



NATIVA WELLBEING

3 Weeks to Begin a Mindful Life

This guide is exclusively for the use of getting in touch with your heart, soul & spirit. It was written with love for you by Ashley Casillas of Nativa Wellbeing. If you wish to use any content within this guide outside of your own self work, please contact Nativa Wellbeing.

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3 Weeks to Begin a Mindful Life

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getting started

You have everything within yourself to cultivate a loving and compassionate relationship with yourself and others. You may not know it, but you are strong, intelligent, and creative. Your inner life is there inside, waiting for you to tap into its energy. Your outer life, on the other hand, constantly receives attention from you and others. Energy day in and day out is put into fulfilling the idea of what life is supposed to be like for you and those who know you.

Imagine if you were to pay even a fraction of the outer world attention to your inner world and if you were able to hold your inner voice, emotions, reactions, and deep feelings past and present with esteem and care. What kind of changes would occur if you spent more time cultivating a loving relationship with yourself? For many, the answer is unknown until you begin to dedicate time to cultivating a relationship with your own inner world and voice.

Popular society has created an incomplete and fictitious image of life and success in the modern age. Everything we see in the media shows us that happiness is a byproduct of obtaining those prizes of outer success. So many people work hard daily to make sure they have the things necessary to live a comfortable and happy life yet love and compassion are negotiable or simply seen as byproducts of this real life game of playhouse.

As long as we continue our path in life looking outwards and ignoring our forgotten potential to gaze inwards, we are denying ourselves of the right to be happy, to love and to be loved.

Meditation is a practice that allows you to enter into your heart and listen to your inner voice. For many of us, this is a scary step out of our comfort zone. If you grew up bottling up emotions, fears, or opinions, this practice can provoke discomfort initially. It is not just about being quiet; it is about calming your thoughts so that you can hear your heart speak. And when you can finally listen, you have the power to transform your life and your relationship with yourself and the world.

Meditation is not an art to be perfected. It is a practice you must return to consistently, shifting and adjusting just as the changes in your life, mind and spirit occur. In the following pages, I share with you a 3-week guide to get you started into a practice that has transformative powers. I have included tips, tricks, and self-reflection prompts to help you break down self-imposed barriers and ultimately put you in a place where you can expand into your own path of self-awareness and mindful living.

As with every guide, I encourage you to read through and reach out to me with any questions you may have. If you begin the practice and find yourself stuck or with doubts, do not hesitate to reach out to me. I am always available to help.

s u g g e s t i o n s

This guide is here to give you a beginner's format for starting your own meditation practice. Anything that is contained here can be adjusted to fit your needs. I encourage you to try and follow the plan consistently for 3 weeks before manipulating but if you are a creative soul and can't help yourself, I completely understand.

Each week, I will introduce a new concept to include in your practice in addition to suggested reflection prompts to deepen your understanding of your self.

Before you get started, I would like to share with you a few suggestions of how to mentally and physically prepare for this 3 week journey.

1. Be prepared to be extra gentle with your heart.
2. Avoid intense social situations that derail any progress.
3. Remind yourself it is OK to laugh, cry, feel joy or frustration!
4. Make your meditation space sacred. Treat it with respect.
5. Set your intention that you will show up daily for yourself and nobody else.

And don't forget:

6. Relax!
7. I love you!
8. I support you!
9. I am here to help. Reach out.

Get ready to begin a practice that is life changing. I am so happy for you and support you in finding YOU 100%.

gather & situate

Let's gather a few things and set up your sacred space before you begin Week 1. Since this practice is separate from your outer life, please invest in materials that are dedicated solely to this practice. That means a journal that has never been written in, a pen that stays with the journal at all times, and items that remind you of your connection with your inner light.

- Journal
- Pen
- Timer (The Insight app is a free and great option. Use the self-guided timer.)
- Cozy Sweater/Shawl
- Unscented Candle
- 1-3 Objects that Bring you Peace and Joy (see ideas)
 - Trinkets
 - Milagros
 - Crystals
 - Plants
 - Flowers
- Pillow or Cushion for Sitting (optional)
- Aromatic Spray (optional)
 - Small Spray Bottle of Mainly Water + Your Favorite Essential Oil Scent



This is your chance to build a space for you and only you. Although your presence is the most important element, it is also nice to include things around you that bring you joy, peace, and love.

There is no way to do this wrong and if your taste or needs change, you can simply rebuild your space according to your intuition.

Have fun creating!

Finding Your Sacred Space

Take a walk around your place of dwelling with a quiet environment and mind. Focus on breathing calmly and walking slowly yet steadily. Notice how you feel as you pass different areas or corners. Allow your inner senses to speak to you about how spaces make you feel. Even if you have an outdoor space, I recommend you stay indoors for the 3 weeks. Although communing with nature is powerful, when you are learning how to sit still, it is best to be in a mosquito and gnat free zone.

After you have roamed through your dwelling, allow your inner voice to tell you where you feel safe, calm, and grounded. Go to that space and sit. Close your eyes and take 5 deep breaths. Open your eyes. Are you in the space that makes you feel safe? If so, this is where you will break ground for your own personalized meditation zone. If you feel uneasy, try another space and repeat the 5 deep breaths, eyes closed.

Setting Up Your Sacred Space

Now that you know where you feel safe, let's make it your own. You don't need much space and if you chose a place where you can't leave your personal stuff out, it's ok (you can put the materials in a bag and lay them out before meditating and that within itself can become a sort of ceremony).

The way you arrange your items is up to you but I suggest making a sort of display that will be in front of where you sit either on the floor or on your cushion.



week one

Connect with Your Breath & Let the Sediment Settle

If you put pond water in a glass and shake it, it appears murky from all of the sediment floating around. It is difficult to see through the glass. Just as the sediment in the water settles after moments of stillness, your inner world can do the same.



Close your eyes & know that you are not alone. There is a whole world past, present & future that is a part of your journey today.

week one: practice

You have the option to read the prompt below and do a self-guided meditation or you can do a guided meditation that corresponds with week one on the Nativa Wellbeing YouTube Channel. Let's get started.

Find a comfortable seated position in your sacred space. Put on your sweater if you like to be wrapped up cozy. Allow yourself to feel safe and warm.

If your space is already set up, continue forward. If not, take time to arrange your objects, candle, journal and pen around you.

Light your candle and look into the flame as you speak your intention:

"I show up today and everyday to meditate and sit with my inner world."

Set your timer for **5 minutes** and press start.

Close your eyes and take a deep breath in and out. Repeat a couple of times and begin to find your calm breathing pattern allowing your breath to enter and leave without strain or pressure.

Follow the air passing through you, filling your lungs and pouring out again from your nose. Imagine you can ride your breath and follow it as it flows.

Allow your mind to dwell on your breath. Feel your chest expand and fall, listen to the sound of the air pass through your nostrils, notice how you feel calm when you exhale and how the inhale brings life.

If you find your mind wandering, do not get angry or frustrated. This is natural. Just acknowledge that your brain has taken over your sense of feeling and gently nudge your awareness back to your breath.

It may take a concerted effort the entire 5 minutes to focus on your breathing and if that is the case, it is ok! I promise that if you practice, this will become easier and even enjoyable.

week one: reflect

Journal Prompt

Why are you interested in starting your own meditation practice? What brings you here? Think about and reflect upon any emotions, memories, or circumstances that you would like to resolve. Do you have any fears about starting this process? If so, list them so you can revisit later on in your practice.

Self Care

Take a long bath, soak your feet, apply a face mask, or book a massage. Do something that makes your physical body feel loved and cared for.

Mantra

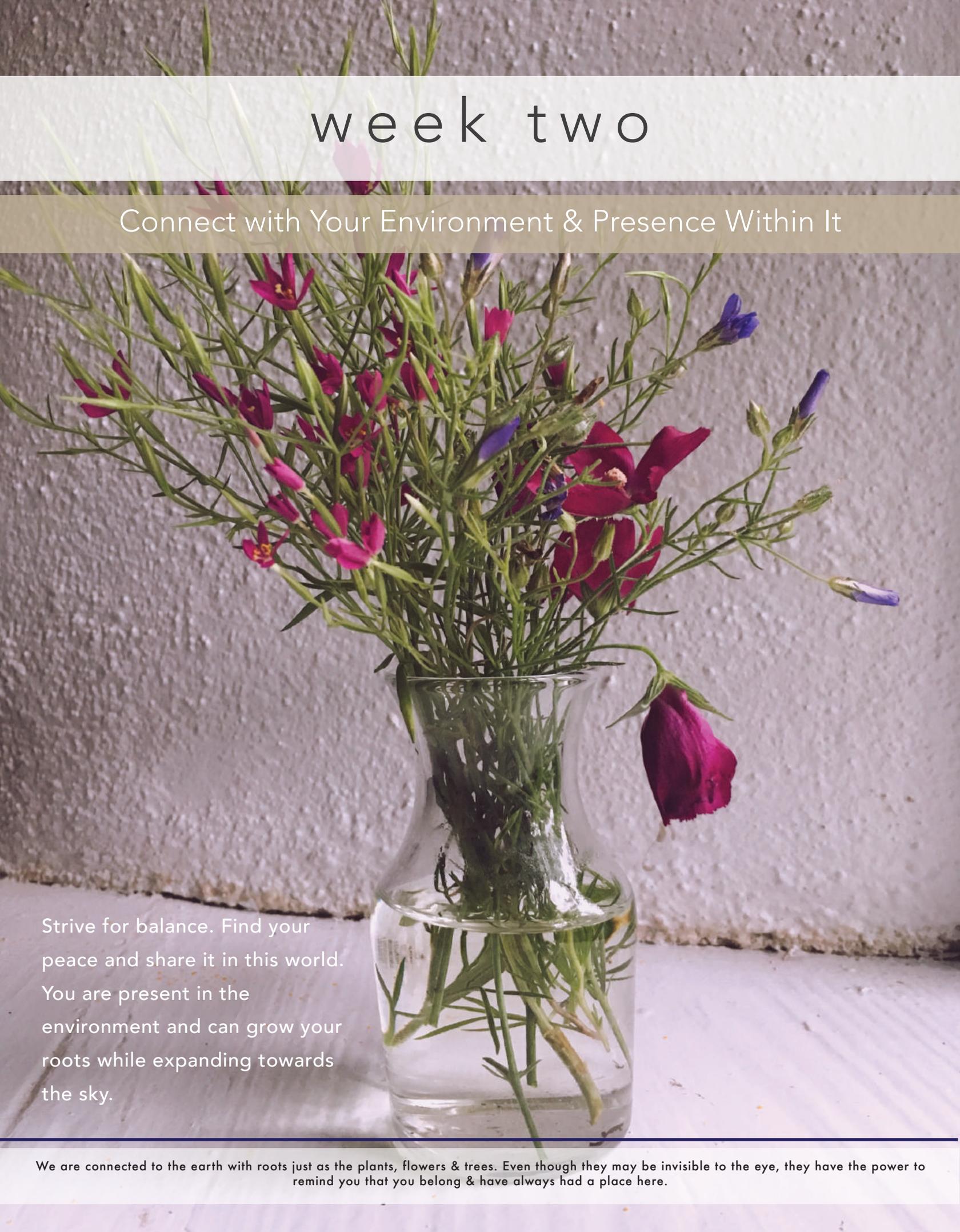
"I am worthy of feeling good. I intuitively know what is good for my mind and body."

Health

Drink at least 64 ounces of water per day.

week two

Connect with Your Environment & Presence Within It



Strive for balance. Find your peace and share it in this world. You are present in the environment and can grow your roots while expanding towards the sky.

We are connected to the earth with roots just as the plants, flowers & trees. Even though they may be invisible to the eye, they have the power to remind you that you belong & have always had a place here.

week two: practice

You have the option to read the prompt below and do a self-guided meditation or you can do a guided meditation that corresponds with week one on the Nativa Wellbeing YouTube Channel. Are you ready?

Find a comfortable seated position in your sacred space. Put on your sweater if you like to be wrapped up cozy. Allow yourself to feel safe and warm.

Light your candle and look into the flame as you speak your intention:

"I allow my mind be silent. I am connected in this world past, present, and future."

Set your timer for **5 minutes** and press start.

Close your eyes and take a deep breath in and out. Repeat a couple of times and begin to find your calm breathing pattern allowing your breath to enter and leave without strain or pressure.

With each breath in, follow it as the air passes through you, filling your lungs and pouring out again from your nose. Imagine you can ride your breath and follow it as it flows.

Allow the sounds of the environment to coexist with your quiet mind. Acknowledge the sounds of the ambient world. Is there a fan turning? Are there cars passing? Do the birds sing? Is the silence loud? Whatever sound occurs, allow it to come to you and then release it back to its environment.

If you find your mind wandering, do not get angry or frustrated. This is natural. Just like last week, acknowledge that your brain has taken over your time to listen and gently nudge your awareness back to your breath.

week two: reflect

Journal Prompt

What emotion has the most destructive power over your thoughts and perceptions? If this emotion were a person, what would he or she be like? What can you do to begin to distance yourself from this emotion's influence? Is it trying to mask something deeper?

Self Care

Move! Do yoga, go for a walk, ride a bike, dance in your room! Many emotions or hidden feelings hide within your body. Try incorporating some kind of movement into your routine. You can even try a walking meditation. To do this, you still need to focus on your breath as you walk as you allow your mind to empty itself of excess thought.

Mantra

"My love is more powerful than I know."

Health

Invest in a tongue scraper. Use it in the morning and you will discover why it is a necessary tool in your medicine cabinet.

week three

Connect with Your Body & Release Stored Emotions



The body is a home for love but trauma and violence can leave memories and scars that hide themselves deep inside our bodies. As you breathe, exhale imagining these memories leave, even if only for a moment. With each inhale, imagine pure love, light and compassion entering.

She twisted & turned, wringing out her tears & letting them fall onto the floor. The tears kept falling all around covering the furniture & wreaking havoc on her delicate skin around her nose & eyes. The next day came & there was relief after having released those salty drops of memories. (aka it's ok to cry)

week three: practice

You have the option to read the prompt below and do a self-guided meditation or you can do a guided meditation that corresponds with week one on the Nativa Wellbeing YouTube Channel. You know what to do!

Find a comfortable seated position in your sacred space. Put on your sweater if you like to be wrapped up cozy. Allow yourself to feel safe and warm.

Light your candle and look into the flame as you speak your intention:

"I acknowledge the presence of me in this room, in this environment, in this world."

Set your timer for **8 minutes** and press start.

Close your eyes and take a deep breath in and out. Repeat and begin to find your calm breathing pattern allowing your breath to enter and leave without strain or pressure. With each breath in, follow as the air passes through you, filling your lungs and then pouring out again from your nose. Imagine you can ride your breath and follow it as it flows.

Allow your mind to dwell on your breath. Feel your chest expand and fall, listen to the sound of the air pass through your nostrils, notice how you feel calm when you exhale and how the inhale brings life.

Once you are able to breathe calmly, bring your attention to your toes and feet as you allow them to soften with your breath. Follow up to your calves and knees, breathing relaxation to your tendons. Breath life to your hips and soften your abdomen and stomach. Breath calmly as you feel your heart beat. As your focus turns to your shoulders and back, visualize relief to any tension you feel, letting your breathing smooth out your knots and strain. Bring your breath to your eyes, cheeks, mouth, eyebrows and forehead and allow them to rest.

As you are breathing rest and release into your body, feel how your body is connected to the floor. You exist and this is your chance to connect with this existence. Your breath is a gift from your body and when used as an ally, it can bring you peace and knowledge but you must engage it and practice with it for it to thrive.

When the timer goes off and your 8 minutes are complete, give your body a hug. You are doing an amazing job!

week three: reflect

Journal Prompt

Write a letter to the negative emotions you have within and let them know that you know they are there and that they are tricksters in your life. Let them know that you are coming for them and that you are or will become stronger than their negative influence. Manifest the relationship you would like to have with these negative mind tricks.

Self Care

Use a yoga block or a stack of books to elevate your hips as you lay flat on the ground. The support should be where the lower back and hips meet. Extend your legs if you can or lie with your knees bent and your feet on the floor. Spend 10 minutes in this position and follow your breath in and out or listen to soothing music that allows you to completely let go.

Mantra

"I am ready to reclaim my internal life. My happiness is my own."

Health

Treat yourself to your favorite indulgent food. Do it and don't even start feeling anything but good. YOU DESERVE THAT ICE CREAM CONE WITH A CHERRY ON TOP.

connect + expand

When you are grounded, you can grow.

Cultivating love starts with the simple practice of listening.

expand your practice

When your three weeks have come to an end, you have actually reached the beginning. It is now time for you to evaluate your progress and decide what you want your inner future to look like and what techniques will help you achieve that goal. Now is the perfect time to journal your ideas, fears, strengths, weaknesses, and goals. The more honest you are with yourself about yourself, the easier it will be to step into a practice of meditation and mindfulness.

You can continue 5-minute daily practices or you can adjust the timer as you see fit. Perhaps 10 minutes? 30?

As you go forward, remember that self-awareness is for you. You are in charge of where you go, what you avoid, and how you confront yourself. Meditation is there to help you recognize when your brain begins to hijack your intuition and love. The more you meditate, the more perceptive you can become in regards to how you process your emotions and what imbalance they may be trying to hide.

I recommend that everyone meditate daily, but if that seems to be too much, please meditate at least 3 (but really, 5) times a week.

A year may pass before any changes occur but then again, you may start feeling positive changes within the three weeks. Everyone is different. Please do not lose hope or patience. Remember, you have had a whole life of not practicing awareness to your inner voice of love. Over the years, negative thought patterns have established their place in your mind. Your path to mindfulness may be long but you can only reach your goals if you start engaging with this practice and respecting your inner needs.

The outer world demands so much of you daily. You owe it to yourself to spend 5 minutes with awareness and calm daily.

I am proud of you and am here to provide you with information, feedback and the tools you need to form your own practice. Thank you for doing this and congratulations on taking the steps necessary to get in touch with your heart!

r e s o u r c e s

YouTube

Please visit the Nativa Wellbeing YouTube Channel for your guided meditations for each week. The link to the series is in the original email you received with this guide.

Contact

I am here to help and answer any questions, doubts, and observations you may have.

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Instagram: @nativa.wellbeing

Future Events

Stay up to date with events, courses, and new guides by signing up to the Nativa Newsletter.

disclaimer

Although I am a strong believer in the power of mindfulness and meditation in healing, this does not mean that other forms of care should be disregarded.

If you are taking medications, please follow your doctor's instruction and always refer to your doctor if you have any questions or concerns regarding your medical plan.

If you need additional support, there are many forms of therapy that work very well with mindful practices.

If you feel at anytime that you are a possible threat to yourself or another, please seek help immediately.

National Suicide Prevention Lifeline: 1-800-273-8255

If at anytime you feel like this program is not for you, please reach out to me and I will refund you fully. I will not be offended!

During this time of transition, know that you have support. Reach out to your close friends or family and let them know you are doing inner work. Take care of yourself even more than usual. Avoid triggering situations. And as always, I am here to help. Drop me a line!