



Navigating day-to-day

Segment Intending: Consciously see your day as segments. Intentionally notice when a segment has ended and a new one is starting.

Prepare: make it a habit to prepare to enter situations, places, “segments”; this helps you feel more in control and less vulnerable.

Take personal inventory: get to know yourself so that you can distinguish between what is yours and what is some else’s.

Use your tools!

Control the Volume

- Feel yourself open to all of the inputs around you
- Imagine the volume knob in your mind’s eye
- Turn the volume down

Six Mental Faculties

- **Will** – helps you focus on your desired state and not be distracted by external circumstances
- **Memory** – helps you remember times where you were peaceful, use it to calm yourself, “going to your happy place”
- **Reason** – helps you respond to situations versus react - ask “why”, “is it mine or someone else’s?” Ask questions
- **Perception** – “When you change the way you look at something, that something changes.” - Dr. Wayne Dyer
- **Imagination** – helps you see your desired outcome in your mind. The mind cannot distinguish between something being imagined or actually being
- **Intuition** – helps you leverage a state of mind and inputs that most people ignore

Five Physical Senses

- **Sight:** Pick something nice and focus your attention on it, like a flower, a picture, etc.
- **Smell:** The scent of Basil alleviates fatigue, anxiety, and depression. Lavender is calming and soothing.
- **Hearing:** Soft simple music without words or white noise
- **Taste:** Eat food made with love (happy cook, organic, range free, etc.), and drink soothing teas like Chamomile or Peppermint
- **Touch:** Smooth rubbing stones, or smooth stone bracelets to anchor. Stones for Empaths are Moonstone, Rose Quartz, and Green Aventurine.

