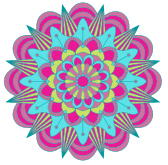


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INNER ARTS TOOL KIT

rewilding within ~
through yoga &
meditation restore
to the uncultivated,
natural, pure state.



what you seek
is seeking you
~ rumi



the journey

- Loving Kindness Expansion
- Healing Meditation
- Flourish Qigong
- Yoga Flow at Home



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expansion through loving kindness

Metta ~ Loving Kindness

This is a simple practice from the Buddhist tradition. Notice your surroundings right now, your body, a wave of breath in your belly, the feelings in your heart. Tune into your true nature of goodness and generosity. Notice the qualities in yourself that someone who loves you sees naturally. You may see yourself as a child and bask in your own tenderness, friendship of self, gentleness, and supportiveness.



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expansion through loving kindness

Offer these words to yourself:

May I be embraced in loving kindness.
May I feel calm and connected to life.
May I accept myself just as I am.
May I be healthy filled with vitality.
May I know the natural joy of being alive.



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expansion through loving kindness

Now bring to mind someone who you feel neutral about. This may be a neighbor, acquaintance, store clerk, someone in your life. Direct this verse to them with tenderness, friendship, and support.

May you be embraced in loving kindness.
May you feel calm and connected to life.
May you accept yourself just as you are.
May you be healthy filled with vitality.
May you know the natural joy of being alive.



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expansion through loving kindness

Now bring to mind someone who you feel has caused you suffering. Direct this verse to them with tender generosity.

May you be embraced in loving kindness.
May you feel calm and connected to life.
May you accept yourself just as you are.
May you be healthy filled with vitality.
May you know the natural joy of being alive.



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healing meditation

This meditation is an excerpt from The Ecstasy of Practice Audiobook. Heal return home to nature, includes three traditional practices: A breathing experience, classic meditation and guided imagery culminating with the Blue Medicine Buddha mantra. In just seven minutes enter into deep calm, insight, and peace.

[healing meditation](#)



flourish qigong

Enjoy this qigong class in the comfort of your home. If you have never done qigong ~ it is so easy. In twenty one minutes you will get a wonderful workout. Some will break a sweat and get the heart rate up. The practice brings a natural relaxed state while energizing the meridians and organs. Qigong incorporates breathing, visualization and specific movements creating a healthy flow of energy.

flourish qigong.



yoga

Taking healthy breaks rejuvenate, ground, and bring a fresh wave of creativity. It is a skill to let go and take a break. This yoga practice is in my book Peaceful Journey A Yogi's Travel Kit. It is a perfect twenty minute break if you are spending long hours online, want a creative respite, or a boost of wellness.

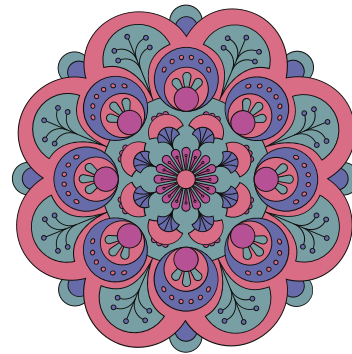
yoga



There's more...

The full version of the Inner Arts Tool Kit
22 pages of guided imagery, meditations, and more
is a bonus gift within each Rewilding Within course.

- Check out:
- Meditation Immersion
- Chakra Yoga & Meditation
- Stretch Classes
- Joy of Sleep
- Meditation Teacher Certification Course



All offered on the delightful & awesome Teachable platform.

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namaste
brightest wishes
for the ongoing
play



shelley
cummins
shehab

