

CLEANSING ESSENTIALS

PART I

IMPORTANCE OF CLEANSING

- Our bodies naturally cleanse all the time
- But when it is overburdened (has too many toxins) it needs a bit of help - practices
- To return back to a place of rest, renew and healing
- A time to learn and practice

AREAS OF CLEANSING

- Cleansing of the breath
- Cleansing of the body
- Cleansing of the home
- Cleansing of the mind
- Cleansing of the emotions

IT'S ALL CONNECTED

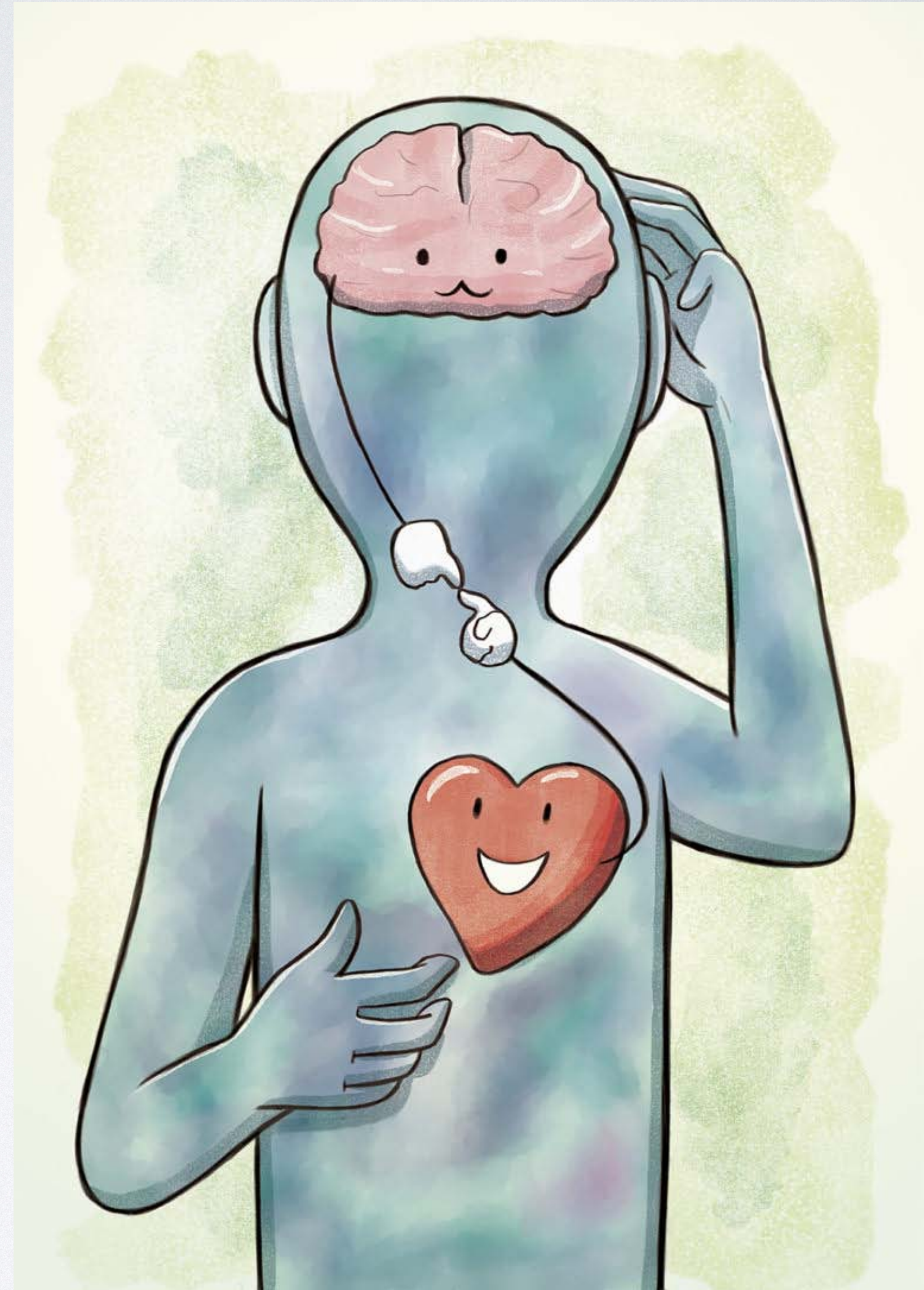
Cleansing of the breath

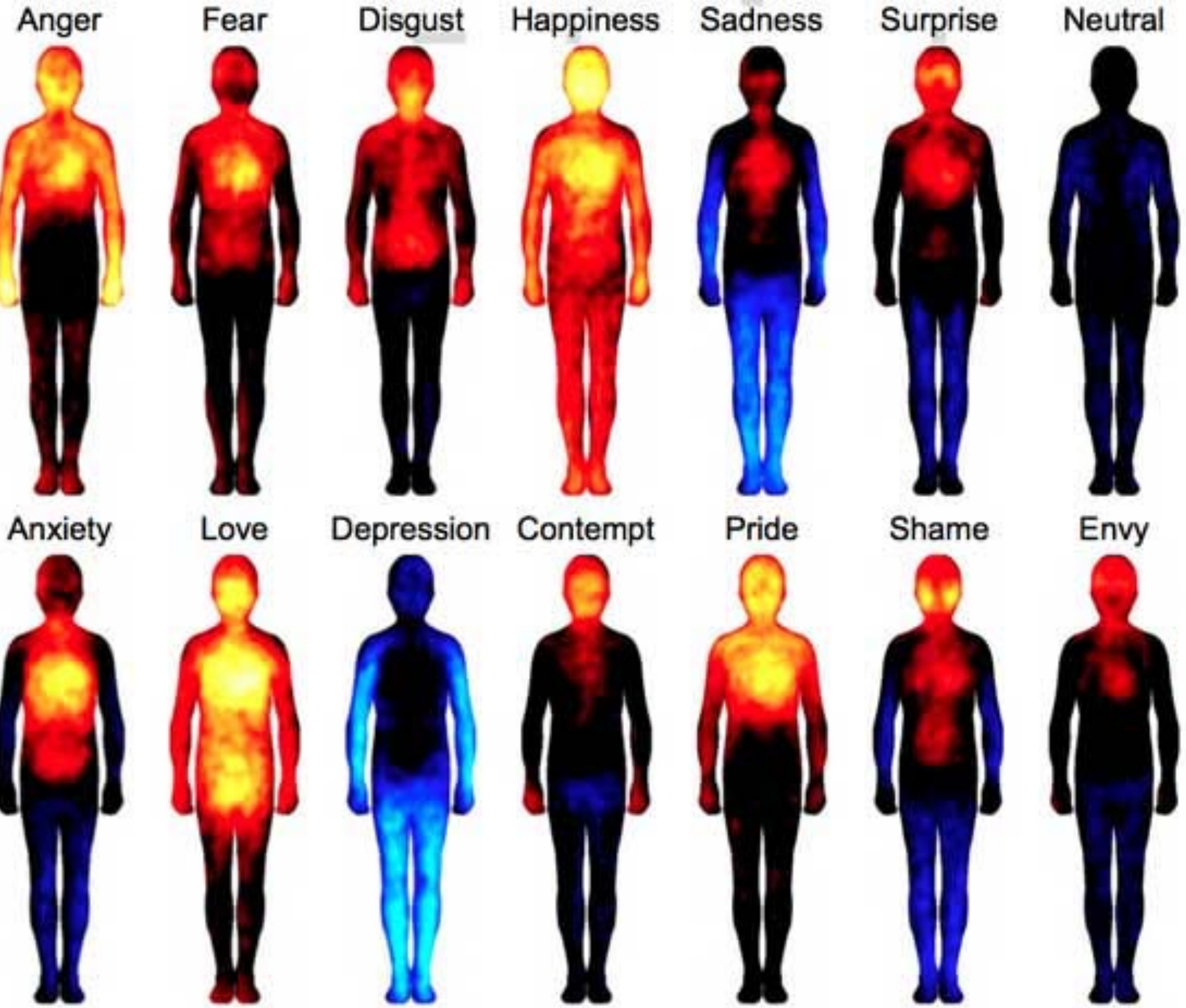
Cleansing of the body

Cleansing of the mind

Cleansing of the emotions

Cleansing of the home





THE BREATH

- “Your cells must have oxygen to survive moment to moment. To thrive, they rely on a complex exchange between the circulatory system and the lymphatic system. Blood flow carries nutrients and ample amounts of oxygen into the capillaries, while a healthy lymphatic system carries away destructive toxins. Proper breathing is the moderator of this exchange.”

THE BREATH

- “Breathing is one of the most important and fundamental processes of our human system: a reflection of what is happening within us, and a way for us to influence our mind and feelings”

TKV Desikachar

INHALE

- The part of the breath which is connected to bringing more aliveness, energy, alertness opening and can activate the Sympathetic nervous system - the fight or flight system.
- nourishes - replenishes - energises

SYMPATHETIC NERVOUS SYSTEM (SNS) - the accelerator



SNS is concerned with increasing alertness, metabolic rate, and muscular abilities. When sympathetic activation occurs, you will experience:

- Increased alertness
- A feeling of energy and euphoria
- Elevated blood pressure, heart rate and breathing rate
- A general elevation in muscle tone
- The mobilization of energy reserves

Whenever you inhale, you turn on the SNS, slightly speeding up the heart beat.



Deep inhalation tends to have a more invigorating, energizing and expanding effect. Holding the breath in (breath retention) will emphasize the energizing qualities of the inhalation.

Inhalation + Retention = Inhalation part of the breath

EXHALE

- The exhale creates contraction, body goes down, relaxes the body.
- It is the part of the breath that is cooling, relaxing, inward reflection, grounding, activating the Parasympathetic nervous system – your rest and digest system.
- cleanses - carries away waste - releases

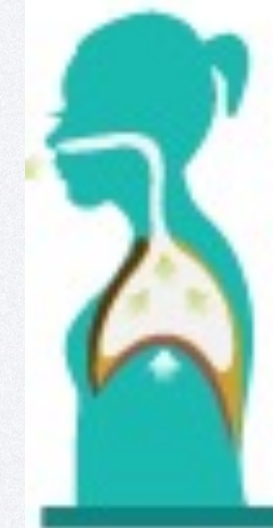
PARASYMPATHETIC NERVOUS SYSTEM (PNS) - the brake



PNS is concerned with relaxation, food processing and creating energy reserves. When parasympathetic activation occurs, you will experience:

- Decrease in alertness
- A feeling of calmness and relaxation
- Reduction in heart rate and force of contraction
- Constriction of the respiratory passageways
- An increase in digestive activity

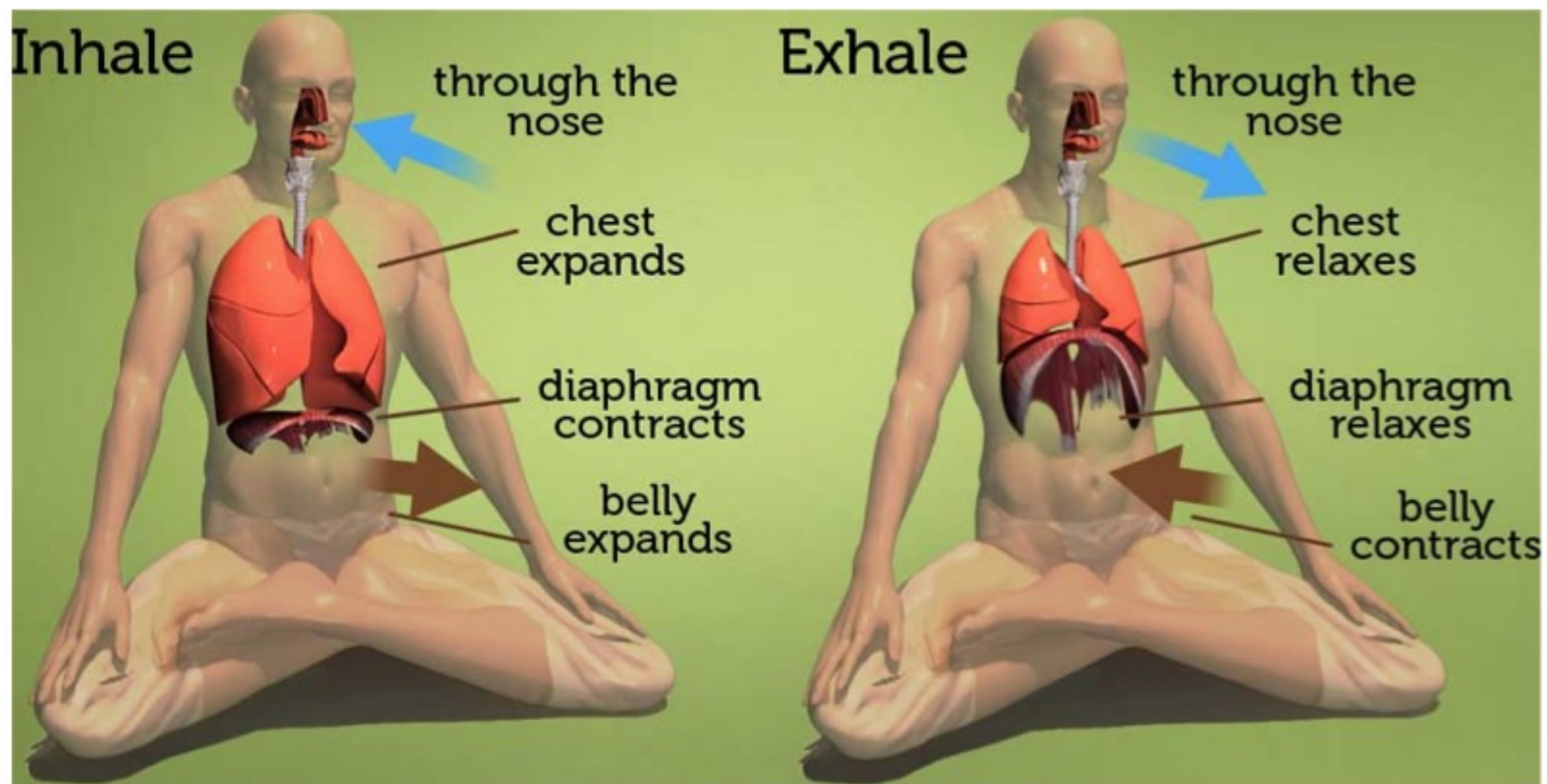
Whenever you exhale, the PNS turns on, activating the vagus nerve to slow down the heart rate.



Long exhalation tends to be calming, grounding and stabilizing. Holding the breath out comfortably (breath suspension) will enhance the calming qualities of the exhalation.

Exhalation + Suspension = Exhalation part of the breath

BREATH AWARENESS



A photograph of a dense forest with mist or fog rising from the trees. The scene is captured in a soft, golden light, likely during sunrise or sunset. The words 'inhale' and 'exhale' are written in a clean, white, sans-serif font, separated by a horizontal line.

inhale

exhale

Belly breathing

Automatically slows the heart rate, helping to relax & calm

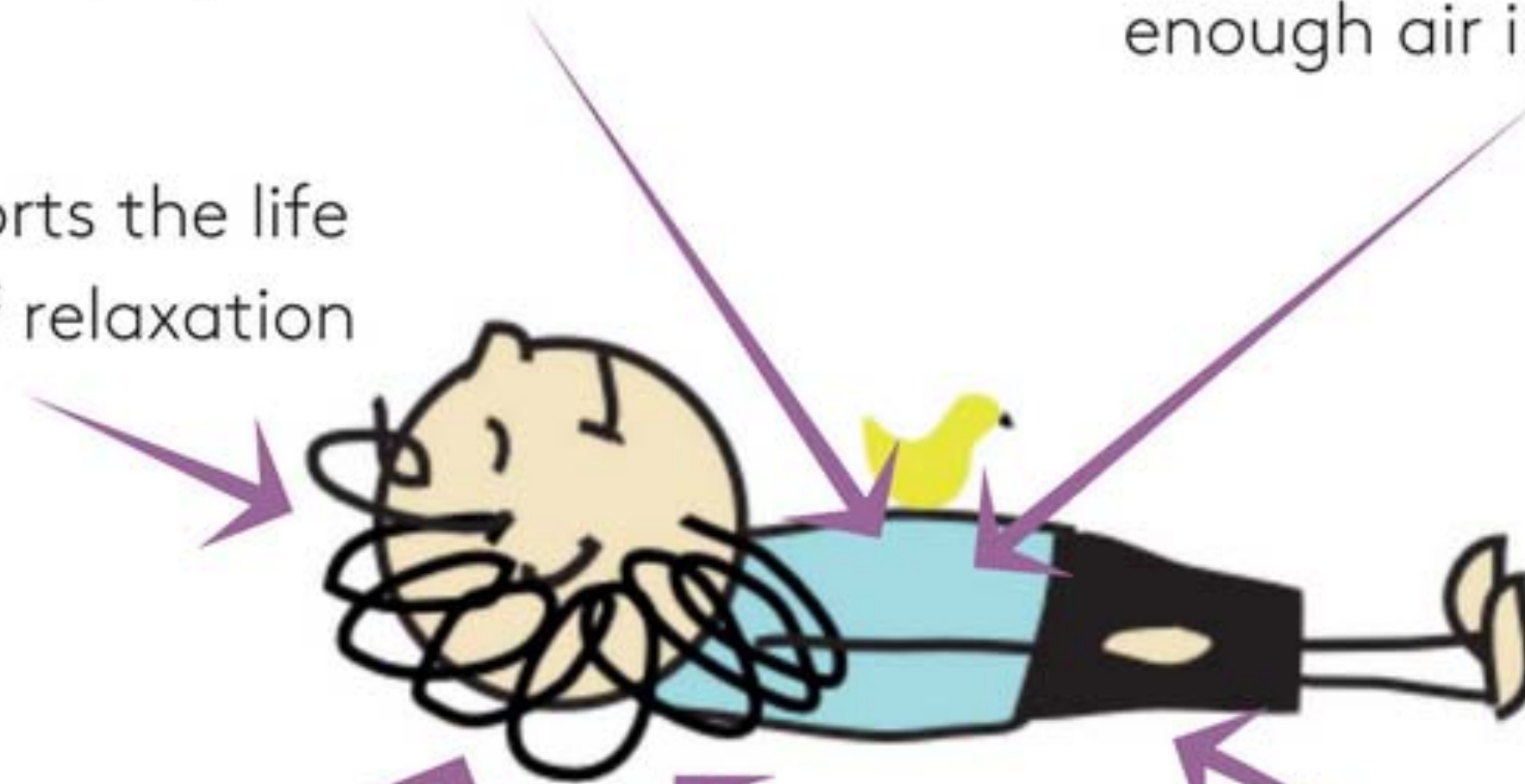
The most efficient and relaxed way of getting enough air into your lungs.

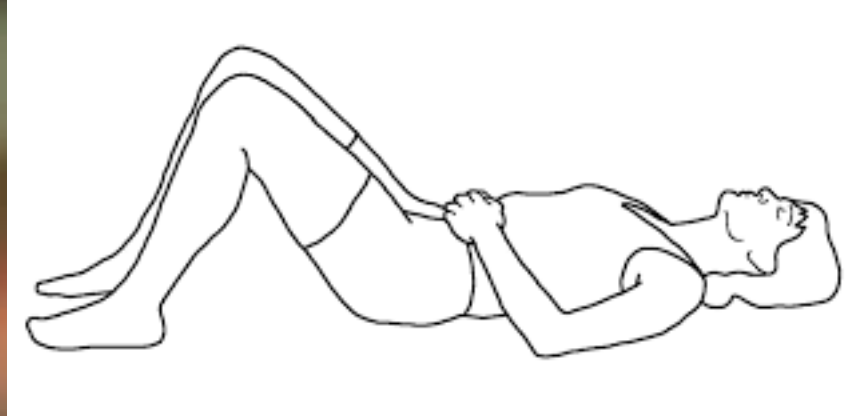
Supports the life skill of relaxation

Can boost energy levels with a few minutes of relaxation throughout the day

Increased awareness of the breath & its effect on the body

Emulates breathing during the regenerating processes (sleep, digesting food or resting)



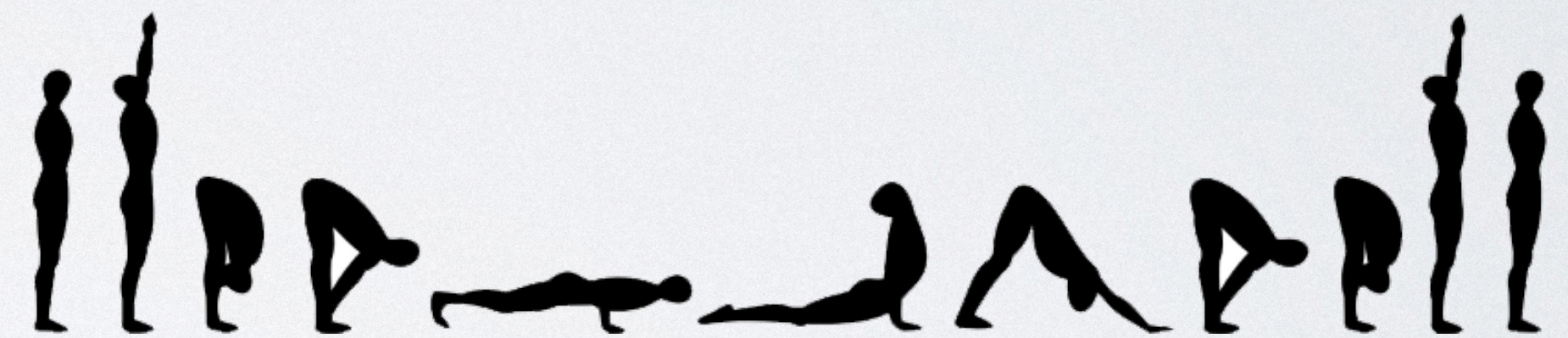


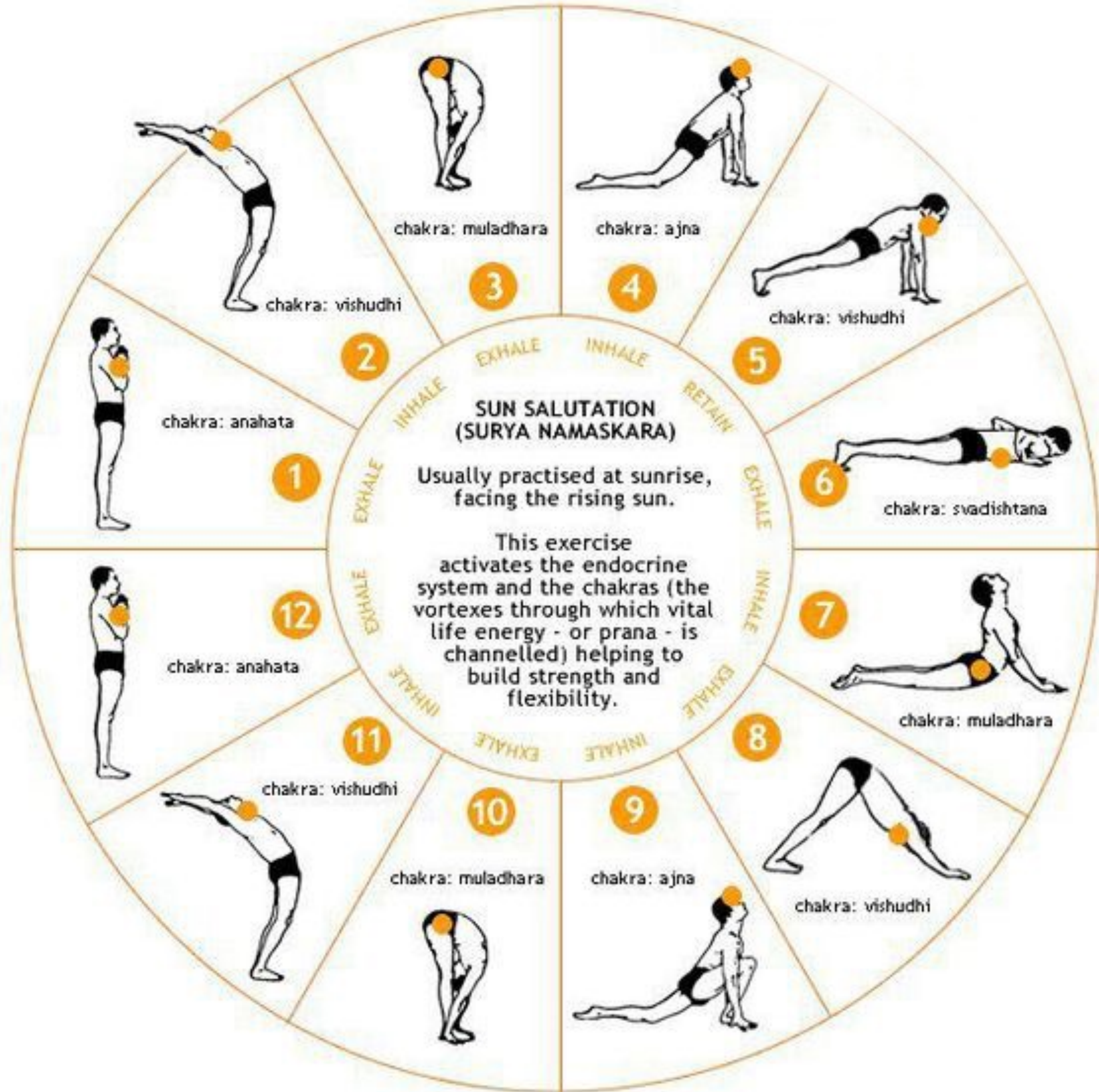
Ratio Breath

Length of your inhale : Length of your exhale
eg. 3:4

BREATH AND MOVEMENT

- INHALE = Opening, expanding, back arching
- EXHALE = Contracting, twisting, bending folding in





CLEANSING THE BODY



CLEANSING HOME

- Declutter
- Smudging
- Natural House Cleaners



DECLUTTER & CREATING SACRED SPACE

- Identify all your clutter—it's taking your energy.
- Get clear on why you want to declutter
 - Setting an intention
- Plan the time for your clutter cleaning sessions. Plan a treat after every session.



SMUDGING

- Burning sage or palo santo to clear negative energy in any space and set intentions



GENERAL NATURAL HOME CLEANER

What you need:

- 1 CUP WATER
- 1 CUP VINEGAR
- ESSENTIAL OILS OPTIONAL

MIX TOGETHER AND SHAKE BEFORE USE.

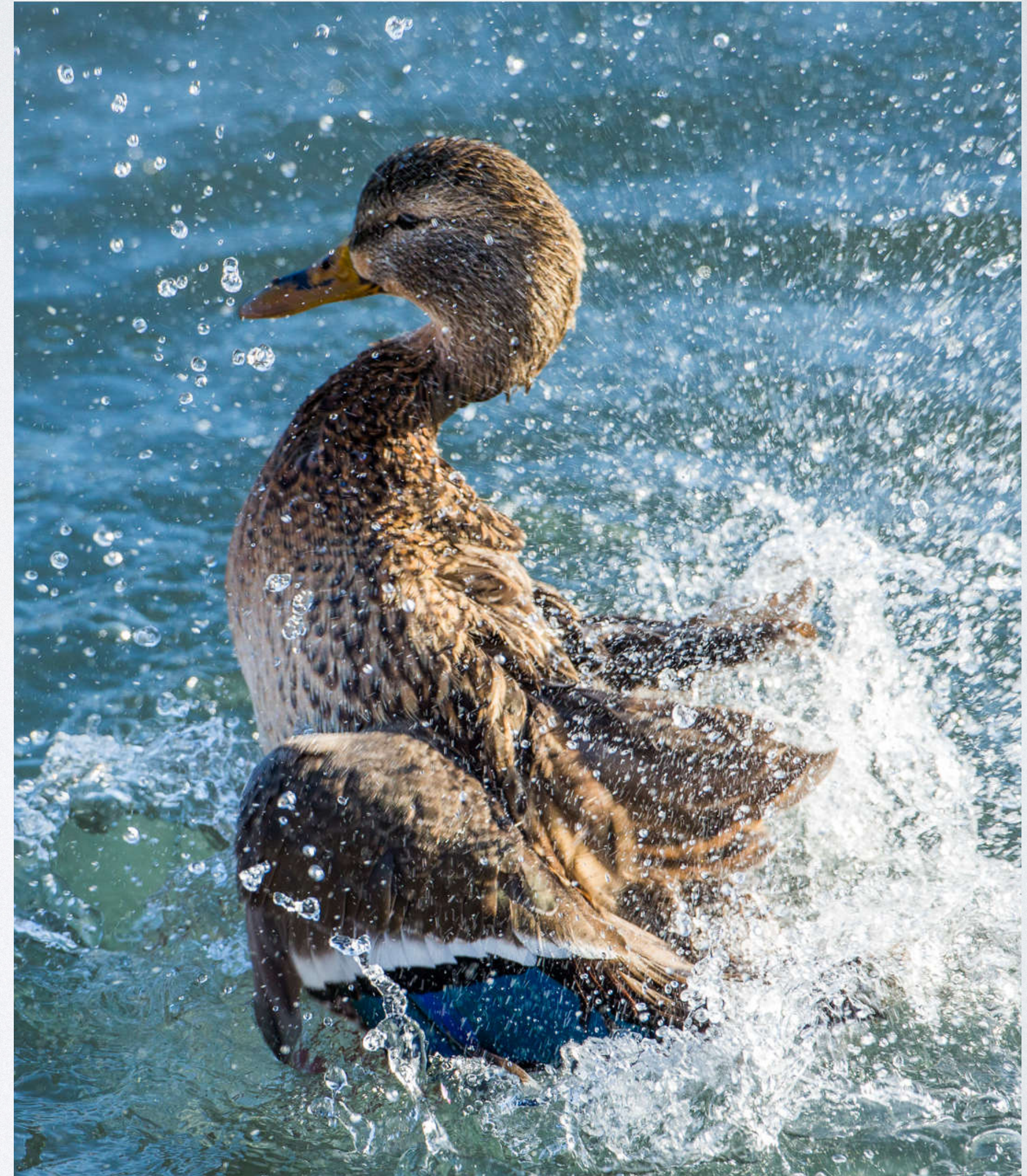
Benefits:

- CLEANS MOST SURFACES
- AFFODABLE
- BETTER FOR US AND THE ENVIRONMENT
- EASY TO MAKE



SHAKING

- Discharge stress and balance the nervous system – a kind of factory reset, if you like. It's what all mammals do, except us because we've learned to control it.
- This process is rewiring our nervous system.



SHAKING

- It transforms the way we deal with stress, particularly old and accumulated baggage. We can all feel how stress creates patterns of muscular tension in the body – it might go to your stomach, your jaw or your shoulders, for example. It can lead to pain.
- This process is rewiring our nervous system,
- Setting us free from those default stress pattern.

