

# RADICAL SELF-CARE REFLECTION GUIDE

# DAY 1

## The Basics of Practice

Meditation can offer you a way to deeply understand what you really need to feel well, and a way to learn how to care for yourself. Yet, if you've ever felt overwhelmed by how to develop a consistent meditation practice, don't worry -- you're not alone! In this first session with Lama Rod, you'll learn some of the key elements to help you get started.

After listening to the meditation, take a few deep breaths and consider the following questions:

### Day 1 Reflection Questions:

What intentions have you set to learn how to care for yourself?

How can you take steps to "clear space" for your meditation practice?

How can you take your meditation energy and experiences into your day?

## DAY 2

### The Natural Body

Many of us have some form of dissatisfaction with our bodies. The way we relate to our bodies often comes from negative self-talk and judgments that have formed based on external social influences -- not from how our bodies actually are on the inside. Meditation can teach you how to turn inward and become more aware of your physical sensations. In this second session, Lama Rod will guide you through a practice to experience your body just as it is -- without needing anything to be different.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 2 Reflection Questions:

What sensations did you experience in your body during this meditation session?

How can you begin to hold space for your natural body?

How can you take your meditation energy and experiences into your day?

## DAY 3

### The Natural Breath

Our breath sustains our lives and provides our bodies with the oxygen we need to survive. The practice of focusing on the breath also is a fundamental part of mindfulness. Yet, this focus on the breath can be difficult for some of us, especially when it triggers challenging emotions or sensations in the body. In this third session, Lama Rod will invite you to explore the power of your natural breath.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 3 Reflection Questions:

What breathing sensations did you notice during this meditation session?

How can allowing your natural breath to flow benefit you?

How can you take your meditation energy and experiences into your day?

## DAY 4

### The Natural Mind

Meditation can be a helpful tool to support you with navigating difficult emotions like anger or anxiety. For many of us, the complex aspect of the practice involves allowing our minds to be as they are in the moment without reacting to everything that we are experiencing. In this fourth session, Lama Rod will guide you through an experience to begin to notice the essence of your natural mind -- the emotions, stories and thoughts -- without getting caught up.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 4 Reflection Questions:

What did you experience while allowing your natural mind to be, without reacting to it?

How can you practice "noting" your emotions and thoughts as they arise?

How can you take your meditation energy and experiences into your day?

## DAY 5

### The Natural Self

Showing up in the world fully is challenging for all of us. It takes effort to learn how to be your most natural self regardless of the situations in which you may find yourself. Yet, when you express your natural self, you give yourself the permission to be present, honest, and open. In this fifth session, Lama Rod will lead a combined practice to explore your body, breath, and mind -- the foundation of your natural self.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 5 Reflection Questions:

What breathing or body sensations did you witness during this meditation?

How can you take steps to allow your natural self to emerge?

How can you take your meditation energy and experiences into your day?

## DAY 6

### Caring for Yourself

When you think about Radical Self-Care, do you struggle with the care part of that phrase? You're not alone! In order to truly care for yourself, you'll need to believe that you deserve to be cared for in the first place. It starts with developing an awareness of your emotional, physical, and mental wellbeing. In this sixth session, Lama Rod will invite you to explore what it really feels like to offer yourself care.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 6 Reflection Questions:

What emotions, thoughts or sensations did you notice when you offered care to yourself?

How can you take steps to offer more care to yourself?

How can you take your meditation energy and experiences into your day?

## DAY 7

### Listening to Your Body

How comfortable or at ease do you feel in your body? It's not uncommon to want to ignore or avoid natural bodily sensations or occurrences -- such as fatigue, pain, sickness, and aging. Yet, your body is an important doorway into deeper self-awareness. Learning to listen to what your body needs is an essential part of the Radical Self-Care process. In this seventh session, Lama Rod will help you to tune into what your body truly needs.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 7 Reflection Questions:

What sensations did you notice when you asked: "*What does my body need?*"?

How can you take steps to listen to your body on a regular basis?

How can you take your meditation energy and experiences into your day?

## DAY 8

### Exploring Your Needs

Have you ever reflected on the differences between needs and wants? Lama Rod suggests that our wants can bring us pleasure and comfort in the short-term, while our needs can provide us with more lasting nourishment. Needs often are tied directly to our physical and emotional wellbeing. When you're feeling irritable, frustrated, or tired, it could be a sign that your needs are not being met. In this eighth session, you'll be invited to slow down, tune in, and reflect on your needs and wants.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 8 Reflection Questions:

What sensations did you notice when reflecting on your needs vs. your wants?

How can you take steps to experience more emotional, physical and mental wellbeing?

How can you take your meditation energy and experiences into your day?

## DAY 9

### Making Your Garden Grow

Throughout this series, we've focused on Radical Self-Care. As suggested by Lama Rod, what makes it radical is acknowledging your challenging or painful experiences, while also gathering the tools and resources you need to take care of yourself and heal. It can be expressed by the metaphor of *growing the gardens you need to be well*. In this ninth session, you will be led through an imagination and reflection practice to start planting your garden of self-care.

After listening to the meditation, take a few deep breaths and consider the following questions:

#### Day 9 Reflection Questions:

What did you envision or imagine while planting and cultivating your self-care seeds?

How can you plant more self-care seeds and continue to tend to them regularly?

How can you take your meditation energy and experiences into your day?

# DAY 10

## Greatest Hits

This meditation series has introduced several nourishing elements -- from learning how to listen to and love your body, to how to respond to your needs with care. To borrow the culinary metaphor from Lama Rod, it's now time to create your own self-care *recipe*. In this final session, you will be guided through a practice that brings together all of the *ingredients* explored during the series to help you craft your personal, Radical Self-Care routine.

After listening to the meditation, take a few deep breaths and consider the following questions:

### Day 10 Reflection Questions:

What can start growing in your life from the self-care seeds that you planted and cultivated?

How can you take your meditation energy and experiences into your day?

How can you take your experiences from this meditation series into your life going forward?

