

I Give to Myself Generously

A Warm Welcome to Your One Day Home Retreat!

Dear Soul,

The format of the retreat is designed to allow you to rest into nature's abundance and be held. Nature gives without depletion and receives unabashedly. She knows there's a time to be active and a time to rest. There's a time to grow through expansion and a time to grow through surrender. Nature knows all unfolds not only in God's time. All is time with God. Deep down, your inner nature knows this too. Trust her knowingness. She will not let you down!

Blessings on this gift to yourself!

Much peace & love,

A Soul in Service

May the earth hold you.
May the air and sky open up to you
the preciousness of you.
May your inner flame burn brightly.
May the waters of life nourish you.

Set Yourself Up to Set Yourself Free

Step 1: Select the Day

- To make the most out of the day you are gifting yourself, look at your schedule to determine when you can devote a full 24 hours to nurturing your relationship with your soul and God.

Step 2: Remove Obstacles

- Once you've selected a date, what do you need to accomplish before then so that you really can be at ease during the retreat and in the immediate days after it? Plan it out! Pace yourself!
- Your retreat is a time to be without an agenda and detach from electronics. It isn't a time to do chores or catch up on anything that can be found on your to-do list, including more sleep. How you enter the retreat and exit is as important as what happens during it!

Step 3: Gather Supplies

- What do you want to have easily at hand to help cultivate a sense of support and love during the retreat? Be intentional.
- Suggested items:
 - Choose clothes that communicate how you want to feel, the energy you want to cultivate.
 - Candle, incense, or diffuser
 - Journal
 - Little treasures that you have collected or been gifted that remind you that you are soul surrounded by lots of other souls on a journey home together.
 - Flowers
 - Select music that stirs what you want to foster within you.
 - Stock up on easy to prepare grounding whole foods. Cooking is itself an act of devotion. What foods really feel like love and praise?
 - Note: An Ayurveda lunch/dinner recipe has been provided. If cooking something new tends to be more stress inducing than relaxing, save the recipe for another day. Honor yourself!

Step 4: Center

- The evening before the retreat is an opportunity to reflect upon why you are giving yourself the precious gift of honoring your true identity with God.
- Grab your journal, a cup of herbal tea or warm water, light a candle, or whatever helps you enter into a reflective state.
- Before beginning, take a few slow, steady breaths. You may want to place your hands on heart or somewhere else on your body that feels nourishing. Signal to yourself that it's time to draw within yourself and see what is there to be witnessed and loved.
- Reflection exercise:
 - *When I look at all that has been happening in my life inside and out with God's kind eyes, I see...*
 - *With every inhale and exhale, I expand and contract. God breaths me, and I feel...*
 - *When I attune my ears to the sound of my own heartbeat, I hear...*
 - *I taste life's richness every time I...*
 - *Homecoming smells like...*

*"Take refuge in your senses, open up
To all the small miracles you rushed through.
Become inclined to watch the way
of rain when it falls slow and free...
Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far within slow time."
~ John O'Donohue*

Move in the Ways of Love

	Morning	Afternoon	Evening
God Talk from Bed	<p>Wake-up before sunrise to have the most energy throughout the day.</p> <p>Welcome the new day dawning by greeting God and your true self.</p> <p>Express gratitude and now rise in it.</p>		<p>Climb into bed before 10:00PM to prevent getting a second wind.</p> <p>Welcome the return of night by greeting God and your true self.</p> <p>Take 10 easy breaths. Be breathed by God's Spirit.</p> <p>Reflect upon all that unfolded. Give thanks.</p> <p>As you look forward to tomorrow, ask God for what you need.</p>

	Morning	Afternoon	Evening
Sitting with God	<p>At least once during the day, take time to simply sit with God (~10-15 minutes).</p> <p>The morning is a good time as it further sets a tone for the day to come.</p> <p>A mantra can be a beautiful gift to help center yourself in meditation.</p>	<p>Choose a word that evokes what you really want to embody more. It can be something like “peace/shanti.”</p> <p>Select something meaningful to you!</p>	
Meal Preparation: Your kitchen is its own house of prayer.	Enter your kitchen with the intention of honoring the gift of Life, and let Life guide your choices of how to best nourish yourself.	“	“
Meals	Bless your food and all the hands that have touched it.	Invite God’s blessings on all nature that has contributed to the gift of nourishment in front of you.	Express gratitude for another opportunity to bless and be blessed.
Walks	After breakfast, take a short walk, ~10 minutes to aid digestion of food and life.	After lunch, take a short walk, ~10 minutes to aid digestion of food and life.	After dinner, take a short walk, ~10 minutes to aid digestion of food and life.

	Morning	Afternoon	Evening
<p>In-Between Meals: Trust your inner nature.</p>	<p>You have these windows before you without anything you have to accomplish.</p> <p>These unscripted windows are precious times to see what happens when you stop focusing on doing or feeling like you have to be somehow different than you are.</p>	<p>Hang out with yourself and God!</p> <p>Watch the clouds in the sky. What shapes do you see?</p> <p>What divine drama is unfolding above you?</p> <p>Walk barefoot in the grass. Lay in the grass, kick leaves, or play in the snow.</p> <p>Engage your senses, especially the underutilized ones.</p>	<p>Awaken that part of you that delights in rest and simple pleasures. Nourish yourself with space.</p> <p>Put aside any doubts about needing to be told what to reflect upon and watch discomfort pass.</p> <p>Nature's got your back! Trust your inner knowingness and love on yourself and God as only you know how.</p>
<p>Warm Water</p>	<p>Throughout the day, sip warm water, ~ 1 liter total.</p>	<p>Take a break from drinking any beverages ~30 minutes-1 hour before meals and 1 hour after meals.</p>	<p>“</p>

	Morning	Afternoon	Evening
Before Bed			<p>Grab a warm cup of herbal tea or spiced milk such as this recipe https://lauraplumb.com/deep-sleep-tonic/.</p> <p>Note: If drinking the milk, be sure to finish at least 30 minutes prior to bed.</p> <p>As you sip your warm cup of goodness, what do you need? Do you need to share more with God through journaling or prayer and meditation? Perhaps you feel called to do a little spiritual reading or listen to relaxing music by candlelight. Honor what you need.</p> <p>If you're unsure, pause and take a few easy, slow breaths. Ask your soul to guide you and trust that you'll hear the answer.</p>

Serenity Bowl

SPICES	RICE	LEGUMES	AUGMENTING VEGETABLES	EXTRACTIVE VEGETABLES
Pick one combination or play with your own.	Pick 2-4 tablespoons of one rice.	Pick 1-2 tablespoons of one legume.	Pick 1/2-2/3 cup of one vegetable.	Pick 1/4-1/3 cup of one vegetable.
Fenugreek, Fennel, Cumin	Basmati Rice	Split/Whole Mung	*Sweet Potatoes or Parsnips (Lunch only)	Broccoli
Tumeric, Coriander, Fennel	Arborio Rice	Black Eyed Peas	Carrots	Cauliflower
Coriander, Cumin, Fennel	Sushi Rice	Cannellini Beans	Beets	Kale, Chard, or Spinach
Mustard Seeds, Cumin, Coriander		Adzuki Beans	Zucchini	Cabbage
		Brown/Green Lentils	Fennel	Brussel Sprouts

1. Start with ~1/2 tablespoon of ghee in three pots, one pot for rice, legumes, and vegetables.
2. Add an 1/8 teaspoon (or pinch) of salt to each.
3. Add spices. Less is more! Simmer spices in ghee until an aroma arises.
4. Add your main ingredient, stir, and then add water.
5. Cover with lid. Cook on low-medium heat until soft and desired consistency.
6. Stir in a few drops of lemon or lime.
7. Let sit covered for approximately five minutes before enjoying.