

Going Within Practices



Daily Life is a Spiritual Practice.

Being fully present in the moment, with activity, a person, and being fully engaged, is a spiritual practice in everyday life.

Josephine Sheppard - "Live in AAWE" Approach

I have learned that no matter if the chosen path is Buddhism, Wiccan, Christianity, Taoism, Paganism, Humanitarianism, Hinduism, Judaism, Pantheism, Animism, etc. - clarity, insight, awareness, and well-being, are discovered by going within first.

Every challenge I've ever had, I moved through it and became a better person because of the practice of turning inward first. Then integrate the other modalities accordingly.

Four ways to do that are:

1) Regular meditation practice. Experiment with different styles until you find a couple of different ways that resonate with you.

- ✓ Learn about the *Body-Wise™ Method* to help you with meditation, at www.integrative-therapies-consulting.com/body-wise-method

2) Practice being fully present throughout the day with menial tasks. Use all five senses to engage the activity in the moment. The *Body-Wise™ Method* will assist with tuning into the body and being able to be more present, as well.

3) Take time for an intentional gratitude practice every day. Keep a journal and prayers of thanksgiving - feel the emotions of appreciation during your practice.

- ✓ Helpful journals, notebooks, diaries, and our *Wildflowers Gratitude Journal* may be found on our website at, www.integrative-therapies-consulting.com/our-little-shop

4) Use movement as a form of active presence and meditation. Find different practices to enjoy and create a visceral experience, either through mindful walks, dance, Yoga, Qigong, Tai Chi, etc. Visit our website for more information about local or online classes and events, such as *Chair Fitness, Sound & Movement Therapy, and Shamanic Drum Healing Meditations.*

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