taking a big step in prioritizing YOU!



Your 1-Minute Creative Practices

1 Minute Sound Soak Practice (with headphones):

Slip in your headphones and select your favorite song.

Put on a timer for a minute, if it's helpful, and make a commitment to yourself to shut down all other apps and distractions—just for a minute.

For one minute after you press play, close your eyes, or look at something other than a device screen.

If you're outside allow yourself to look up at the sky or at any other natural object and let your eyes be soft.

Simply relax and direct your focus to the music.

There is nothing to do except listen.

If your mind starts thinking of all the to-dos or what's next, simply notice and remind yourself to come right back to the sound, the music.



Allow the sound to flood every cell of your being like a nutrient. Afterward, simply notice how you feel.

Why this works: Music is a vibratory frequency of sound waves. We are sensory beings meaning that our entire body is a sense organ, just like an antenna. So, when we allow ourselves to embody a somatic sensory experience that we enjoy, our whole body, physically and energetically, absorbs that frequency. That frequency that we enjoy (in this case pleasurable music), fills our cells.

We are literally dosing ourselves up with a minute of joy juice through music if we allow ourselves to be open to it. The key is to relax into the music and do nothing but absorb the sound and sensation, and allow the emotion it brings up in us.

1 Minute Scribble Flow Practice (with pen and paper):

Grab a blank paper, big enough to scribble on.

Grab your favorite pen, marker, or pencil (something that feels nice to write or make marks with).

Take a breath. Settle into your seat.

Set a timer for one minute.



Take another slow breath into your belly.

Let it out slowly.

Notice what you feel.

Pain? Stiffness? Relaxation? Calm?

Notice the feelings and sensations in your body.

Now simply imagine that those sensations are moving up through your arm, out of your hand, through your pen, and onto the paper.

Scribble, move, and draw.

There is nothing specific to draw. Just scribbles.

Whatever lines or marks want to come out are perfect.

Imagine that your hand, and the pen, are free-flow scribbling and dancing, and all the sensations in your body get to pour through your hand and onto the paper.

Simply notice how you feel afterward.

Why this works: Creative energy *is* energy. When we tap into creative energy, we tap into our vital life force energy—emotionally, spiritually, and physically. But to tap into this energy, we first have to release resistance to it. That means allowing an uninhibited flow of emotions, sensations, and



energy to physically move through us. We have to unblock the river of flow. There are many ways to do this; free-flow scribbling and painting are one.

It doesn't matter what you draw or scribble, the point is that you allow energy and emotion to move through your body. There is no way you 'should' feel. All emotions are allowed, even the uncomfortable ones. They are all a part of the spectrum of human experience. They are part of being alive and allowing life. All emotions are part of the creative flow. By allowing them to move and express themselves, we can transform our emotions from energy blocks to energy fuels.

1 Minute Earth Lovin' Practice (outside):

If it's summer and you have the opportunity, slip off your shoes.

If it's winter, bare hands will do.

Set a timer for one minute.

Touch the ground. By ground, I mean actual earth: Dirt, grass, or a tree (not pavement).

Place your bare hand on the earth or your bare feet on the earth.

If you're standing on the earth, raise your hands above your head in an outstretched V shape.



Breathe.

Breathe again. Slowly, into your belly.

Imagine anything draining or fatiguing moving through your body, and out of your hands or feet, like waste being flushed down the toilet into the earth.

Imagine the sun fueling you with fresh, creative energy and inspiration.

Imagine the earth's healing ionic charge re-fueling you with life force, through your hands or feet.

Notice how you feel.

Why this works: We are *part* of nature. Just as much a part of her as the clouds, the grass, and the microbes in the soil. Our bodies are incredible organisms and are energized by the Earth's negative ionic charge (check out the book called *Earthing* by Clint Ober for more on the science of it).

We pick up 'static' electricity by being inside, wearing shoes, and insulating ourselves from the earth's surface, which can throw off many parts of our physical and emotional energy and well-being. When we literally plug back into the earth, we're re-uniting with the earth's life force we're part of.

These practices are just the beginning. I'll be launching an online community spring 2023, where we'll dive into LOTS more of this.



The more you commit to doing these practices as new habits, the more you'll likely notice shifts in how you feel.

And remember, I'd love to hear about your experience. You can write and let me know what you feel after trying these creative practices [here](#).

Big love,

~Chelsea