



TAKE HOME YOUR BLISS

HOME PRACTICE GUIDE



Self-care practices that nurture your body, mind, and spirit. From the grounding energy of yoga to finding joy in relaxation and energy healing, these tools are here to support you.

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A Poem from our retreat



I sometimes forget that I was created for joy.
My mind is too busy. My heart is too heavy for
me to remember that I have been called to
dance the sacred dance for life.

I was created to smile, to love, to be lifted up
and lift others up.

O sacred one, untangle my feet from all that
ensnares me.

Free my heart and soul that I might dance and
that my dancing might be contagious.

-Hafiz



Energy Medicine Routine

THE FOUR THUMPS

K27

Thymus

Liver/Spleen/Gallbladder

Stomach

The following practices from the retreat will support your body to maintain balance, energy and vitality. Try to do them at least one time per day.

All of these exercises can be done anywhere, anytime.



Take several 2-5-minute breaks during your busy day to center your breath and perform the following exercises. The sequence is not critically important but it may help to always use the same pattern so you remember each one more easily.

Method:

As you perform these exercises make sure to breathe deeply in through the nose and out through the mouth 3 times at each position. When finished pause and observe your body and its sensations.



Knocking on Energy's Doors

The Four Thumps

There are potent points on the body that are portals into our energy systems, doorways that open deeply into the body and interrelate with all other body energies. We can interact with these points by stimulating them with circular massage, holding our fingertips on them, and tapping or thumping to awaken and revitalize them.

Attention to specific energies evokes their response and enlivening. When these doors open, the whole system is more receptive to shifting into greater balance.

1. Kidney-27 Points – Vitality & Energy

Practice: We locate these endpoints of the Kidney meridian by following the collarbones to their inner corners and dropping under and just to the outside of these points. Deeply rub and/or tap the points with the fingertips. As you are doing this practice, take 3 breaths in through the nose and out through the mouth.

2. Thymus Gland – Immune System

Practice: Tap or rub the center of the sternum or hold fingertips over this point about 3" or 4" below the collarbones in the center of the chest. The thymus gland lives behind this doorway point. As you are doing this practice, take 3 breaths in through the nose and out through the mouth.

3. Spleen Meridian Points – Metabolism

Practice: In a line between the nipple and the bottom of the rib cage, locate the Spleen meridian tapping points about 2" above the bottom of the rib cage. Or, trace from these points to alternate points found at the sides of the ribcage in line with the armpits. As you are doing this practice, take 3 breaths in through the nose and out through the mouth.

4. Stomach Meridian Points - Grounding

Practice: Find these points on the cheekbones about 2" below the center of the eyes. With first and second fingers together, tap firmly so the fingertips bounce. As you are doing this practice, take 3 breaths in through the nose and out through the mouth.



Energy Taps & Massages

Crown Pull and Scalp Taps

Method:

Crown Pulls:

- Place your fingertips at the front of your hair line and crown of your head. Press in and pull apart 1-2 inches with continuous pressure. Do this for your entire scalp to the base of your skull.

Scalp Taps:

- Make a soft fist and gently tap all around your entire scalp

Lymph Self-Massage

Method:

- Using the tips of your left-hand fingers gently stroke from the tips of the right hand fingers up the length of the inside of your arm to your underarm 3X. Repeat on the other side
- Using the tips of your fingers gently stroke from the tips of the arch of your foot along the inside of the leg to your groin 3X. Repeat on the other side.
- Using the tips of your fingers on both hands gently pitter patter all around your upper chest, front and sides of your neck and upper breast area.

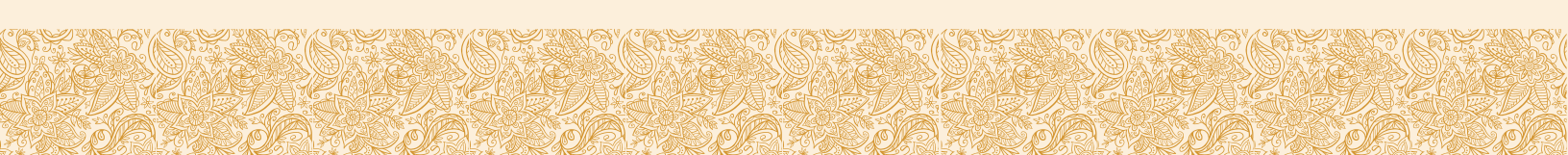
Digestive Massage

Method:

- Standing up, sitting or lying down place both hands, one on top of the other, on your stomach area
 - o For men right hand underneath
 - o For women left hand underneath

Imagine a clock at your stomach area with 12 at sternum and 6 at pubic bone

- a. Make 36 gentle sweeping circles CLOCKWISE
- b. Make 26 gentle sweeping circles COUNTER CLOCKWISE
- c. Make 24 gentle DOWNWARD strokes the expanse of your whole belly area alternating your left and right hand



Rewriting Your Story



The demands of this time require an interactive relationship between yourself and your story. In order to change it, you will need to step up your relationship with spirit, your guides and allies, and your authentic self.

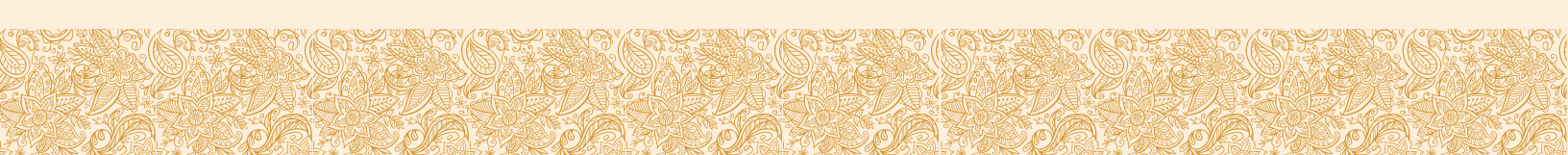
The best approach to a new story is to ask the questions that will open up the dialogue. What and whom do you serve in this life? What do you fear? How are you supported? What truly makes you happy? What are the addictions you desire to change? What are the energy leaks in your life? What part of your current story are you truly done with?

The first step in a new story is to let go of the old one without anger, disappointment or judgment. The more neutral you can be about what is leaving your field, the easier the process. The discomfort and irritation comes from resistance to embracing responsibility for your own change. Only you can create a new story for yourself.

Part of the “work” is to invite us to look at all of our theories, projections and what we think we know. Truly, we know nothing, at least with our minds. We do know in our hearts what is right and what we want. The other part is to refine and recommit to our trust in our own intuition, spirit, and all of the support our guides and allies can provide.

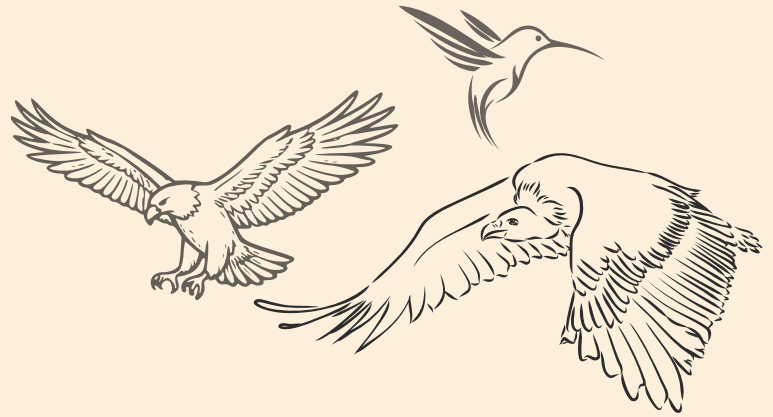
Acknowledge and practice reciprocity, giving and receiving, and making space by letting go of the old story. Fill that space with the energy you want as it will serve as a foundation for the new story.

Create space for renewal, trust, freedom, and possibility.



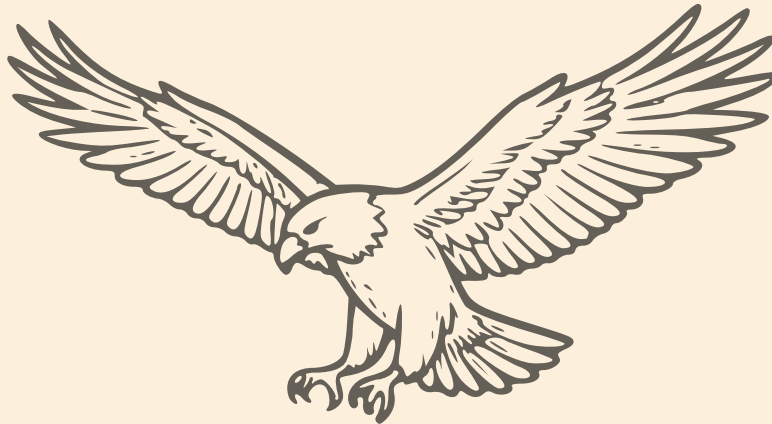
Self-Love Visualization

*GUIDED BY THE SPIRIT OF EAGLE,
CONDOR AND HUMMINGBIRD*



SELF-LOVE TEACHING FROM THE EAGLE, CONDOR, AND HUMMINGBIRD

Put your hand on your solar plexus (Above your navel, under your diaphragm). The solar plexus is the core center of your personal power, self-esteem, and willpower. It is the foundation to building a strong sense of self-love. How can we deeply love others without loving ourselves first. Slowly inhale, pause and then slowly exhale.



Eagle

Self-love is not just a feeling; it is taking action. The eagle guides you in setting boundaries and taking action. This is the foundation of self-love.

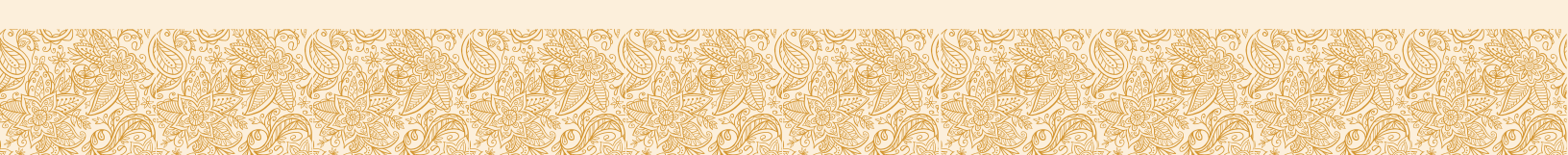
Close your eyes and imagine eagle soaring above you. Ask eagle to fly above your daily life and look at your boundaries. Are you over giving? Are you draining your energy?

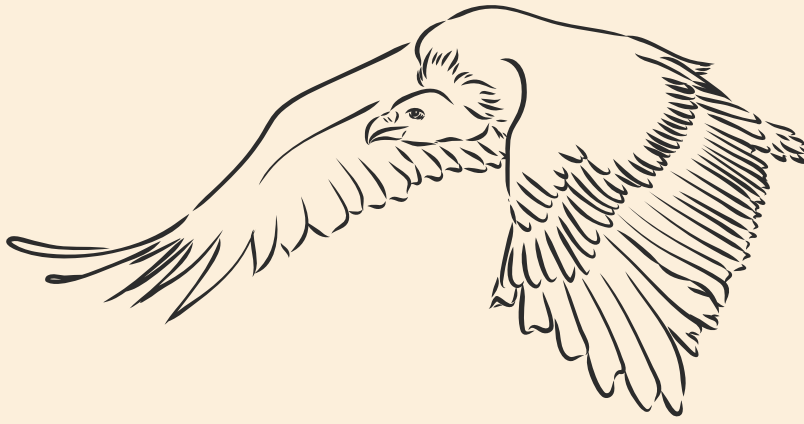
Ask Eagle to give you clarity and the courage to say “No,” to the things that drain you and “Yes,” to your own needs.

Feel Eagle grounding you in your personal power.

Eagle Mantra:

I honor my boundaries, I trust my vision, I can stand in my personal power. I see myself with compassion and understanding.





Condor

Place your hand over your heart.
Slowly inhale, pause and then slowly exhale.

The heart carries our heavy energies, so we call upon the Condor.

In nature, the condor eats decaying organic matter that would otherwise spread disease, cleaning the ecosystem. Spiritually, the condor performs the exact same function for your energetic body. It safely "digests" your dense emotional toxins; such as grief, trauma, anger, and resentment, without being harmed by them.

The act of the condor opening its massive, sweeping wingspan physically mirrors the opening of the heart chakra. This openness allows the heavy energy (hucha) to be swept away and replaced with light, clean energy.

Close your eyes and imagine Condor opening his massive wings before you. Knowing that you do not have to carry your own heavy heart. Call upon the spirit of the condor to come, sweep it up, eat it, and fly it up to the sun to be purified.

Clearing the heart of heavy energy is the anchor of self-love work.

Condor Mantra:

Spirit Condor, help me step back and see a new perspective, so I may rise above the storm.





Hummingbird

Place two fingers over your third eye.
Slowly inhale, pause and then slowly exhale.

The Hummingbird is a sacred messenger from the ancestors, carrying the wisdom, blessings, and healing of those who walked before you. While the Condor expands your vision from the highest realms, the Hummingbird refines your third eye, helping you perceive the extraordinary beauty and sacredness that already exist within you.

The hummingbird's wings beat at an astonishing frequency, acting as a vibrational tuning fork that clears mental fog, awakens higher perception, and opens your awareness to experience the world through the lens of joy, wonder, and magic.

Often, one of the greatest barriers to self-love is our own harsh inner critic. Hummingbird medicine gently guides you to recognize your inherent beauty, worth, and value. Like the hummingbird seeking the sweetest nectar, it reminds you to seek out moments of joy, gratitude, and self-compassion, helping you rewrite the inner dialogue that shapes your experience of yourself and the world. Close your eyes and imagine a hummingbird hovering effortlessly in perfect stillness, while its wings move at an invisible speed. Through the wisdom of the third eye, Hummingbird teaches that even when your thoughts or outer world feel chaotic and fast-moving, your inner vision can remain calm, centered, clear, and deeply observant.

Hummingbird Mantra:

I open my heart to the sweetness of my authentic self.



Cleansing Your Energy from the Inside Out



CLEANSING PERSONAL SPACE

Easy cleansing for you, any room, your home or office

Burn Sage, Frankincense and Copal. Sage cleansing is one of the oldest and fastest ways for how to remove negative energy from your home.

To begin open a window or door, allowing the energy you are releasing to leave the space. Starting from the back of the space, light the sage and walk around the room covering as much of it as you can. After cleansing, set an intention for what you wish to invite in, such as peace, joy, abundance, or healing.

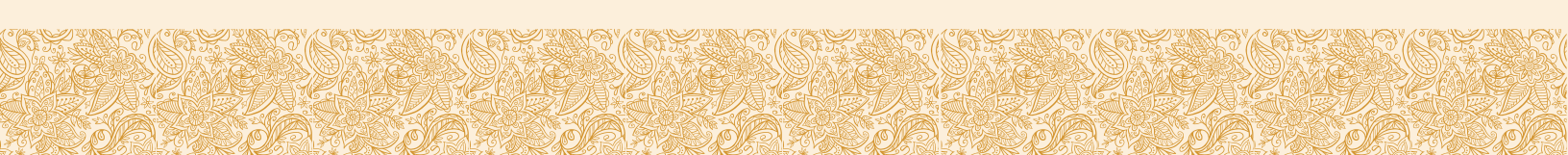
Smudging Prayer:

*With gratitude, I honor this sacred plant and the wisdom of the Earth.
As the smoke rises, may it clear away any energy that no longer serves me.
May all heaviness, negativity, fear, and tension be released and transformed.
I invite peace into this space. I invite love into this space. I invite healing,
harmony, clarity, and protection into this space.*

*May this home (or place) be filled with light. May all who enter here feel safe,
supported, and uplifted.*

*I give thanks to the Creator, Mother Earth, the elements, my guides and
ancestors, and all benevolent energies that walk with me.*

It is done. And so it is



Cleansing Your Energy from the Inside Out



5 WAYS TO CLEANSE YOUR BODY AND AURA

1. You can smudge yourself with Sage, starting from the top of your head down to your feet, under your feet, back, shoulders...
2. If you don't want to burn herbs, you can use sacred herbbundles. A great one to use is a bundle of Rosemary, or find flowers and herbs that grow naturally and make yourself a small bundle. Use the herb bundle to wipe off the negative energy from head to toes, under your feet, shoulders, back...
3. Soak in a bath with Epsom salt, sea salt, or Himalayan salt to help release energetic and physical tension.
4. Use singing bowls, tuning forks, drums, chimes, or your own voice to help shift and clear energetic blockages.
5. Walk barefoot on the earth, sit beneath a tree, or spend time near water to reconnect with the grounding energy of nature.

Cleansing Visualization

Place your hand on your heart and take three deep breaths. Imagine a radiant golden light surrounding your body. See this light dissolving any energy that is not yours and filling every cell with peace, love, and vitality.

Set the intention:

"I release all energy that does not belong to me. I call my energy back to myself, cleansed, healed, and renewed. I move through this day grounded, protected, and aligned with my highest good."

Remember:

The most powerful piece of any energy-cleansing practice is your intention. When you consciously choose to release what no longer serves you and invite in what nourishes you, you help create a more balanced and harmonious energy field.



Personal Cacao Ceremony

Guide

WHAT YOU'LL NEED

- Ceremonial-grade cacao (about 1–2 tablespoons per serving)
- Filtered hot water (about 4–6 oz)
- Optional additions: cinnamon, cayenne, vanilla, cardamom, natural sweetener
- A favorite mug or special cup
- Candles
- Journal and pen
- Blanket or shawl
- Healing music
- Crystals or meaningful objects



PREPARATION

1. Create a Sacred Space

- Choose a quiet, comfortable spot where you won't be disturbed.
- Light a candle or incense.
- Set out any meaningful items like crystals, oracle cards, or personal symbols.
- Turn off distractions.



2. Set Your Intention

- Before preparing the cacao, pause and ask yourself:
- "Why am I here today? What is my heart calling for?"
- Your intention could be anything from clarity, grounding, heart-opening, letting go, or self-love.

PREPARING THE CACAO

Basic Recipe:

1. Heat water (not boiling, around 170–180°F / 75–80°C).
2. In a blender or small pot, combine:
 - 1–2 tbsp ceremonial cacao
 - Hot water
 - Optional: pinch of cayenne, cinnamon, vanilla, or sweetener to taste
3. Blend or whisk until smooth and frothy.
4. Pour into your special mug.



Hold the mug with both hands and take a deep breath.

Feel gratitude for the cacao and where it came from.



THE CEREMONY

1. Opening

- Sit comfortably with your cacao.
- Take 3 deep breaths to center yourself.
- Hold your mug to your heart. Close your eyes. Speak your intention out loud or silently.
- Say a short blessing or prayer of gratitude.



2. Sip Slowly, with Presence

- Drink your cacao slowly, with mindful sips.
- Focus on its warmth, texture, taste, and the way it feels in your body.
- Let each sip be a moment of connection with your heart.

3. Meditation or Breathwork (5–10 min)

- After sipping for a few minutes, close your eyes.
- Tune into your breath or listen to calming music.
- Let the cacao guide you inward.
- Option: Do gentle breathwork or body scans.

4. Journaling or Creative Expression (10–20 min)

- When you feel ready, open your journal.
- Reflect on your intention or anything that arose during meditation.
- Prompts you might use:
 - What does my heart need to say today?
 - What am I ready to release?
 - What am I calling in?
- You may also draw, doodle, or make marks intuitively.



5. Closing the Ceremony

- Sit quietly for a moment and thank the cacao.
- Say your intention again or offer words of gratitude.
- Blow out your candle to close the space.

AFTERCARE

- Drink water and nourish yourself with a light meal if needed.
- Keep your heart open to insights that may come throughout the day.
- Revisit your journal later and notice any patterns or messages.



Resources

Facebook Group community:

<https://www.facebook.com/groups/794932508826075/>

Drums:

Remo Fiberskyn Frame Drum - 14 or 16 inch

Synthetic Frame Drum with Acousticon Drum Shell
and Pre-tuned Fiberskyn Drumhead

Remo Soft Black Cover Plastic Mallet, 10"

Can be purchased on Amazon or Sweetwater

Donna Eden, Energy Medicine:

<https://edenmethod.com/>

Peruvian Agua de Florida - Flower Water:

<https://www.shamansmarket.com/products/peruvian-agua-de-florida-flower-water>

Cacao:

Ora Cacao:

<https://ceremonial-cacao.com/?>

srsItid=AfmBOopqgfvqBxGy0S8gL7hoXzHGuiYwX_RVMuKvdPb9Ow5
4eTuNO8fN

Cacao Labs

<https://cacaolaboratory.com/>

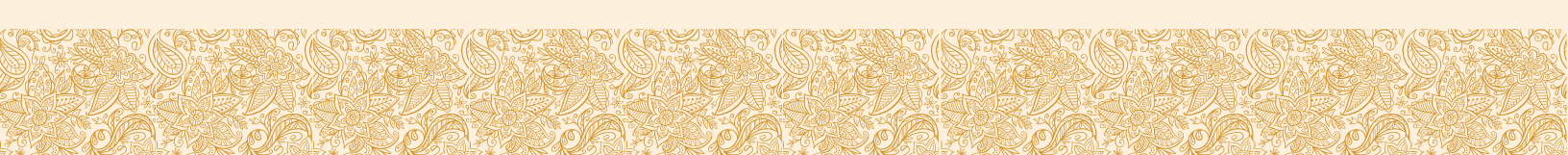
*Both of these brands are reputable and good for general health, daily use or personal ritual.

Fifth Element Lanquin Cacao

100% Hand-Made Ceremonial Cacao Paste

<https://themayanmarket.com/products/fifth-element-lanquin-cacao-100-pure-ceremonial-cacao-paste>

*This is the one I use for ritual and ceremony. It is very special and sometimes hard to get due to the handmade nature.





A Heartfelt Thank You

Thank you for sharing this beautiful journey with us. It was an honor to hold space for your growth, healing, and self-discovery. We hope the insights, practices, and connections you experienced during our retreat continue to support and inspire you long after our time together.

If you found value in your experience, we would be deeply grateful if you would share your thoughts by leaving us a Google review. Your words help others who are seeking healing, self-love, and transformation discover our retreats and become part of our community.

Thank you for being here, for doing this important inner work, and for allowing us to be part of your journey.

With love and gratitude,
Cari & Diane



Google Review Code



Cari Skier: Cari @creativetoolsforwellness.com
Diane Speer: Dianespeer33@gmail.com