

# Find You Flow

HELP HEAL AND CHANGE YOUR LIFE POSITIVELY.  
SIMPLY IMPLEMENT THESE FEW RITUALS ON WAKING.

Lets begin:

1. Turn on your diffuser.

2. Repeat your unique mantra 3 times aloud, really feeling & envisioning the words.

3. With eyes closed, begin your breathing meditation: a slow deep in breath for 5 counts, hold for 2 and a slow out breath for 5, hold for 2 at the bottom & repeat . Focus on the breath entering the nose, chest and belly. Continue this flow of breath for at least 3 to 5 minutes .

With time this conscious breath work may begin to expand into longer sessions.

4. Work through three yoga positions holding each side of each pose for 3 breaths in and out. Take your breath to any uncomfortable areas you may encounter emotionally or physically.

5. Sit still a little and let it all begin to integrate. Stay soft, fluid and calm, your intention has been set . The day now begins, assured that the mind, breath and body have been tuned and connected.

Namaste





# HOMEMADE

## *Natural Deodorant*

This simple home made deodorant will leave you feeling fresh and away from harmful chemicals found in your store bought products.

There is no solid evidence that aluminium based compounds lead to cancer or Alzheimers BUT there are correlations. And to me that's enough to make the switch, especially when deodorants get sprayed or applied so close to our chests and breasts and breathed in by our nose and skin. Imagine the toxic exposure on the daily...there 365 days in a year... How often do you spray and expose yourself?

Luckily you now have a sweet smelling solution. A homemade deo Infused with nurturing essential oils and soothing coconut oil. I'm sure you will be excited to introduce this to your morning routine knowing it's actually working to keep your skin healthy and bacteria free...  
**NATURALLY!**

### INGREDIENTS

1/2 c baking soda (you can use less when starting out if it irritates you)

1/2 c arrowroot powder (you can also use cornstarch... but I prefer arrowroot powder)

5 tbs unrefined organic coconut oil

20 drops of essential oil in total I like Tea tree lemongrass and lavender. (or another essential oil with antibacterial properties)

If you're keen to make a bigger batch just double the measurements.

### METHOD

Mix baking soda and arrowroot together —in a ceramic bowl.

Next add the coconut and essential oils and mix well.

Pour into clean air-tight jar (Homemade deodorant will last 3-6 months in a airtight container.)

### APPLICATION

You can use a icy-pole stick to get the deodorant out of the container and transfer to your finger. Make sure you use enough under your arms to keep you "sure" all day long. A pea-size amount is usually good. Before you apply make sure pits are dry and clean.

(For the past couple years, I stopped using the icy-pole stick and actually just use my fingers and dip them in the jar. Easy, peasy.)

### NOTE

It may take a week or so for you to adjust to the deodorant. You may find you feel like you sweat more or smell more than usual. This is normal as your pits are flushing out the many years worth of aluminium and talc that's been blocking your pores. Persist with it and you'll find that the pits will find their balance and take to this safer option.

Mixture can vary in consistency, depending on the room temp. In cooler times leave it closer to the shower to help soften the mixture or in warmer weather store in a coolcupboard.

If over heated and mixture splits just stir up and apply.

### SPECIAL NOTE

Be sure to make extra jars decorated with ribbon. These make the perfect gift for friends and family made with love by you.

ENJOY