



1. Fall in Love with Your Body

Your body is the most intelligent, most evolved manifestation of the planet and perhaps in our known universe. Your body holds the gateway to the life of your dreams. Fall in love with every part of yourself, and you unlock your potential to thrive, leading the way for others.



2. Treat Yourself like a Priestess

A priestess tends to her spirit and her spiritual evolution. A priestess knows how to build her inner fire, make her own medicines, and move through life according to her inner rhythm. She tends to herself, knowing that her deep connectivity to the rhythm of life is an asset to all she encounters.



3. True Beauty Comes from Early to Bed, Early to Rise

Sleep is the cure-all. Sleep is and will always be the best beauty product on the shelf. If you aren't shutting down and rising early, you're disrupting your body's ability to process, assimilate, and eliminate. If you store waste in your cells by not allowing enough time for your nightly restoration and detoxification, you'll be tired. Tired leads to overwhelm. Overwhelm leads to poor choices. Your inner beauty leads to your outer beauty and is utterly reliant on early to bed, early to rise.



4. Lead your Conversations from Authentic Connection + True Laughter + True Tears

Consciousness desires interconnectivity. We desire to connect consciously with each other. We desire to witness each other's growth, ripening, deepening, and progress. We also desire to have each other's back through challenging times. Our laughter enlivens our soul, and our tears cleanse our wounds. When we listen and speak from an authentic connection, our relationships evolve.



5. The Plants Outside Your Door Have Your Back

Back in the day, our grandmothers lived closer, usually under the same roof. As women, we learned from our grandmothers which plant friends are edible and which are medicinal. If you're missing your grandmother's plant wisdom, find a local botanist or organic farmer to introduce you to the plants that grow outside your door. Even in urban areas, our plant friends are right around the corner. Talk to your farmers at the market.



6. Your Gut Likes Siestas

In Ayurveda, the stomach organ is kapha. Kapha means to flourish with water. The qualities of kapha are slow, heavy, damp, and cool. Think of a rainy day. Your gut isn't designed for non-stop factory work. It needs time to dry out and get sparky, and it can't do that if you eat between meals. Give your gut siestas throughout the day.



7. Worship Your Belly Fire

This connects to "Your Gut Likes Siestas." There is a masculine god: your belly fire. If you pay close attention, if you attend to your true hunger, you pay it forward in terms of a gorgeous, long life, and days of easeful living. If you don't, you prematurely age and feel crappy as the show goes on.



8. Empower Your Hands to Heal Every Day

Your hands are full of magic. Your hands are designed to activate your body's intelligence. Your hands are highly-intuitive, powerful agents of your heart. Train your hands to heal yourself and your peeps with daily touch. Start by running your hands over your entire body. Look for lost lands. Explore forgotten territories. Find hidden gems. Start each day with a passing of your hands over your body. Trust your speed, develop your touch. Once this habit is developed, add another time around bathing to give yourself a quick or proper massage.



9. Reflection is the Best Investment of Your Time

The yogis of yore codified the fundamental reality that the life force is based on pulsation. Inhale, exhale. Connection, separation. Experience, reflection. In our hyper-generative, sharing economy, we want to take in more than we have time for. Dynamic harmony and profound inner wisdom come only from digested experiences. Schedule time for reflection and absorption into your daily experience. After your reflection time, do planning time to empower your future with the lessons absorbed from your past.

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