



Alchemical Tools

for physical, emotional, mental & spiritual health

Breathe fresh new energy into your core + exhale what needs to go. Arrive **HERE + NOW**. Deeply breathe into the truth of your experience to digest emotion and harness your power.

Ground + gather your threads of focus. Feel the weight of your body drawing you towards your stabilizing, energizing roots that go deep into the Earth. Anchor into your grounded, supportive foundation that nourishes you with life force.

Earth & Sky bridging. With breath, call up feminine Earth energy and receive masculine Sky energy into your heart to connect you to your centre line. You are cradled in the magnificent, great wild truth between Earth & Sky and living between the endless past and future. Perspective helps! Keep breathing.

Body Scan. Use your senses, one at time (look, listen, feel, smell, taste), to arrive in your present place and time. Then, focus your mind on feeling and noticing sensations in your body and **breathe into them with loving attention.**

Shake It all out. Gently shake your body from your feet to your jaw to your mind! Shaking opens energy pathways, unleashes rigidity and creates space for your sacred wild to be freed. Releasing through wild sound is helpful here.

Sound Purge + sound it out. Gather what is rising within you. Release it out of your throat + mouth with a wild sound, wail, song, cry, yell, moan, sigh.... Tune into your soul essence and free your wild voice gently, fiercely or however your instinct moves you.

Bathe in Nature Medicine + reset your natural energy with the elements. Use your senses to receive and bask in the healing power of the natural world. Immerse your body in wild water or a shower. Listen to nature's sounds to remember your ancient, star seeded potential.

Tune in with Plant Allies. People have been ingesting wild plants for thousands of years. Drinking tea, eating, using medicine or meditating with wild plants, you know are safe, can be revolutionary. Forming relationships with plants can support your natural intelligence and help to rewild your awareness and harmonize imbalances on all levels. Animal friends are super helpful too. ❖❖

Get Creative + Express. Pour yourself into art, play music, paint, write, **dance**, hike, practice yoga, Bellyfit, workout, anything to support your wild therapeutic expression.

Reach In + Out For Support. Connect with a loved one or health professional if you need some added assistance. Reach in & nurture yourself by getting lots of rest to integrate your experiences. Together we rise.

*In Wild Truth,
Christy*

These are all just suggestions, please explore with grounded presence.

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