

Self Care and Spirituality ~ Compassion in Action

Rebecca Rodriguez

Books

Perfect Health - Deepack Chopra

The Spiritual Science- Emma Curtis Hopkins

15 Things you Should Give Up to be Happy - Vishen Lakhiani

A Religion of One's Own: A Guide to Creating a Personal Spirituality in a Secular World - Thomas Moore

Quotes about Self Care

<https://www.goodgoodgood.co/articles/self-care-quotes>

<https://www positivityblog.com/self-care-quotes/>

Music

Trigger Protection Mantra - Jhene' Aiko

I AM - India Aire/ Beautiful Chorus

Heart Soul - Fabio Cobelli

Compassion - Dalai Lama

Inner Land - Deepak Chopra/ Adam Plack

Sound of Invisible Waters - Deuter

Affirmations

I breathe in peace and exhale anxiousness.

Today, physical and mental health are priorities.

I will do my best this day, so when I go to sleep tonight, I will have no regrets.

My life is a miracle, I see this day with eyes of wonder.

Today, I choose freedom and motivation.

Today, I choose love, compassion and joy.

I am guided by intuition and inspiration.

I invest love, patience and passion in everything I do today.

My feelings and needs are important.

I start this day with a positive attitude.

Today, I take good care of my body.

I invest love, patience and compassion into all my relationships.

I follow my deepest truths.

I understand the power I have to create my ideal life.

Love expresses itself through me.

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Monthly Check in – Power of Eight (15 minutes Yoga and Breathwork + Intentional focused energy)

