

# Gret's Rock

## Through Life's Greatest Joys and Worst Fears, We Find Our Way Home

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### **DAILY:**

Lemon Water Honey heated every morning and every evening before bed. I often hold this hot tea at my navel center. It's like a warm hug from a loved one. Calms me right down.

### **MEDITATION:**

At least 2 minutes of meditation every morning. Start the day with a Mantra.

### **LONG BREATHS:**

Whenever I feel anxious, I close my eyes and take 3 long deep Breaths.

### **BUY SOMETHING SPECIAL FOR YOURSELF:**

I am not saying a big expensive purchase. Maybe it's a crystal, a new journal, a pretty Xmas ornament, a candle, a soap, a diffuser, a soap dish, body soap, and cream. A new top, an adorable headband... whatever it is, will fill you up and at least make you smile.

### **READ:**

If you are a reader, go out and look at the NY Times best-selling fiction and read one. Or maybe it's a classic you always wanted to read. Make the time to go to the library or a local bookstore and browse around.

### **COFFEE:**

I love my coffee. It's so comforting to me. I make it every morning and find a local shop to sit and have an afternoon latte. I love meeting friends, but also it's nice to be alone. It's a great way to re-group.

### **WATER:**

Drink water throughout the day to stay hydrated.

## YOGA:

Find YOGA gentle restorative and Yin are excellent to help in difficult times. Power Yoga is great for moving your energy and releasing toxins.

## THE OCEAN:

If you can get to the ocean, get there. If you cannot, listen to a wave meditation and imagine the ocean's depth. Get a book on the ocean, a picture or shells... bringing in the ocean immediately brings healing I cannot fully explain.

## SUNSETS:

Watch a sunset.... see what happens!!

## NATURE:

GO OUTSIDE!!!!

Touch the earth with bare feet, and take the sneakers off!!

Touch a tree, plant a garden, look at the sky, feel the raindrops! It's a blessing!

## MANTRAS:

Peace And Calm

I Am Safe

I Am Enough

I Am Loved

Loving Kindness

Grateful Heart

Forgive Myself

Be Open



## MARGARETS GO TO BOOKS:

[INSIDE](#) By Sara Brassard

[WISDOM BEYOND WHAT YOU KNOW](#) By Ulrika Sullivan

[JOURNEY TO THE HEART](#) By Melody Beattie

[THE BOOK OF AWAKENING](#) By Mark Nepo

[DEVOTIONS](#) By Mary Oliver

[JESUS CALLING](#) By Sarah Young

[WHEN THINGS FALL APART](#) By Pema Chodron

[SEVEN SPIRITUAL LAWS OF SUCCESS](#) By Deepak Chopra M.D.

[THE FOUR AGREEMENTS](#) By Don Miguel Ruiz