



Cultural Detox

40 Day Workbook

Authentic Relationships

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INTRODUCTION TO THE 40 DAY PROCESS

Transformation

The caterpillar goes into the cocoon and out comes a butterfly. What happens in that cocoon? The caterpillar finds out, this is not a cocoon, it's a coffin... The transformation starts to happen. "Oh my God, I am not going to be the same person I was when this finishes."

There is no relation between a caterpillar and a butterfly. A butterfly is not a flying caterpillar. There is a transformation at the seat of consciousness that happens. And this is the transformation I am describing. As it is happening, there is a fear and reaching back to how it was.

You are moving into a new way of being that you have no operating manual for. You had a good operating manual for the previous state. Highly functional, illusory egoic self. That makes it even more weird, when that whole thing starts to transform. You can only go through it, there is no going back.

– Adyashanti, disc 4, track 10, silent retreat March 2011

Transformation does not mean a caterpillar grows wings and can fly, transformation is a complete dissolution and reformation into something entirely new.

This workbook is your companion on your 40 Day Journey of Transformation. These 40 days are an opportunity to go deep, create a solid container around you (the protocol in the appendix of this book) and allow the safe space to support your transformation.

The transformation process requires commitment, consistency and sincerity.

Throughout the 40 day process our resolve will be tested. In the face choosing the new - past conditioning / preferences will arise, agitation, discomfort, tendencies to want to distract / avoid. There will be an inner rebellion which will want to act in ways that go against the commitment.

That's all part of the process. We are changing psycho-physiological patterns and we are choosing this specific Cultural Detox form to do it. The nature of the process is to bring up all the conditioning which challenges our clear aim. By holding steady we step by step rewire our neuro-physiology to allow for something new to emerge.

40 Day Roadmap

The 40 day process follows a similar timeline / sequence for those who sincerely engage it.

- 1st Week - New & Exciting
- 2nd Week - Momentum Slowing
- 3rd Week - Meet Our Shadows / Pushing a Rock Up A Hill
- 4th Week - Breakdown into Breakthrough / Keep Up
- 5th Week - Strength, Renewal and Discovery
- 6th Week - Steadiness & Looking Towards What's Next

Throughout the process we all meet our self imposed limitations when we are challenged to give 100%. Every part of ourselves that subtly sabotages our success shows itself. With steadiness we choose to remain focused and step by step we permanently dissolve any fixed sense of limitation or inner bondage.

Our sense of self becomes expanded, and so does our confidence and inner strength. Instead of allowing psycho-physiological conditioning and familiarity to direct our behaviors, we feel freedom to choose the course of our lives and act consciously, directed by purpose.

This is the process of transformation - truly the caterpillar dissolves and a butterfly emerges.

The Science of Forming a Habit

We know now that 95 % of what makes us who we are by the age of 35 is a memorized set of behaviors, emotional reactions, hard wired attitudes, beliefs, perceptions, and habits that function like a computer program

~Dr. Joe Dispenza

Yogic Science says it takes 40 days (about 6 weeks) to create a new habit / change old habits. A habit is an automatic behavior that consists of 4 parts.

- 1) **cue** that triggers the...
- 2) **desire** that leads to the...
- 3) **action** followed by the...
- 4) **reward** that follows the action

A habit can be as simple as turning on the light switch when we enter a dark room, to as complex as a morning routine upon waking.

To form a habit takes effort initially. After we've performed the behavior enough times for new connections to be made in the brain, it requires less effort, and the patterns become a new default.

Research has found that significant psycho-physiological changes can be measured after 6 weeks of consistent daily effort. By 6 weeks neural pathways have been formed and physiological rhythms established, resulting in far more "automatic" behaviors..

Feedback loops form when a behavior becomes linked to the reward. The reward center of the brain, that processes the pleasure of reward, starts firing before even performing the behavior. This creates an impulse towards action - it's also called desire. Desire is the glue that holds automatic behaviors and sense of self together.

As we put forth the effort to establish new patterns of behavior that support vibrant health, new patterns become a new lifestyle. The better we feel, the easier it is to keep the behaviors going. **This is what we call regenerative lifestyle**, because the behaviors help us feel more and more vibrantly healthy, happy, and whole - and that sense of wellbeing drives more healthy choices and behavior.

After 40 days, a person can experience a new sense of ease in the new which they have been working towards. It is a checkpoint along the way, where one can feel accomplished and that marks a new foundation for both psychological and physiological transformation.

Yogic Science says it takes about 90 - 120 days of consistency for a behavior to become a seamless part of the individual's personality or their default mode network - and 1000 days for a sense of mastery that grants on demand access to the behavior regardless of conditions.

Modern neuroscience says it takes 18 - 258 days to establish new habits... So after the 40 days, keep going! The regenerative behaviors should feel much more natural or automatic, yet to truly allow for permanent transformation, just keep going!

Anatomy of Change

The process begins with **sincere desire for change**. There is no way real change can come about if it is motivated or forced by an external source. It has to be one's own sincere volition, which acts as the core driving engine for transformation. The desire must come from a deep and authentic part of ourselves in order to be able to carry us through the shallower conditioned behavior patterns that will challenge our resolve.

We should check in with ourselves to clarify what our core **intention** is - what is the goal or outcome that drives the behaviors and why do we want change? Only intentions that are rooted in deep authentic desire will be successful. If the intention is to obtain a certain transitory experience there will likely not be enough depth to withstand the challenges along the way, and the intentions will likely change midway through to avoid discomfort that may naturally arise when creating change.

Only the individual can choose how to behave moment to moment - only the individual can choose to behave differently even in the face of extreme inner / outer turmoil. This **choice is the essence of true freedom** - it's the heart of who we are.

We are already free, but we unconsciously choose to behave in ways that we've become accustomed to. 95% of our waking life is driven by the subconscious programming that goes on autopilot. This type of existence is like a dream. When we start acting from an authentic purpose, we are waking up from this automatic dreamstate into the present moment as 100% responsible creators of our reality.

As creators of our reality we cannot necessarily choose the forms our experience takes, but we can choose how we respond moment to moment - and this creates what we experience as our reality.

Choice is what grants us a sense of freedom, it becomes available to us through an alchemical process called **self regulation**.

Self regulation is the ability to

- 1) Be aware and recognize our constantly changing psycho-physiological state
- 2) Up regulate or down regulate our inner psycho-physiological state

In our conditioned state, we each have a unique sense of "*normal*" and unique preferences. When conditions change and differ too much from our sense of normal / our preferences, we experience a psycho-physiological urge to act in order to bring things back to what's familiar.

Self regulation allows us to adjust our inner psycho-physiology in order to maintain balance regardless of the outer changes - so our choices can come from a place of consciousness and freedom - not driven by unconscious biological impulses to maintain familiarity.

Learning how to self regulate is the key to being okay with whatever the moment offers, and creates the space for consciousness to direct behavior rather than autopilot keeping things "*normal*".

The most direct gateway between conscious awareness and our deeper subconscious mind that drives our automatic behaviors is the breath. The Quantum Pause technique (*described in the Daily Ritual Section of this Workbook*) is a quick, easy, and very effective tool that can help deepen into neutral awareness, disengage from autopilot and make choices from a sense of greater freedom.

As self regulation becomes more natural, we experience greater ease, awareness and freedom moment to moment. We do not seek to control our environments or even control our experience to feel happy or whole.

This is a radical shift from our societal upbringing. We are learning to shift from a goal oriented constant drive to manipulate our environment / experience to an authentic and purposeful way of relating to the world - that does not seek anything in order to feel whole..

The Hero's Journey

We all have experienced situations in our past that have created within us a sense of dis-ease or incompleteness. This experience is a part of being human, yet it's not something to avoid... It is something to embrace. This feeling serves as a catalyst for our quest for Truth or Wholeness (in whatever form it takes).

It's very common in our society for a person to experience dis-ease and be driven to seek happiness. It's actually a core principle of marketing - to target a person's pain and then offer them a solution. When the dis-ease becomes great enough then a person will act.

On the journey of sincere seeking we leave what is familiar and known to us in order to truly learn and grow. Our desire is tested and challenged, and our sense of self is broken down as the old familiar ways of doing things are abandoned. We meet a dark night of the soul, a period of releasing completely into the unknown which can seem like total loss of control or chaos - this is where we experience in a sense a shamanic death - where everything we've known is let go of. This letting go is the crucible of sacrifice which produces true transformation.

There cannot be transformation without sacrifice. To sacrifice is to make sacred; to release something of lesser value in order to receive something of greater value. Shamanic death the release of the old, every concept, every idea, everything we thought we knew, in order to allow the new in.

And then there is rebirth. Everything is seen through the eyes of a newborn - learning how to do the things we've done before, but now from a place of presence, authenticity, and purpose.

Through this hero's journey we discover what's at the heart of all that we think we know - before the words can form - the essence of who we are. This is the Self that is "reborn" or another way of looking at it, this is the self that is "unborn" and has always existed.

This is who we are, and from here we learn to act. We learn to meet the moment and behave with purpose that is an authentic impulse from the center of who we are.

We return to the world, to the place that was once known to us - but with a different perspective and a different way of behaving. No longer do we act out of a mechanism of conditioning and survival, but we create because that is the nature of who we are. We have effectively shifted our reality from the cultural survival based matrix to the living matrix of exploration and creation.

These 40 days are your hero's journey.

Synergy of Success

Cognitive neuroscientists have conducted studies that have revealed that only 5% of our cognitive activities (decisions, emotions, actions, behavior) are conscious whereas the remaining 95% is generated in a sub-conscious manner. So with 5% of their mind, people can say: "I want to be healthy, happy, and free" but the subconscious is on a whole different program.

Zaltman G. (2003). How Customers Think: Essential Insights into the Mind of the Market. Harvard Business School Publishing. Boston, MA 02163.

The journey towards greater sense of freedom is in a sense going against the stream of the culture, and in the same sense against the stream of our own conditioned subconscious minds.

With any endeavour to create change it is inevitable that the old habits will present themselves and create a sense of inner resistance. In order to move through the inner and outer resistance successfully we aim to create the most conducive conditions that support change. In order to remain steady and achieve our goals.

DAILY DISCIPLINE / SADHANA / MORNING ATTUNEMENT

A consistent ritual that affirms the new behavior is an invaluable aspect of creating change. Our physiology is governed by cycles, and a sleep / wake circadian rhythm cycle is aligned with the 24 hours of our day. In order to create automatic change we need to wire the new behavior into the 24 hour cycle.

By dedicating a period of time each day to affirming behavior we are physiologically “watering the seeds” of our intentions.

COMMITMENT

In order to be successful in creating change we must be committed. This cannot be emphasized enough... The old habits **WILL** present themselves and the experience **WILL BE RESISTANCE** to the new. Commitment is the ability to follow through on the intention and hold to it regardless of the conditions of the moment.

INSPIRATION

In order to be successful and not become dogmatic or fixed on the outer form, it's essential to stay Inspired. The inspiration is the juice, the emotional energy that flows from a genuine connection with an aspect of ourselves that is real... There are many aspects of ourselves that are merely conditioned phenomena that don't necessarily represent who we are, our genuine feelings, emotions, ideas, etc.

Finding what inspires us is part of what it means to be successful. Connecting with that each day is also essential in order for us to keep the juice flowing and be moved by the impulse of our authentic center rather than the calculated agendas of the intellect.

CLARITY / INTENT

When we are clear we can let go. If we are moment to moment calculating our choices we use a lot of unnecessary energy and also risk getting swayed by our feelings that may have nothing to do with our bigger picture vision / goals / values.

To have clarity means to have a clear intention. This directs action and protects us from getting lost or swayed. The clearer we can be for everything that we do, from clear long term goals to shorter term to tiny immediate tasks - all serves our step by step arrival at living our vision.

COMMUNITY

In a world with infinite different streams of motivation, crisscrossing in every direction, all around us and everywhere we turn our attention - it's incredibly valuable to have like minded friends, who share values and similar goals. The supportive community helps to create a sense of belonging to something greater, and supports our personal journey.

Practically speaking, the community is an excellent resource to call upon when there may be challenges, to share with along the way, to receive inspiration from. It's a resource that is in alignment with your own goals and values and therefore serves as an outer reflection that can help (re)connect you with inner aspects of yourself.

How this Workbook Can Serve You

This workbook is your accountability companion. By utilizing the structured prompts daily, it helps form a reflective inner posture, which is essential for our learning and growth throughout our journey.

These daily reflections help us clarify our goals and intentions and follow through on them.

It helps us track our progress.

It provides a space to work through feelings, emotions, challenges, psychological blocks.

It helps us to celebrate our successes and honor every step of our journey.

It helps us establish qualities such as:

- Self Initiation
- Autonomy
- Commitment
- Consistency
- Discipline
- Self Reflection
- Lifelong Learning

This workbook was formulated from over 15 years of personal experience and the experience of working with hundreds of others on the path of self realization and actualization of our purest potential. May it serve you on your 40 day Journey. May your 40 day Ultimate Lifestyle Transformation be fruitful and lead towards greater health, happiness, and wholeness.

From My Heart to Yours

A handwritten signature in black ink that reads "RKS Khalsa". The letters are stylized and connected, with a cursive-like flow.

Ram Krishan Singh Khalsa

40 DAY PROTOCOL

Supplement Schedule

Renew Days 1 - 14

Begin the process, rest well, drink plenty of water, move your body... Find your rhythm and enjoy each day.

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 3 tablets	Power Shake 5 tablespoons Biome Medic 1 capsules	Super Aminos 23 3 tablets Biome Medic 2 capsules	Apothe-Cherry 1.5 tablespoons

Release Days 15 - 25

For the parasite cleanse abstain from sweet foods including fruits. May feel more emotional - focus on eliminating unhealthy habits.

***Please Note:** Adjust 1-2 capsules of Super CleansR based on your body's elimination response

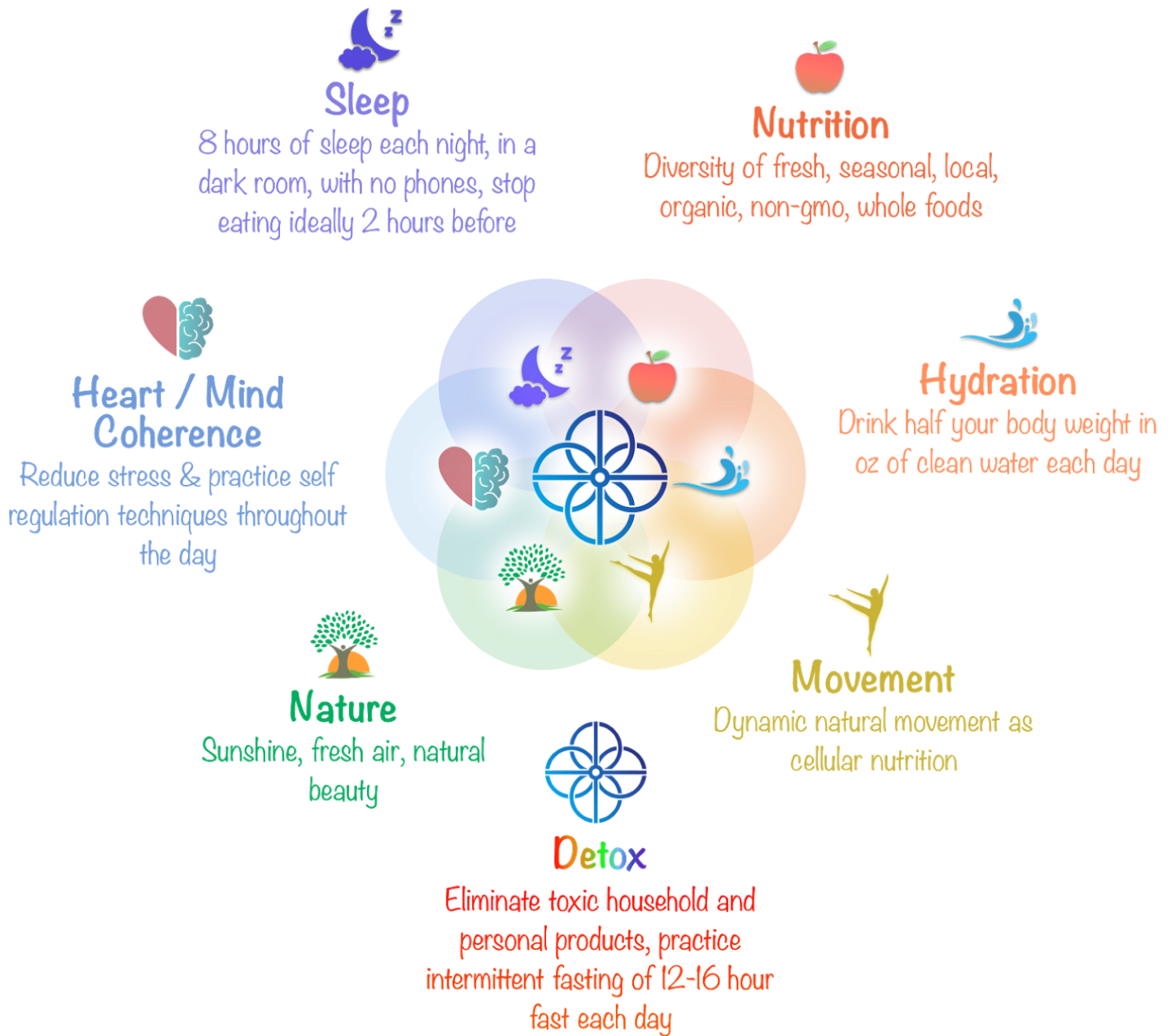
Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 5 tablets	Power Shake 5 tablespoons Biome Medic 2 capsules Super CleansR 2 capsules	Super Aminos 23 5 tablets Biome Medic 2 capsules *optional* Power Shake 5 tablespoons	Apothe-Cherry 1.5 tablespoons Super CleansR 2 capsules

Restore Days 26 - 40

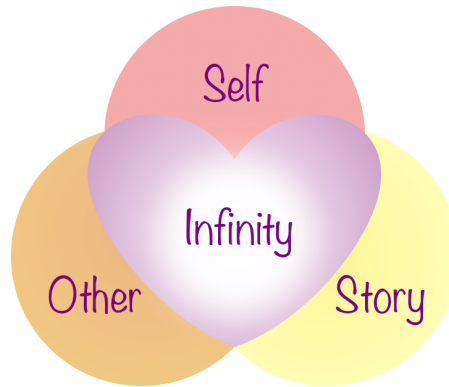
Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. Nourish your body with high quality foods and plenty of water.

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 3 tablets	Power Shake 5 tablespoons Biome Medic 1 capsules	Super Aminos 23 3 tablets Biome Medic 1 capsules	Apothe-Cherry 1.5 tablespoons

Regenerative Lifestyle Protocol Summary



~In Depth Guidelines in the Appendix~



Authentic Relationships Protocol & Practices

Bring the Authentic Relationships core concepts and practical implementation guidelines to life each day. Explore these concepts deeper throughout the 40 days.

Core Concepts

1. **Authentic** - genuine and truthful
2. **Relationship** - a two way relay
 - o Person 1 give -> Person 2 receive
 - o Person 2 give <- Person 1 receive (also works with non-persons)
3. **Conscious** - aware of as many angles as possible
4. **Communication** - information exchanged to form common unified reality
5. **Resonance** - attunement to form connection
6. **Deep listening** - words, sounds, rhythm, tempo, body language, what's said & unsaid
7. **Hidden Agendas** - subtle underlying motivation / hook
8. **Projection** - what is desired to be seen or identified with
9. **Shadow** - what is desired not to be seen or identified with
10. **Own your experience / Do not deny another's experience**
 - o Communicate from I - I feel, I think, I observe, I believe

Conscious Communication

- 1) **Speak what is True**
 - o Avoid lies and deception
- 2) **Speak at the Right Time**
 - o Avoid interrupting - listen deeply
- 3) **Speak Respectfully**
 - o Avoid harsh speech, avoid vain talk
 - o Speak in ways that touch the heart, be polite
- 4) **Speak Purposefully**
 - o Avoid idle chatter
 - o Speak what is useful
- 5) **Speak in ways that Unify**
 - o Avoid gossip and divisive speech
 - o Avoid judgement and criticism
 - o Create harmony, reconcile what has been broken apart

Conscious Conversation

- 1) **Pause** before immediately responding
- 2) **Relax** any tension in the body
- 3) **Open** to the unknown and release any fixed views
- 4) **Trust Emergence** of the perfect unfolding dialog, release any agenda or idea of steering the conversation
- 5) **Listen Deeply**, pay attention to the sound of voice, tempo, rhythm, silence between words, body language, what is unspoken, what is unspoken, etc.
- 6) **Speak the Truth** from your own personal experience, respect others' experience

Conflict Transformation

Conflict is an absolutely normal and unavoidable part of life. Conflict arises when a need that we have is not being met - that need could be safety, or it could be a preference that differs from our experience. How we respond to conflict is what determines if the conflict becomes an opportunity for greater harmony and growth or further conflict.

A conflict begins within us. The outside is not the cause of the conflict, it's our own unique conditioning that creates preferences and windows of tolerance that may or may not agree with the reality of the moment. When our experience differs from what we want or don't want, then a stress response is triggered and our energy starts moving. If we understand that this whole process is subjective and it's all inside of us, then we are empowered to work more consciously when we are triggered, and choose our response wisely.

Depending on the degree of conflict and the situation - here are some helpful tips:

- 1) **Down Regulate / Self Soothe** - If you feel triggered by a situation take the space to neutralize the inner charge as much as possible before engaging the other(s)
 - Reflect on the situation - Is it necessary to get upset? Is there something else being triggered? What is the need not being met?
- 2) **Communicate Nonviolently** - If it is necessary to communicate, do so in a nonviolent way (description below)
- 3) **Be Neutral** - The only way through a conflict is if one of the parties involved is able to neutralize the charge - let that be you
 - If both parties are charged then the conflict can escalate until exhaustion / depletion of resources
- 4) **Make the goal not to WIN**, but instead to communicate your experience in a way that the other is able to hear
- 5) **Allow the Conflict to Resolve Naturally** from a place of mutual understanding and authentic connection / empathy
 - Sometimes this will not happen - weigh the situation to see what to do next
 - Hopefully the situation didn't blow up further
 - Ideally it was neutralized at its source & transformed from a huge outer problem to an empowered inner solution that was able to resolve the outer situation

NonViolent Communication

- 0) Own your experience and communicate from I
 - I feel, I believe, I think, I saw
 - Talk about feelings, thoughts, perception of experience - *Radical Honesty*
- 1) State your observation
 - *"When I came home, I found all the cushions on the floor in the living room"*
- 2) Identify feelings
 - *"I felt anxious and frustrated"*
- 3) Identify needs
 - *"I really need everyone to help keep our home neat and orderly - so when I come back I am coming back to a clean house"*
- 4) Make a clear request
 - *"Please before you leave the house could you help make sure everything is picked up?"*

Daily Ritual

A 15 minutes of daily morning practice can make a subtle but profound impact upon our sense of wellbeing and ability to show up to our lives. The following 3 practices are recommended as a morning ritual as a way of tuning in to ourselves more deeply and interrupting the autopilot self and shifting into . The plant essences have unique qualities that are chosen to help facilitate your psycho-emotional process

Altar

Your altar is an outward representation of your inner center. Your altar is a space where inner and outer meet - it is a place for alchemy. Place objects that have meaning to you, that represent qualities of your ideals or that inspire or uplift your consciousness.

- Its recommended to have representation for the 4 elements, Air, Fire, Water, Earth
- As well as a photo of yourself / your family

Each morning, or whenever you perform your daily ritual, come to your altar

- 1) Light a candle, burn some incense
- 2) Shift into an attitude of prayer / gratitude
- 3) Become present and just be

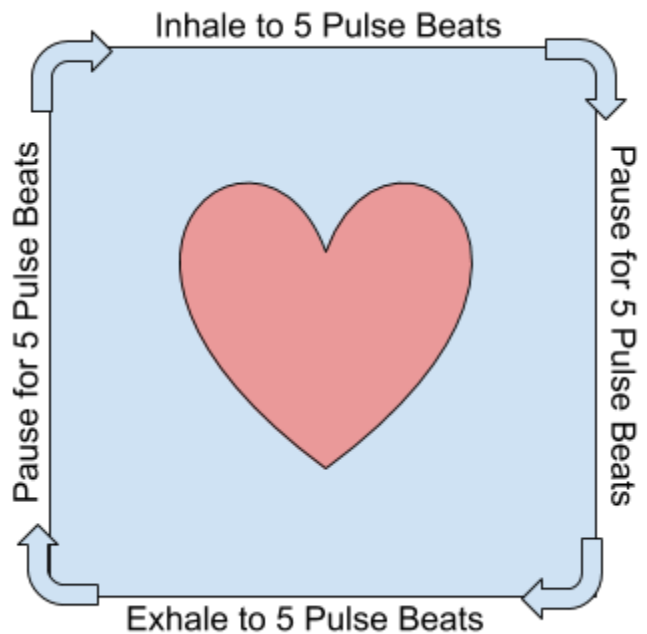
Quantum Pause

This practice has also been called box breathing or square breathing. It's a powerful way to drop into deeper awareness - out of the head and into the presence of the heart. It's also a tool you can utilize throughout your day to disrupt the default mode network / sense of "normal" self. Use this technique if there are repetitive thoughts, a negative state, low emotions, or just to return to center.

This simple practice is extremely effective, the key is consistency and building a rhythm that includes dropping out of the head.

In the beginning fear may arise, especially during the exhale pause - simply observe curiously and if needed - reduce the count to 4 pulse beats instead of 5.

- 1) Find your pulse
 - Place your index & middle fingers of the right hand onto your left wrist
 - Or index & middle fingers of the right hand to the neck
- 2) Tune into the pulse for a few moments
- 3) Begin inhaling to the count of 5 pulse beats
- 4) Pause for 5 pulse beats
- 5) Exhale to the count of 5 pulse beats
- 6) Pause for the count of 5 pulse beats
- 7) Repeat this 5+ times



Forgiveness Meditation

"Forgiveness is not about saying that someone shouldn't be held accountable for their actions. Forgiveness is about saying that someone else's actions are not going to define who I am. " ~Corey Webster

One of the simplest definitions of forgiveness is to simply let go. Forgiveness operates from the understanding that everyone is doing the best they can to the best of their ability at any given moment and in this light forgiveness is a natural state of allowing things to be as they are.

When a person holds on to anger, resentment or desire for retaliation, our nervous system also holds on to a perceived threat and produces a continual biochemical stress response. In reality, if we hold onto the past, we are the ones that suffer most.

"When you don't forgive you release all the chemicals of the stress response. Each time you react, adrenaline, cortisol, and norepinephrine enter the body. When it's a chronic grudge, you could think about it twenty times a day, and those chemicals limit creativity, they limit problem-solving. Cortisol and norepinephrine cause your brain to enter what we call 'the no- thinking zone,' and over time, they lead you to feel helpless and like a victim. When you forgive, you wipe all of that clean." ~Dr. Frederic Luskin of the Stanford Forgiveness Project

From neurobiology's point of view, the part of the brain that is responsible for empathy is also responsible for forgiving. By re-framing the situation we can disentangle from subconscious perpetual stress drivers and see the other as a real human being with their own pains and problems. We can access the parts of our psyche responsible for forgiveness and truly let go.

But forgiveness is not just about forgiving people in our lives or situations that we've felt hurt about. **The first place to start with forgiveness is with ourselves.** We often harbor deep internal conflict and judgement about ourselves that by its nature fragments our sense of wholeness and capacity to fully show up.

The power of forgiveness is to release, dissolve, and allow. It transforms our habitual tendencies to try to control or judge, into a more tranquil relationship with the moment.

The following meditation is extremely effective in helping to release the past, allow new angles of understanding to arise and give new meaning to what happened.

It's not necessary to target a story to forgive or even remember a past situation. **The most important aspect of forgiveness is the genuine feeling of letting go - and for this we can practice.**

One last note about forgiveness... Forgiveness is a frequency of energy that serves a very specific role. We do not have to conjure up forgiveness inside ourselves - we merely need to tune in to it and allow it to flow through us, vibrating us like an instrument. The energy has its own intelligence and will do its thing.

Forgiveness Meditation

- 1) After dropping in to a heart space / practicing Quantum Pause place attention at the area of the heart
- 2) Visualize and / or feel the following affirmation unfolding within
- 3) *"As the light of my heart brightens, so does my capacity to forgive"*
 - See the heart area lightening
- 4) *"As forgiveness flows into my heart, it moves upwards"*
 - See / feel the light of the heart flowing up to the head
- 5) *"Filling my entire head with the most delicate and refined light imaginable"*
 - See / feel the head completely filled with subtle living, intelligent, golden light
- 6) *"And in this light a compassion for my past settles in"*
 - Feel safety, care and ease
- 7) *"And all that has occurred is re-written"*
 - Allow the subtle intelligence of the light to organize and shift the memories of the past - allowing new insight and understanding / peace
- 8) Inhale deeply, visualizing the breath coming in through the heart
 - Breathe in all feelings, thoughts, perceptions, doubts, fears, everything we are aware of - allow it to be included
- 9) Suspend the breath and allow the feelings to be transformed by the heart's intelligence / vibration
- 10) Exhale completely, radiating peace and wellbeing out from the heart in all directions
 - With each release mentally repeat the affirmation - *"leave it in the mystery to shine of its own light"*
- 11) Repeat this inhalation & exhalation 7-8 times

NOTE - if visualization is challenging, tune in to the feelings instead

Forgiveness On-the-Go Practice

The entire premise of forgiveness is rooted in the understanding that all are doing the best they can within given circumstances. If we wish to release resentment or held pain it can be helpful to tune into this understanding.

A simple phrase that is incredibly potent and can help us tune into this space of forgiveness in a heartbeat is:

"I forgive myself for not understanding"

This phrase immediately helps neutralize any self righteous view, take responsibility for our feelings, release subtle judgement / tension, and shift into a deeper awareness of our inner environment.

This phrase can be a potent tool to help move through challenging situations that we feel stuck in. With regular practice we also begin to shift our relationship with ourselves, from judgement or criticism to more loving acceptance.

Plant Essence Meditation

The plants play an integral yet subtle guiding role in the Cultural Detox work. Plants have the ability to communicate directly with our biology in many different ways. We can receive inspiration and subtle impressions from the colors / form of a plant, we can ingest a plant, we can burn a plant for purifying qualities, we can apply a plant to the physical body like a poultice, we can bathe with plants, we can we can receive the aroma of the plant - there are countless forms.

Plants are considered an expression of the consciousness / wisdom of nature. It's believed that plants can help guide us back to our own innate sense of unity with nature and ourselves. From a Shamanic perspective all of creation has a subtle counterpart that is the living nonphysical intelligence that governs the physical expression - a spirit. By connecting with the plants we are connecting not just with the physical, but with the nonphysical. We are not mechanically creating a cause effect result, but we are developing a relationship - and this is an art that is lost to western society.

To establish a relationship the first step is respect, we need to genuinely approach the situation with an attitude of humility and respect towards that which we do not know or understand. All of modern technological advancements still do not understand the miracles of how nature works. We are approaching a great mystery and the single most important factor for developing a relationship is genuine respect.

Second is awareness. The plants speak a language that our western minds do not initially understand. It's possible that a word, message, or image may become clear - but most often the plants are communicating on dimensions of our being that we are not typically aware of. Communication may come through unique sequences of thoughts, feelings, &/or emotions that communicate universal order in such a way that is understood by the heart and later translated to the mind. So pay attention to everything through understanding that by experiencing the wholeness of life we are more and more receptive to the language of the spirit.

In my experience plants also speak to us through the language of dreams. Writing down dreams and inspiration is a good idea. Symbols in dreams, visions during meditation / prayer, or living 3D synchronicities or symbols that enter into our lives are not always straightforward and this is why it takes some time to understand how the spirit / plants are communicating. The more we pay attention moment to moment, and allow meaning to reveal itself in a nonlinear, nonlogical way - we begin to decode the language.

Allow these 6 weeks to be the initial introduction to the world of the plants. They are reaching out to us all the time, yet we are most of the time focused on worldly pursuits that we don't notice anything. Our subtle faculties shut down and we feel isolated as a species, from the other life forms that we share the Earth with. This is our own doing, and these 6 weeks are an opportunity to reestablish our connection with nature, and form a bond with new allies who are happy to help guide and protect - and literally forever open to new dimensions of ourselves.

Aromas and the sense of smell bypass the brain's natural filtration systems and have the effect of penetrating deep into the psyche and disrupting the default mode network (our

conditioned sense of self). By working with aromas we are brought into the present moment and given the opportunity to respond to familiar triggers in new ways - as well as create new neural pathways for new ways of perceiving / interacting in the world.

Through the 40 Day process it is recommended to work with ONE plant essence at a time, each for a 2 week period. The plants have been carefully chosen to help facilitate the 40 day process and assist as allies upon Our Hero's Journey.

Week 1 & 2	Vetiver / Ruh Khus	Feel at Home in the Body - Presence - Grounding Thoughts / Emotions / Feelings in the Body - Self Love
Week 3 & 4	Galbanum	Healing Trauma - Ancestral Connection - Strength / Freedom - Commitment on the Path
Week 5 & 6	Helichrysm	Healing Soothing Balm - Integrating Wounds - Inner Peace

Plant Essence Guidelines

- 1) Take a few moments to connect with the spirit / intelligence of the plant
 - o You may wish to hold the essence close to your heart or head
 - o Come to the present moment and release any tension in the body - relax into the moment
- 2) Deepen awareness of your current state
 - o Notice physical, mental, emotional, your expansiveness / contractedness, your general sense of wellbeing
- 3) Calmly remove the lid of the plant essence
- 4) Breathe in the aroma, calmly, slowly, reverentially - savor the experience
- 5) Enter deeply into the experience, becoming absorbed in the process of respiration and the wisdom that we are communing with even though its not necessarily known to our minds
- 6) Allow the essence to enter into your entire body - into the psyche - just relax into it
- 7) After about a minute or two, you may replace the lid of the plant essence and simply sit
- 8) Sit with open awareness and allow the breath to ground presence in the moment
- 9) Gently observe your psycho-physiological state and allow all thoughts / emotions / feelings to come and go
 - o Notice anything that may be charged or triggering, these are opportunities to forgive and let go of anything that catches attention
- 10) Sit for 5-10 minutes in a calm and receptive state
- 11) Allow subtle shifts to happen, trust the process, even if it brings up unpleasant thoughts, feelings, memories, etc.
- 12) Thank the plant for its wisdom, its guidance, its healing, its protection as a way of closing your session with the plants

40 DAY JOURNAL

YOUR INTENTIONS - The Seed

By clarifying your intentions you set the framework for your experience and the trajectory for your growth.

What are your intentions for the 40 days? What would you like to get out of this period?

Why do you want change?

What may be some of your biggest challenges that you see for accomplishing your intention?

In what ways do you need support to successfully accomplish your goals?

Key Word(s) Representing Your Intention(s) for these 40 Days

YOUR GOALS / INTENTIONS FOR WEEK 1

Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate:	Challenges:
Gratitude:	How Can I Improve Tomorrow?

Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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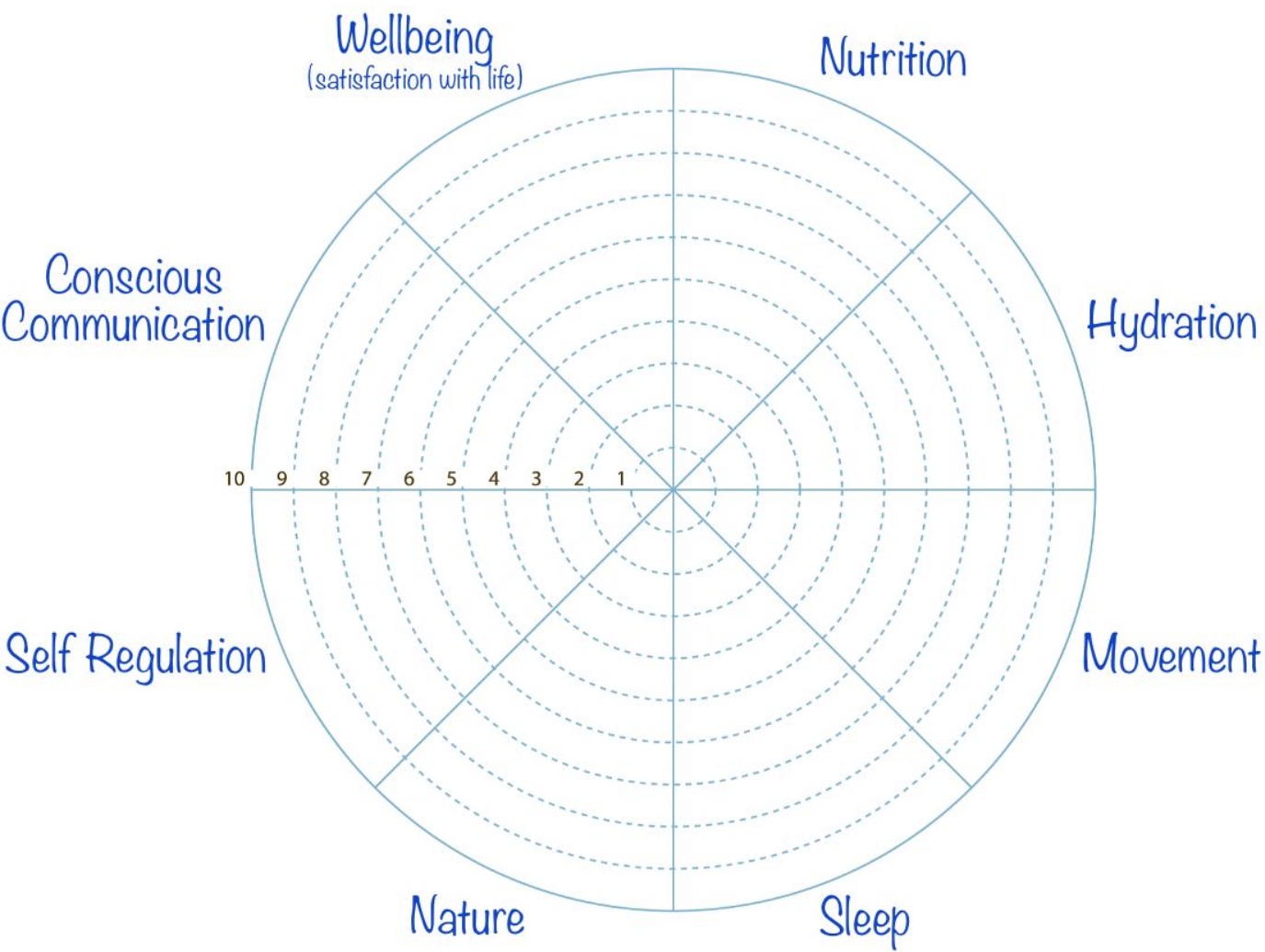
To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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WEEK 1 REVIEW



Celebrate / Gratitude	Challenges / Distractions / Blocks
1.	1.
2.	2.
3.	3.
4.	4.
5.	How can I improve?
6.	1.
7.	2.
8.	3.
	4.

WEEK 1 REVIEW

What did I learn? Key lessons / takeaways?

- 1.
- 2.
- 3.
- 4.
- 5.

Goals for Week 2:

- 1.
- 2.
- 3.
- 4.

Action Steps:

- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.

Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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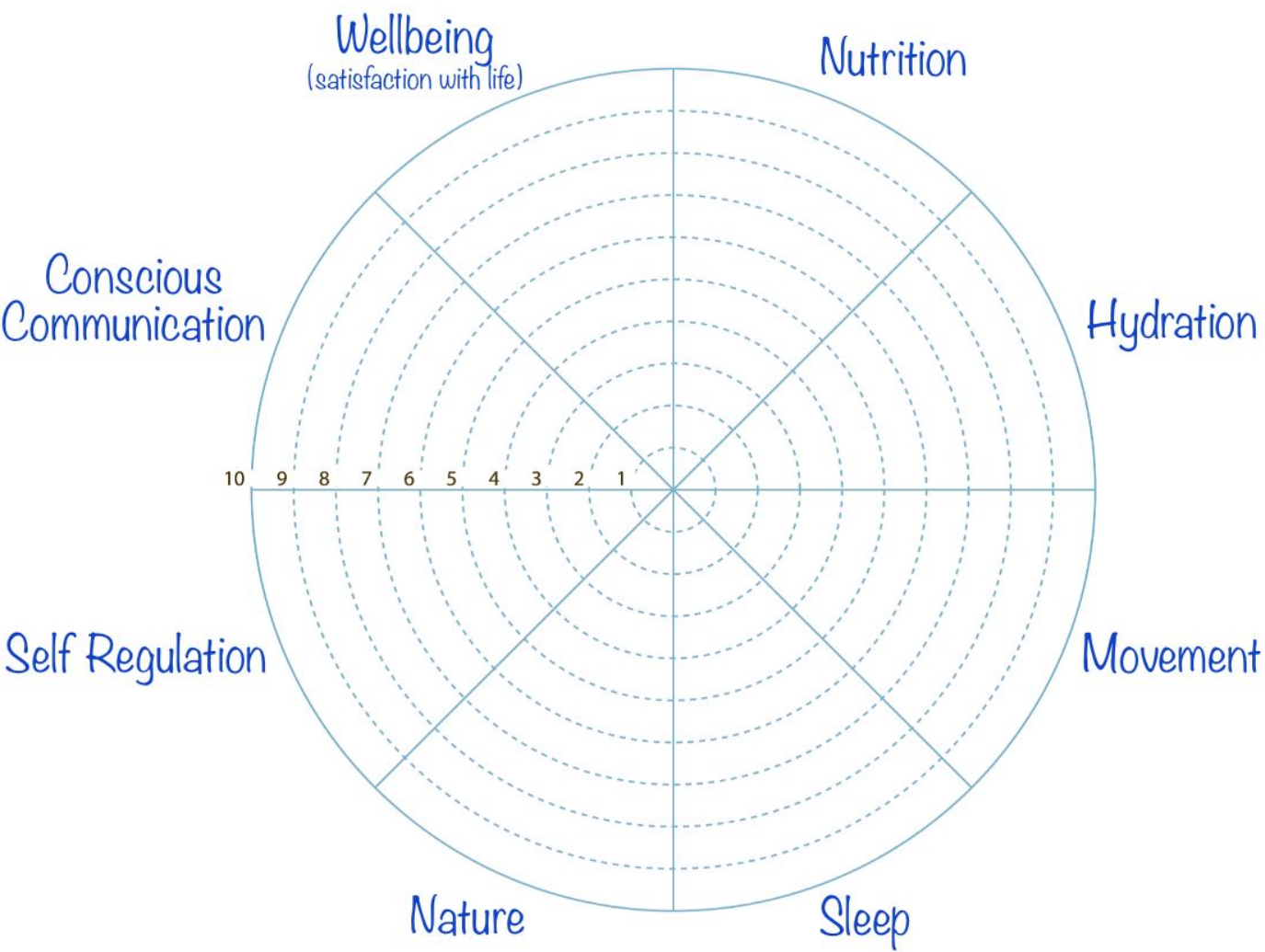
To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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WEEK 2 REVIEW



Celebrate / Gratitude	Challenges / Distractions / Blocks
1.	1.
2.	2.
3.	3.
4.	4.
5.	How can I improve?
6.	1.
7.	2.
8.	3.
	4.

WEEK 2 REVIEW

What did I learn? Key lessons / takeaways?

- 1.
- 2.
- 3.
- 4.
- 5.

Goals for Week 3:

- 1.
- 2.
- 3.
- 4.

Action Steps:

- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.

Reminder to Follow the Release Supplement Protocol Day 15 - 25

Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
---------------	-------------------------

To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
--	--

Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
---------------	-------------------------

To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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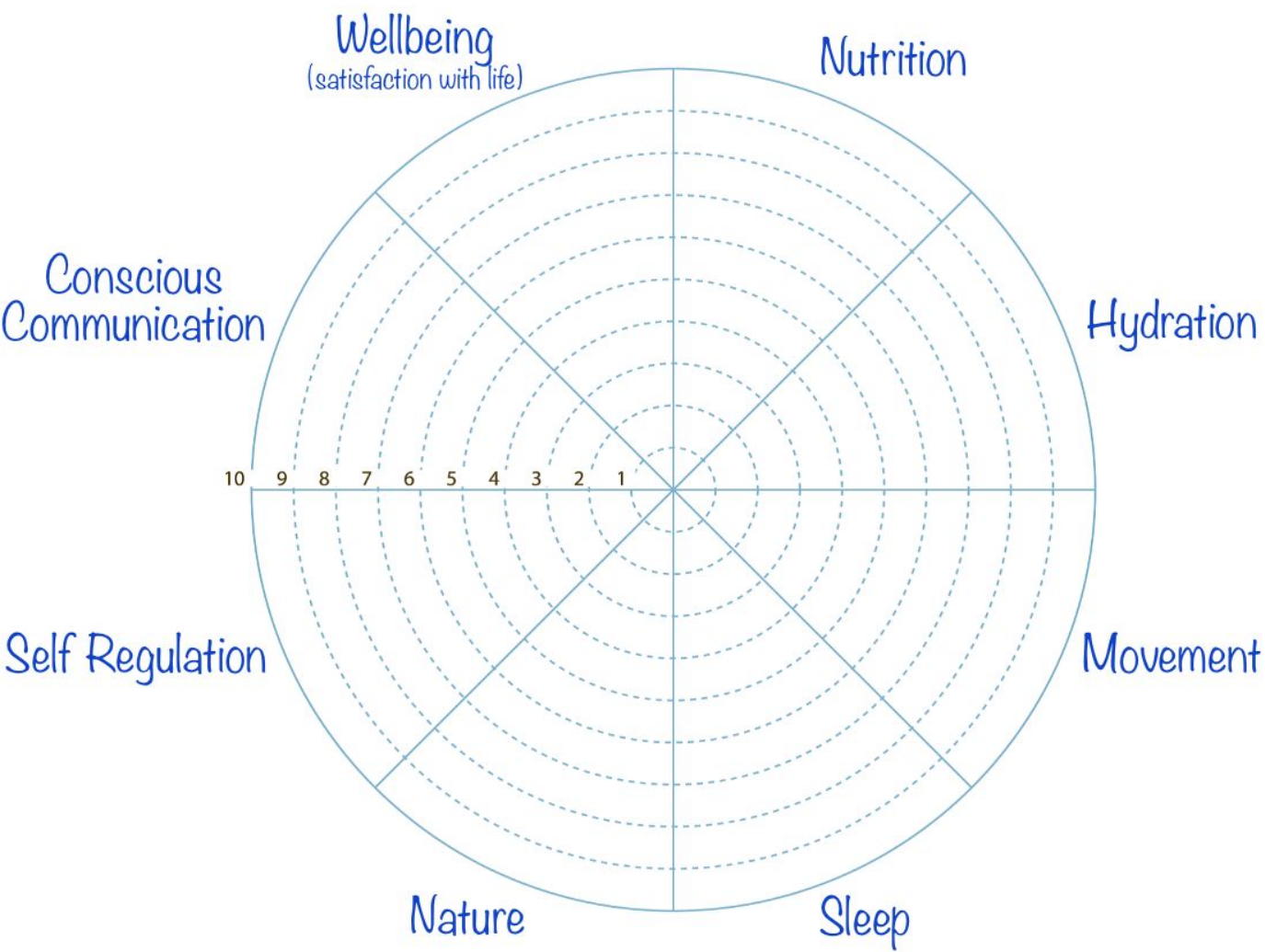
To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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WEEK 3 REVIEW



Celebrate / Gratitude	Challenges / Distractions / Blocks
1.	1.
2.	2.
3.	3.
4.	4.
5.	How can I improve?
6.	1.
7.	2.
8.	3.
	4.

WEEK 3 REVIEW

What did I learn? Key lessons / takeaways?

- 1.
- 2.
- 3.
- 4.
- 5.

Goals for Week 4:

- 1.
- 2.
- 3.
- 4.

Action Steps:

- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.

Today's Goal:	Affirmation of the Day:
---------------	-------------------------

To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
--	--

Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
--	--

Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Reminder to Follow the Restore Supplement Protocol Day 26 - 40

Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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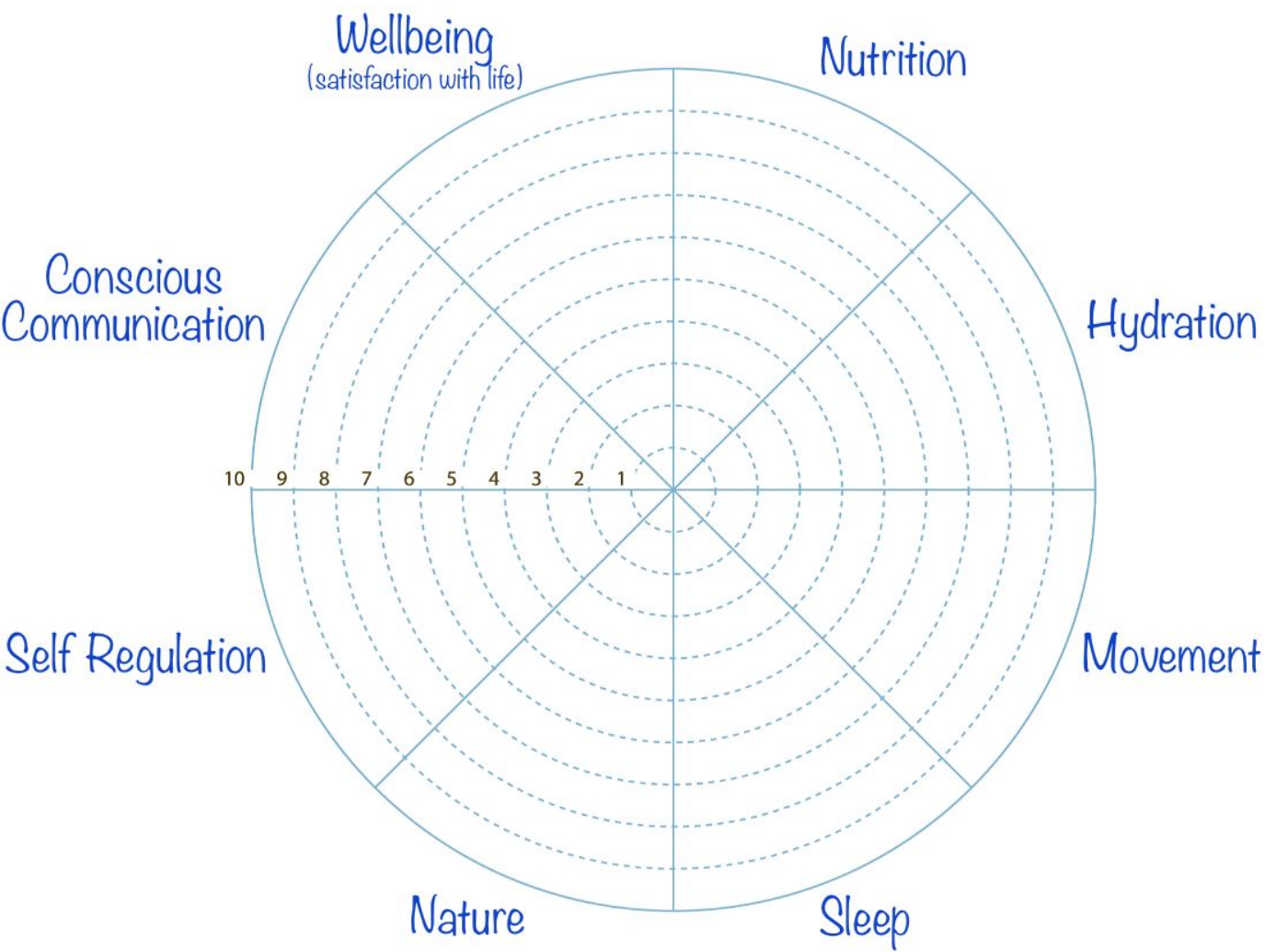
To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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WEEK 4 REVIEW



Celebrate / Gratitude	Challenges / Distractions / Blocks
1.	1.
2.	2.
3.	3.
4.	4.
5.	How can I improve?
6.	1.
7.	2.
8.	3.
	4.

WEEK 4 REVIEW

What did I learn? Key lessons / takeaways?

- 1.
- 2.
- 3.
- 4.
- 5.

Goals for Week 5:

- 1.
- 2.
- 3.
- 4.

Action Steps:

- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.

Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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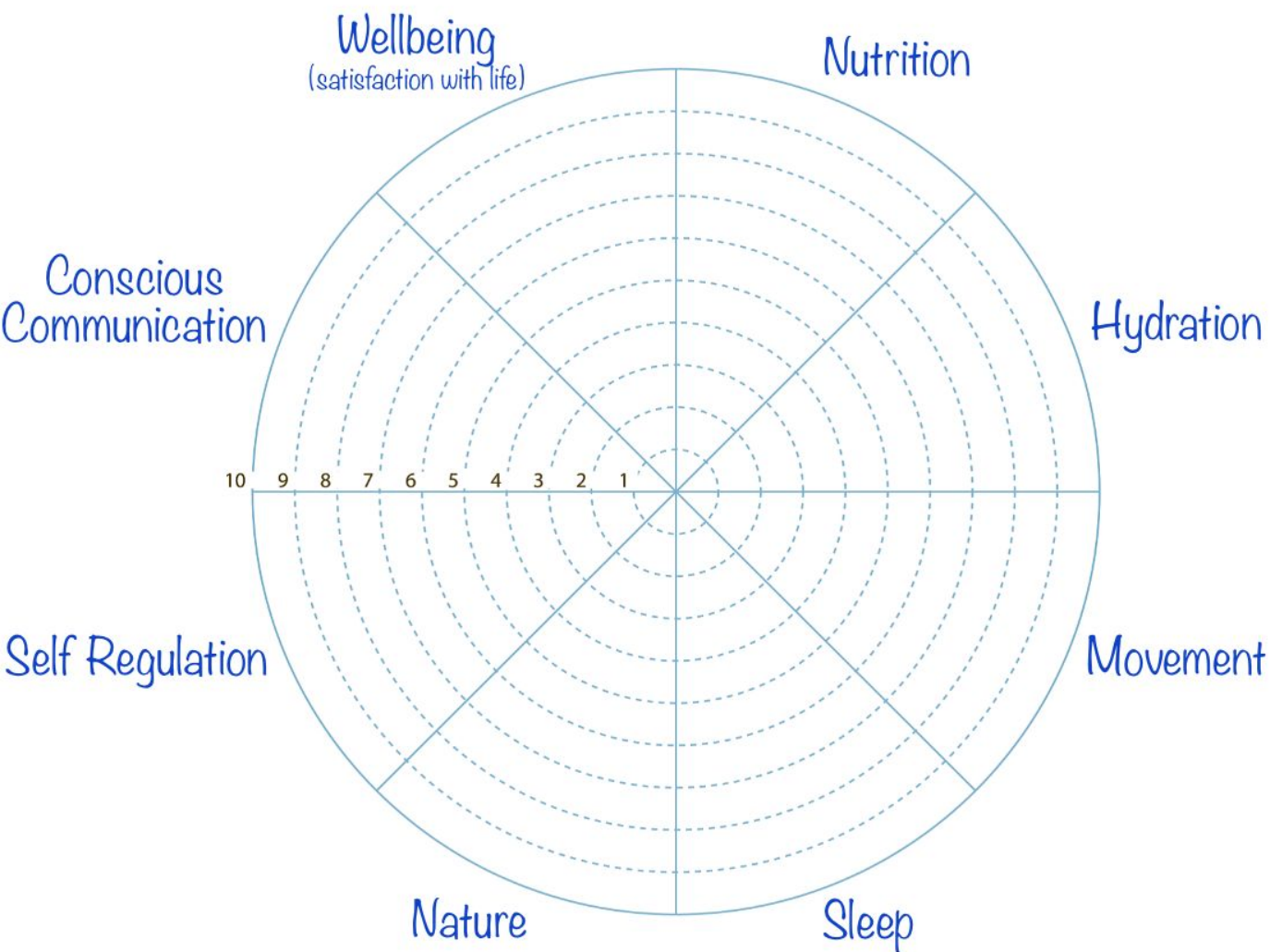
To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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WEEK 5 REVIEW



Celebrate / Gratitude	Challenges / Distractions / Blocks
1.	1.
2.	2.
3.	3.
4.	4.
5.	How can I improve?
6.	1.
7.	2.
8.	3.
	4.

WEEK 5 REVIEW

What did I learn? Key lessons / takeaways?

- 1.
- 2.
- 3.
- 4.
- 5.

Goals for Week 6:

- 1.
- 2.
- 3.
- 4.

Action Steps:

- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.
- 1.
- 2.
- 3.
- 4.

Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Nutrition 1 2 3 4 5 6 7 8 9 10 Hydration 1 2 3 4 5 6 7 8 9 10	Movement 1 2 3 4 5 6 7 8 9 10 Nature 1 2 3 4 5 6 7 8 9 10	Sleep 1 2 3 4 5 6 7 8 9 10 Self Regulation 1 2 3 4 5 6 7 8 9 10	Conscious Communication 1 2 3 4 5 6 7 8 9 10 Wellbeing 1 2 3 4 5 6 7 8 9 10
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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Today's Goal:	Affirmation of the Day:
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To Do List: ☐ ☐ ☐ ☐ ☐	Positive Habit Creator: ☐ ☐ ☐ ☐ ☐
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About My Day:

Celebrate: Gratitude:	Challenges: How Can I Improve Tomorrow?
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CONGRATULATIONS! YOU COMPLETED YOUR 40 DAY JOURNEY!

40 DAY REVIEW

WHAT GROWTH / CHANGES HAVE YOU NOTICED?

KEY TAKEAWAYS / LESSONS

HIGHLIGHTS

BIGGEST CHALLENGES

WHATS NEXT?

WHAT HABITS / BEHAVIORS WOULD YOU LIKE TO CARRY FORWARD WITH YOU?

WHAT ARE HABITS THAT YOU ARE READY TO LEAVE BEHIND FOR GOOD?

WHAT LIFESTYLE CHOICES HAVE YOU FOUND MOST SUPPORTIVE TO YOUR SENSE OF WELLBEING?

SUGGESTIONS:

- Keep as many elements of the protocol as you can, for as long as you can.
 - Slowly experiment with what happens when you drop different elements
- Watch the cause and effect - be clear - be aware - you are a scientist learning
- Create your own container for growth
 - What works best for you

APPENDIX



Cultural Detox Protocol

Regenerative Lifestyle Protocol

The 40 day Cultural Detox Program aims to establish regenerative lifestyle habits that support highest health and wellbeing. Lifestyle is the root of health, and the following protocol is a blueprint of essential factors that make up Vibrant Health. By following the protocol each day, your 40 day detox process will lead you into a more and more sustainable and regenerative healthy lifestyle. If you choose to adopt the protocol as a way of life, you'll find a solid foundation of health built-in to who you are.

Journaling

Reflective Journaling - daily self reflection

1. What went well
 2. What have you learned from
 3. What can you improve upon
 4. What are you grateful for
 5. What are your Intentions for the next day
- Best practice - Journal every night before bed

Your Intentions

- Clarify your intention(s) for this 40 Day Lifestyle Transformation
 - It takes 6 weeks (40 days) to establish new habits and create a foundation for a more authentic expression of You
- What would you like to release - depleting emotions, unhealthy habits / behaviors, etc.
- What would you like to live into - qualities, behaviors, etc.
- Fill out your intentions on the pages provided in this workbook



Detoxification

- Eliminate cosmetics plus other household / personal items such as cleaning supplies that contain chemicals
 - Choose organic / chlorine free Women's hygiene products
- Steam room / sauna or hot springs
 - Contrast hot with cold plunge or cold shower
- Colonic
- Ionic Foot Bath
- Daily Intermittent fasting
- Weekly mono-meal
 - a day of apples
- Quarterly cleanse with the seasons

Sensory Detox

- **Social Media** - Limit or eliminate your social media time.
 - Best practice - notify all your friends / post that you will be doing a social media cleanse for the next 40 days and that you can be reached by email or phone, etc.
- **News** - Limit or eliminate your news consumption - television, radio, internet, etc. See how this affects your psyche and sense of wellbeing, and see how much more alive your immediate local universe is.
- **Entertainment** - Limit or eliminate your entertainment consumption. If you wish to watch programming, find programs that are educational, inspirational, or otherwise aligned with purpose.
 - Entertainment includes, magazines, television, netflix, radio, internet shows, random internet browsing, etc.
 - Observe the patterns of seeking entertainment and replace those behaviors with productive / creative / purpose aligned activity.
- **Social Engagement** - assess your daily engagements, which engagements are uplifting, nourishing and meaningful? Which engagements are draining, depleting, and perhaps not supporting your highest wellbeing? Begin to be more conservative with your use of time and energy and surround yourself with inspiring, uplifting, and purposeful people, situations and environments

Nutrition & Dietary Guidelines

- Fresh, local, seasonal, organic, non-gmo whole foods
- Shop at the farmers market and enjoy local / seasonal
- Practice food combining and food stacking
- Try snacking on Flex food when you are hungry between meals - listed below



Eliminate:

- | | |
|--|----------------------------------|
| • Processed foods | • Marijuana |
| • Fried foods | • Recreational Drugs |
| • Spicy food | • All Forms of Meat |
| • Refined Sugar | • All Forms of Dairy |
| • Alcohol | • Flour / Gluten |
| • Coffee, caffeinated tea, & other forms of caffeine | • Best Practice - eliminate salt |
| • Tobacco | |

Replace:

- At least one meal a day with a power shake
 - 5 TBS of Power Shake blended with water or non-dairy milk
- Evening meal / eating with Intermittent Fasting
 - Create a 12-16 hour period of "fast" each day
 - ex. Last meal by 6pm = break-fast 6am, 8am, or 10am
 - ***don't eat less - eat less often***

~~~~~In-Depth Nutrition Guide in the Appendix of this Workbook~~~~~





## Movement

- Daily dynamic natural movement - some suggestions
  - 4 Minute Workout
  - 13 Joints Practice
  - Kundalini Yoga
  - Yoga Practice
  - Dynamic Movement
  - Dynamic Dance
  - Rock climbing
  - Hiking

## Hydration

- Drink at least half your body weight in ounces of water each day
  - E.g. 150lbs = 75 oz of water
- Drink 24 - 32oz of water each morning upon rising
  - Best Practice - do not drink with meals and wait at least 1 hour after meals
  - Ideally drink 30 minutes before a meal
- Source a nearby spring - <https://findaspring.com/>
- Drink fluoride free water - <https://www.berkeyfilters.com/pages/water-quality-search>
- Good water options: Reverse osmosis, spring water, alkaline water



## Outdoors

- Be outdoors at least 10 minutes each day
  - Try to get fresh air with no mask on

## Stress & Resilience

- Be aware of our response to challenging situations and take 100% responsibility for our own stress response / experience
- Practice Quick Coherence technique after stressful experiences to shift out of depleting emotions and into regenerative emotions
  - Step 1: Focus your attention in the area of the heart.
    - Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
    - Inhale 5 seconds, exhale 5 seconds
  - Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.
    - Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.
- Practice Quantum Pause / Loving Kindness / Forgiveness or Gratitude meditation for at least 5 minutes a day.
  - Best Practice - choose a consistent time to practice each day, such as upon waking up or before going to bed.
- Include a review of your emotional responses to stressors in your daily journal entries
- \*Optional\* - purchase Inner Balance technology and practice daily - [www.heartmath.org](http://www.heartmath.org)





## Sleep

- Take Naps when possible
  - 11 - 22 minutes leave us feeling better rested than 30 - 1 hour nap
    - It takes at least 1.5 hours to complete a cycle of sleep, if the cycle is interrupted the result will be feeling groggy and confused rather than rested
  - 7-8+ hours of rejuvenative sleep each night
- Best Practices:
  - Sleep in a dark room
  - Turn electronic devices off / airplane mode
    - Avoid electronics use 1 hour before bed
  - Early to bed (closer to sundown the better!)
  - Create a healthy bedtime ritual - read, listen to music, take a bath, meditate, journal, etc
  - Avoid eating 2+ hours before sleep



# 40 Day Cultural Detox

## In Depth - Nutrition & Dietary Guidelines

### ELIMINATE

**Grains:** white rice, wheat, corn, barley, spelt, kamut, rye

**Fruits and vegetables:** oranges, grapefruit, bananas, strawberries, corn, tomatoes, eggplants, peppers

**Vegetable protein:** soybean products

**Nuts and seeds:** peanuts and peanut butter

**Oils:** shortening, canola oil, corn oil, processed oils, salad dressings, and spreads

**Drinks:** alcohol, caffeinated beverages, and soft drinks

**Sweeteners:** white and brown refined sugars, high-fructose corn syrup, and evaporated cane juice

**Condiments:** ketchup, relish, chutney, barbecue sauce, teriyaki sauce, gum, breath mints

### SHOPPING LIST

**Fruit:** Whole fruits, unsweetened, frozen, fresh squeezed juices, dried fruit (sparingly)  
(Acai Berries, Apple, Apricot, Blackberry, Blueberry, Cantaloupe, Cherry, Coconut, Dates, Figs, Kiwi, Lemon, Lime, Mango, Melons, Mulberry, Nectarine, Papaya, Peach, Pear, Persimmons, Pineapple, Plums, Pomegranate, Raspberry, Watermelon)

**Dairy Substitutions:** Unsweetened milks such as Almond, Coconut, Hemp Seed, Flax Seed

**Grains:** Amaranth, Buckwheat, Millet, Quinoa, Rice: (brown, red, black, wild), Teff, Tapioca

**Plant-based Proteins:** Hemp, Pea or Brown Rice proteins, Beans [Cannellini, Chickpeas, Black, Black-eyed Peas, Fava, Kidney, Lima, Mung, etc., EXCEPT Soy], Lentils, Split Peas, Bee Pollen, Spirulina, and Blue-Green Algae

**Nuts and Seeds:** Almond, Brazil Nut, Chia, Hazelnut, Hemp, Macadamia Nuts, Pecan, Pine nut, Pistachios, Pumpkin, Sesame, Sunflower, Flax, Poppy, Walnut Nut and Seed butters, (EXCEPT Cashew - these can be irritating)

**Vegetables:** Fresh, raw, steamed, sautéed, juiced, roasted, fermented  
(Artichoke, Arugula, Asparagus, Avocado, Beet & Beet Greens, Bok Choy, Broccoli, Brussels

Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Daikon Radish, Dandelion, Jicama, Kale, Leek, Lettuce, Mushrooms, Okra, Olives, Onion, Parsnip, Radish, Rutabaga, Snow peas, Spinach, Sprouts [all], Squash, Swiss Chard, Sweet Potato, Taro, Turnip, Yucca and Zucchini.)

**Bread & Baking:** Baking Soda, Baking Powder (non-aluminum), Arrowroot Powder, Agar Agar

**Flours:** Almond, Brown Rice, Coconut, Garbanzo Bean, Millet, Sorghum, Tapioca, Teff

**Oils:** Almond, Avocado, Coconut, Cold-Pressed Olive, Flax, Hemp, Palm, Pumpkin, Safflower, Sesame, Sunflower, Truffle, Walnut

NOTE: Please make sure oils are unrefined, extra virgin, non-GMO, organic, cold-pressed, etc.

**Beverages:** Coconut Water, Filtered Water, Herbal teas, Spring Water

**Sweeteners:** Stevia, Coconut Nectar/Coconut Sugar, Yacon, Whole/Fresh Fruit, Dried Fruit (sparingly), Monk Fruit, Dates (sparingly)

**Condiments:** All Spices, Brewers Yeast, Coconut Amino Acids, Garlic, Ginger, Miso, Mustard, Nama Shoyu, Nutritional Yeast, Oregano, Parsley, Raw Cacao, Rosemary, Sea Salt, Tamari (Wheat-free only), Thyme, Turmeric, Vinegar (Apple cider, Balsamic, Rice, etc), Whole Fruit Jam

**Spices:** Allspice, Anise, Basil, Bay leaf, Caraway seeds, Cardamom, Carob, Celery seeds, Cinnamon, Clove, Coriander, Cumin, Dandelion, Dill, Dry mustard, Fennel, Garlic, Ginger, Mint, Nutmeg, Oregano, Parsley, Rosemary, Saffron, Sage, Sea Salt, Tamarind, Tarragon, Thyme, Turmeric, Vanilla Extract (pure)

**Sea Vegetables/Seaweed:** Arame, Dulse, Kelp, Nori, Wakame

**Noodles/Pasta:** Brown Rice Pasta, 100% Buckwheat Noodles, Glass Noodles, Kelp Noodles, Mung Bean Noodles, Lentil, Garbanzo, and other types of Pasta

## Snack / Flex Foods:

- |                 |                              |                            |
|-----------------|------------------------------|----------------------------|
| • Avocado       | • Cucumbers                  | • Summer squash            |
| • Apple         | • Kale                       | • Watermelon               |
| • Berries       | • Mushrooms                  | • Decaffeinated herbal tea |
| • Broccoli      | • Unsweetened Non-Dairy Milk | • Green Juice              |
| • Carrots       | • Sauerkraut or kimchi       | • Spirulina, Chlorella     |
| • Celery        | • Spinach                    |                            |
| • Cauliflower   |                              |                            |
| • Coconut water |                              |                            |

# IDEAL LIFE PRACTICE

This practice helps us to clarify our top priorities in life, how we will feel most fulfilled and aligned, and what that alignment looks like.

The practice helps us to gain a clearer picture of what we aim towards, yet its important not to become attached to a certain form. Use the imagery you come up with as an evolving representation of your ideals - which are connected with your deepest heart's desires. By aiming towards your ideals you will find that step by step they will likely evolve as you evolve. The imagery was then more a motivational tool to help connect with a deeper impulse - that helped take steps in an authentically guided direction.

In other words, allow this practice to serve you - but do not become attached to a fixed set of ideals which is just a representation of this point in time. Come back to this practice often, some of the ideals will remain similar and others may change in surprising ways. Your priorities may also change along the way - and this always helps us to become clearer on what the wisest use of our energy is.

## STEP 1)

Finish each statement for each of the following topics, beginning with "When I am living my ideal life..."

### BODY

When I am living my ideal life...

### MIND

When I am living my ideal life...

### EMOTIONS

When I am living my ideal life...

### SPIRIT

When I am living my ideal life...

### RELATIONSHIPS

When I am living my ideal life...

## FAMILY

When I am living my ideal life...

## HOME

When I am living my ideal life...

## CAREER

When I am living my ideal life...

## CREATIVITY

When I am living my ideal life...

## STEP 2)

If you have another person who can help you, this is ideal. If not then you can read your statements yourself outloud.

1. Read your first ideal out loud - BODY
  2. After you finish reading BODY - then say OR - and read MIND
  3. YOU must make a choice, which is most important to you
  4. IF BODY is most important, then you will say BODY
  5. Then go on to read the next one - start by reading BODY (or whatever won your first comparison) then say OR - then read the next - EMOTIONS
  6. IF EMOTIONS is the new winner, then you will once again move on to the next.
  7. First read EMOTIONS then say OR then read SPIRIT
  8. YOU must again choose... In this way you will eventually come to your most important of all your ideals - this is what most closely represents your ideals at this point in time.
- After you have arrived at #1, start over and find out your #2
    - Remove your #1 from the entire process, and you can start at the ideal that was winning before you got to your #1
  - After you find #2, then repeat one last time to find #3

### STEP 3)

After you have your top 3, now list them below and create 5 concrete benchmarks that can be used to measure your success.

1. Start by writing your full When I Am Living My Ideal Life statement.
2. Then list the benchmarks for each.
  - For example, if for BODY you wrote, When I am living my ideal life, my body is strong, flexible and healthy - then you will write 5 factors that mean something to you that represents that ideal.
    - I exercise 5 times a week
    - I drink green smoothies daily
    - I practice yoga 3 times a week
    - I can run a 5 minute mile
    - I feel good and have no aches or pains

#### #1 When I am living my ideal life...

- 1.
- 2.
- 3.
- 4.
- 5.

#### #2 When I am living my ideal life...

- 1.
- 2.
- 3.
- 4.
- 5.

#### #3 When I am living my ideal life...

- 1.
- 2.

- 3.
- 4.
- 5.

Return to these and review your progress, its good to look back after a period of time  
Repeat this practice regularly and watch your evolution