



CONNECTED: THE 8 WEEK BOOTCAMP

Working with your 4 Internal Empires;
Soulset, Heartset, Mindset and Healthset

WORKBOOK

MODULE FOUR: HEALTHSET



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A NOTE FROM ALEKSANDRA

I am looking forward to you doing these tasks with calm, peace, kind intention and love. The activities will help you start to cultivate a deeper connection with you, the real you! You will begin to unlock doors to your soul that you may not have realised were there in the past. As you work through take the time to reflect and tap into how you feel, pay attention to any new sensations, thoughts and feelings that may arise in your mind, body and soul. Your practice and new learnings will lead you to change and evolve into the version you want to come into existence. Commit to it and be gentle, what's to come is truly blissful. I'm excited to be a part of your journey and wish you love and light always.

Aleksandra xx



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VIDEO ONE
BREATH WORK

SUMMARY

Pranayama

The use of pranayama (breathwork), asana (yoga postures) and relaxation are essential to releasing energy blocks and tension from the physical body. To free yourself from holding on to pain, you must allow your life force or prana to travel freely within your body.

Pranayama promotes holistic health. Prana means bio energy and ayama means to control or regulate.

- It directly works on the nervous system.
- Improves lung capacity.
- Controls heart rate and blood pressure.

Along with promoting healthy function of the brain and organs.

Here's how to use pranayama to help release negative emotions, cultivate focus and live a life full of love and fulfilment.

ACTIVITY ONE.

STEP ONE

Choose a well ventilated area where you will practice your breathing meditation undisturbed.

STEP TWO

Feel free to add a comfortable floor pillow, ambience with candles and calming energy with crystals and anything you feel call your heart.

Keep this space sacred and exclusive to your breath work and meditation practice.

Hello happy Zen place!

STEP THREE

Commit to practice either morning or before bed. Daily pranayama should be done ideally on an empty stomach (at least 4 hours after any meal or snack, I prefer morning due to the fact I fast till 12pm)

ACTIVITY ONE.

STEP FOUR

Basic breathwork:

- Sit cross-legged with a tall spine and your hands resting on your knees
- Ground down through the sits bones as you extend up through the crown of your head
- With your eyes closed, deepen your breath and fill your belly with oxygen
- Pause for a few seconds
- Then slowly exhale all of the air from your belly, pause then inhale (be sure to suck the belly button toward the back of the spine on the exhale)
- Repeat this practice daily. Start 2-3 minutes
- Gradually increasing to deepen your practice.

Note: Focus on keeping the shoulders and chest relaxed and only using the BELLY to breath.

If you find the breath is in the chest. Place your hands on your stomach and with intention breath in to the hands. Once you are confident you are using the BELLY breath you can place your hands on your knees in a mudra of your choice.

VIDEO TWO
RITUALS

ACTIVITY ONE.

Create your own meaningful Ritual regimen.

You may already have things you do and implement, so now is a great opportunity to invite new things that will feed your soul.

STEP ONE

Write out the things you already do. And map them out below. At a glance you will see what you do daily, weekly and monthly.

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ACTIVITY ONE.

STEP TWO

Add 5 or so new things you want to implement or do. (you can do as many or as little as you like)



ACTIVITY ONE.

STEP THREE

The "I am" affirmation must be hand written and included in your rituals (I suggest you read it on waking or before sleep).

I will share a photo of mine as an example. Be sure to stick it somewhere you can see it daily to recite. Keep it in a Positive context and in present tense. For example: do say "I am living in abundance". Rather than "I am going to live in abundance"

CONNECT

ACTIVITY ONE.

STEP FOUR

Place new rituals into your life. Write and add to your existing practices. It's handy to create a check list, tick as you complete things. It helps keep you on track and when you get to the end of the month you can easily see what sticks and what doesn't.

Note: that when implementing your new rituals it might take a little bit of trial and error. It will take time to see if they feel right or fit in well. Feel free to reorganise, remove or add different things.

I strongly recommend an oral hygiene practice and a body self care regimen. It's important to love and keep your vessel nurtured and clean. It's a gift that helps move you through this world, so lets look after it.

Below a list of ritual ideas:

- Podcast
- Reading
- Daily breathwork
- Shakti mat
- Tongue scraping / oil pulling
- Saging your home and space
- Baths with essential oils
- Brewing tea at night
- Connecting with crystals. Wearing or holding them.
- Burning candles
- Diffuser with essential oils
- Salt lamp
- Reading affirmations
- Grounding and sun gazing
- Clearing clutter, making space . (monthly)
- Removing items that have stale or old energy attached to them. Eg clothes and gifts from the past (monthly)
- Journalling
- Keeping silence
- Taking vitamins and supplements

ACTIVITY ONE.

STEP FOUR

- Fasting
- Drinking warm lemon water on waking
- Juicing
- Face/ body care routine e.g. dry brushing
- Practicing silence
- Phone detox or block out times not to use
- Singing and dancing
- Listening to music.
- Binaural beats and Hz sounds of healing, health and love for example
- Being nude around the home
- Beach walks
- Hiking, nature walks, sitting in nature hugging a tree.
- Meditation
- Napping
- Working out, walking daily, yoga
- Creating checklists. Re-evaluating tasks and to dos (monthly)
- Haircuts and nail pampers.
- Body scanning (guided yoga nidra)
- Calling and checking in with friends and family
- Seeing Professionals such as sound healers, Reiki healers, myotherapist kinesiologists
- Getting massages, cupping and other healing therapies.



VIDEO THREE
MUDRAS

SUMMARY

INCORPORATE HAND MUDRAS INTO YOUR MEDITATION PRACTICE TO LEVEL UP YOUR LIFE

Mudras - start to reap the well-being benefits. To put it simply, mudras are hand positions that are used during meditation to "reinforce specific healing states of mind. They help "draw your mindfulness inward and reconnect you with your heart's language of compassion, kindness, goodness, creativity, and joy.

Sounds beautiful, right?

By closing the circuit so to speak you are completing the connection. With the circuit complete the body now receives the energy and opportunity to heal particular organs and physical ailments.

"Mudras draw your mindfulness inward and reconnect you with your heart's language of compassion, kindness, goodness, creativity, and joy."
—meditation teacher Sah D'Simone

Each finger represents a different element.
The thumb symbolizes space.
The index is air;
The middle finger is fire;
The ring finger is water;
and the pinky stands for earth.

So it is believed that by creating different mudras with your hands via different configurations of your fingers, you are tapping into that powerful energy.

"You have within you the infinite organising power of the universe,"
Whether you're a meditation newbie you can easily incorporate mudras in to your practice, try out the following mudras whenever you feel like leveling up.

ACTIVITY ONE.

Here are 9 hand mudras, their benefits, and how to do them.

1. Varada Mudra

Meaning: Granting of wishes

Benefits: "Varada mudra evokes generosity, charity, giving, compassion, being part of the solution, and adding to human salvation," D'Simone says. Do this mudra whenever you feel like spreading some good vibes and kindness.

How to do it: Create the mudra by resting your left hand on your left knee with the palm facing up and the fingers extended. You can make a different mudra with your right hand or just place it facing up on your lap, thigh, or knee.



ACTIVITY ONE.

2. Samadhi Mudra

Meaning: Complete state of concentration

Benefits: The samadhi mudra, also known as the dhyana mudra, is the one you'll often see the Buddha doing. "It supports deep concentration and clear focus," D'Simone says. So if your attention is getting pulled in a million different directions and you're multitasking but still not getting anything done, this one's your go-to.

How to do it: Rest both hands on your lap with your palms facing up and your right hand on top of your left hand. Lightly touch the tips of your thumbs together.



ACTIVITY ONE.

3. Karana Mudra

Meaning: Warding off evil

Benefits: "When negative feelings and thoughts have become sticky, and you're not able to shake them off, try this mudra for a boost of happiness," D'Simone says. "For me, there is an almost immediate upgrade in my internal landscape—calm, clarity, and simplicity."

How to do it: Touch the middle and ring fingers of your right hand with your thumb and extend your index finger and pinky. (It kind of looks like a "rock on" hand signal.) Then bring your hand up right in front of your heart with your palm facing out. Meanwhile, your left hand can hang out on your lap facing up.



ACTIVITY ONE.

4. Jnana Mudra

Meaning: Knowledge

Benefits: "If you have a meeting or presentation coming for which you need to memorise something, or you have a creative block, this is your mudra," D'Simone says. "It's also a simple and powerful way to remember that you have access to an inner fountain of wisdom right here within you."

How to do it: Curl your index fingers toward the base of your thumbs to create a circle. The rest of your fingers remain straight out. Then rest your palms facing up or down on your knees.



ACTIVITY ONE.

5. Varuna Mudra

Meaning: Balance water element in the body

Benefits: "This mudra can be of help to relieve constipation or indigestion," D'Simone says. "But remember to also take your daily probiotic supplement, drink plenty of water, eat mostly a healthy, plant-based diet, and get good rest." In other words, see the mudra as a little digestive boost rather than a cure-all.

How to do it: Touch the tip of your thumbs with the tip of your pinkies keeping your other three fingers extended out. Then place your hands facing up on your knees.



ACTIVITY ONE.

6. Gyan Mudra

Meaning: Enhancing consciousness

Benefits: The gyan mudra is probably one you've seen a million times before—like in every. single. image. of someone meditating in mainstream media. But, just because it's basic, that doesn't mean you should disregard it, Monahan says. It's intended to help you focus and enhance your consciousness and awareness.

How to do it: Simply touch the tip of your index finger with the tip of your thumb keeping your other three fingers straight out.



ACTIVITY ONE.

7. Prana Mudra

Meaning: Vital life force

Benefits: "The prana mudra opens up channels of energy," Monahan says. "This mudra is a great addition to your morning espresso to get any dormant energy moving."

How to do it: Touch the tip of your thumb to the tips of your ring and little finger.



ACTIVITY ONE.

8. Apana Mudra

Meaning: Eliminating toxins

Benefits: "The apana mudra helps regulate the energy in your lower abdomen, which governs outward flow of energy in the body," Monahan says. "It can help with physical or even emotional digestion by helping to eliminate unnecessary elements from the body."

How to do it: Similar to the karana mudra, touch the tip of your thumb to the tips of your middle and ring fingers while leaving your other two fingers extended. Then rest your hands facing up on your knees.



ACTIVITY ONE.

9. Shuni Mudra

Meaning: Improving intuition

Benefits: "If you are looking for clarity and insight into your next steps and how to execute them effectively, this mudra is for you," Monahan says. "The shuni mudra uses that fire within you to bring in that focused attention and intention."

How to do it: Press the tip of your thumb with the tip of your middle finger.



VIDEO FOUR
YOGA

SUMMARY

Standing asanas: promote stretching, build strength in glutes, legs and core and burn fat whilst toning, at the same time increasing stability in joints and ankles. These postures also invite calm in to the mind, enhance focus and turn your warrior mode on to help you move forward in life without fear or doubt.

Twisting asanas: help release tension from the spine, increasing its length and mobility. Twisting if you can imagine, as you twist helps squeeze out toxins that have accumulated in the organs like the liver, spleen, kidneys and bowel. By doing these types of postures we promote detox, tone the belly and encourage digestion. Twists are generally done towards the end of a practice, to help the body find balance in stillness. Generally, twists are extremely balancing. If you are too energized, twists will calm you down, and if you are experiencing low energy, twists will pick you up again.

Balancing asanas: enable a connection to occur with the outer body and the internal mind. Balancing forces the mind to focus and concentrate, when this happens we evoke better memory whilst releasing stress and tension. Tree pose for example helps evoke endurance, grace, generosity, flexibility and strength. By balancing more you encourage unity of the left and right hemispheres of the brain equating in better balance emotionally, mentally and physically.

Floor asanas: release stress, menstrual cramps lower back pain and sciatica. Upright sitting with relaxed shoulders helps strengthen the back and spine. The cat and cow movement increases flexibility of the neck, shoulders, ribs and spine as well as strengthening the lungs through the deep inhales and exhales this also invites strength in the abs and chest. Floor postures like pigeon pose helps target deep stretching of the inner and outer hips and glutes by stretching these areas we encourage the removal of stagnant emotional stress (the hips is where emotional stress is stored) to flow out of the body. Floor postures help induce a deep meditative and relaxed state. By being low to the floor we begin to receive grounding energy from the earth which spiritually helps create peace within ourselves.

ACTIVITY ONE.

1) Practice yoga daily for 15 to 60 minutes.

On waking do yoga even a quick few minutes moving side to side, reaching for you toes and opening hips through a happy baby posture.

Bed yoga is also great. Raise your legs resting them against the wall, twist laying or do child's pose.

Any sort of movement will limber you up and allow fresh blood to flow through, helping you to start and finish your day right!

Feel in to your practice and don't force postures if they hurt. Listen to your body. This in itself is a form of yoga, self assessment and checking in with the ego which may sometimes want to push you more than what you have to.

Yoga is best practiced on the earth, get creative on your lawn or even at the beach.

2) You may want to find a studio near home or work. Many have great intro deals, some for just as little as \$20 for a 2 week trial.

Move around to find a space that resonates with you especially if you would like to strengthen your practice.

Note: Many gyms also offer yoga classes.

3) If you want to practice in the comfort of your own home, YouTube has a tonne of awesome videos. Find a teacher who you resonate with and follow their programs.

GUARANTEE

Guarantee Policy: Like anything in life, you will get out of this what you put into it. This experience will be different for everyone. I don't guarantee or warrant results or any change of circumstance. But I can say that this will be a transformational experience and you will leave a different person than you were when you came into it. And if you commit to the practices outlined, you will start to be in control of your own shifts and thought processes. That should always be the goal. How well this works for you is dependent on how much you allow it to.

CONNECT

IT IS NOT WHAT YOU SHOUT OUT TO THE
WORLD THAT DETERMINES YOUR LIFE...
IT IS WHAT YOU WHISPER TO YOURSELF THAT
HAS THE MOST POWER.

- ABIGAIL HORNE



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