

THE  
**Summer**<sup>21</sup>  
DETOX

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To start, this will require permission.  
The permission from yourself to be vulnerable.  
Next, you must make a promise. A promise to  
care for and love yourself.

I hope you're able to recognize the strength  
and courage it takes to get honest and go  
deep. You are brave.

This detox is focused on rejuvenation, healing,  
and wholeness. It will target four planes of your  
overall being: Emotional, mental, physical, and  
spiritual. You will go through a week of  
“cleansing,” known as *the detox*, and a week of  
healing.

# DETOX

*Considered to be a removal or flushing of toxins from one's body, a detox serves to restore and improve overall health.*

We use the word “toxins” when referring to anything harmful – anything that doesn't support alignment.

You can expect to experience negative thoughts, emotions, and feelings the next seven days. It is deeply human and natural and should be welcomed.

They also shouldn't overstay their welcome and that's what ***this*** is about. Releasing the energy. The body, heart, mind, and spirit can hold high levels of energy and it's important to get rid of what's ***negative***.

# Week One

# Day 1

## *You'll begin with a free-write...*

In **ten** minutes, using paper and a writing utensil, write everything that's seemingly "wrong" in your life – what's wrong with you, your relationships, etc.

The idea is to surrender to yourself. The ability to surrender is a strength. Whatever comes to mind, record it. Free yourself from judgment and the urge to edit. Remember that as part of a detox, you must **experience** and be in touch with what's underneath, and this may be the most important step. The **first** step.

When you've finished, fold the paper and put it away.

# Day 2

## ***Continue with an examination of your free-write...***

Yesterday, you bravely began to release emotions by trusting yourself to hold them. Today, all you'll be doing is **examining** what you're holding.

Through reflection and by thinking deeply about your own emotions, you **reclaim** a consciousness of your mind and the thoughts<sup>1</sup> and patterns<sup>2</sup> that subconsciously get in your way.

Using this step-by-step process:

1. Read your writing aloud
2. Circle anything that stands out – repeated words or phrases and statements that may surprise you as you reflect
3. Identify three negative thoughts, thought patterns, or themes if they're present – these are your Areas for Growth

<sup>1</sup> **Thoughts** – an idea or opinion produced in the mind

<sup>2</sup> **[Thought] Patterns** – a collection of thoughts that one returns to, often subconsciously

# Day 3

## ***Lemon water, water, lemon water...***

Start the day with a warm cup of lemon water. Continue to drink nothing but water for the remainder of the day, aiming for ten glasses. Finally, enjoy another warm cup of lemon water after your last meal of the day or before winding down for bed. A squeezable lemon is preferred.

Water is an extremely ***powerful*** resource all around. When paired with lemon, it can aid in digestion, decrease inflammation, boost Vitamin C levels, and help balance the body's pH level.

If you're a person who relies on coffee, try opting for green tea – a drink that promotes the biological detoxification process!

# Day 4

## ***Next, you'll cut an energetic cord...***

Revisit the three Areas for Growth that you've identified. Are there physical elements connected to the aspect(s) in question? If there are, consider ***distancing*** or ***removing*** them from your space indefinitely.

For example, if there is a person in your life who consistently leaves you feeling tired, stressed, or less-than, consider limiting your time and contact with them for the next couple of days. Stay aware of how this shift makes you feel.

Energetic Cord Cutting is a spiritual means of reviving one's authentic state of being. Energy is ***sacred*** and it's of the highest importance that you protect yours. It belongs to you and therefore isn't up to anyone or anything else to influence.



# Day 5

***Today, you will emotionally recall a negative experience...***

Find a quiet space to sit or lay down. Close your eyes when you're ready and bring to mind one negative experience – either in the last year or over the broader span of your life. As you walk through the memory with your mind's eye, imagine that you're watching it from the outside. Allow yourself to feel everything that comes along with this memory. Think about the ways that this experience has altered your life.

Emotional recall is an important step in the detoxification process. To relieve our pain, we must be in touch with it – we must ***demystify*** it.

# Day 6

## ***It's time to get your body moving...***

Any movement that allows for an increased heart rate and heavy breathing can be thought of as detoxifying exercise. Choose something that's meaningful to you – whether that's bike riding, swimming, running, or a 30-minute full-body burn workout.

It's proven that exercise is essential for not only “the physical” – the body - but also the mind. The act of pushing the body to what feels like it's limit can actually help to clear the mind and promote ***positive feelings***. Cardio and aerobic exercises can also initiate the body's natural detox-process.

Be sure to follow any exercise with water.

# Day 7

## ***Finally, you'll end this week with another free-write***

Before you return to writing, sit with yourself and just breathe. Check in with every part of yourself – your emotions, your thoughts, your body. When you're ready, get out a writing utensil and paper. Write about any shifts, discoveries, and new aspirations.

Again, it's so important to reflect. And also to make room for healing.

# HEALING

A study done by the National Center for Biotechnology Information found that the word “healing” was also associated with the words “wholeness” and “reconciliation” by the study’s participants. This vast idea and process isn’t just a word. It’s also not a destination to be achieved.

Healing is merely a verb.

And for something to be a verb, it must be a state of being or an action. That means “healing” must be attempted. This week, you will attempt to reach wholeness by reconciling with everything that was purged.

Expect to embody the act of care. The vulnerability you experienced last week will continue, but the primary focus is attaching **positive** narratives – without erasing or suppressing. It’s time to let warmth in your body, heart, mind, and spirit. Nothing else will do.

**Week**

**Two**

# Day 8

***You guessed it. More writing. But this time, you have some prompts...***

“What dreams did I have at one time?” and “What dreams do I have now?”

“What does my inner-child<sup>3</sup> want?” and “How can I help my inner-child?”

“When this happens, I feel...” and “When I feel that way, I react by...”

“When do I hold myself back?” and “Why do I hold myself back?”

“What do I believe about myself?”

“What is my truth?”

Maybe some of these prompts are hard to answer. That’s okay and is completely normal. Trust yourself and believe that the answers are within you. The negativity you expressed towards life and towards yourself last week, was nothing but ***Limitations***. It’s time to start labeling what’s true and what isn’t, and replacing negative narratives with love and hope.

***Connecting*** with your inner-child is a huge part of becoming whole. It’s likely that most of your thought patterns and even some of your insecurities come from your inner-child.

<sup>3</sup> ***Inner child*** – from a psychological perspective, the inner child is thought to be one’s childlike characteristics, mostly formed as a child and during puberty

# Day 9

## ***Forming routines and rituals...***

Envision your ideal morning, and make it a reality. If a morning routine sounds overwhelming to you, start by picking two healthy habits that will bring a sense of grounding to you each day. **Commit** to your morning routine or to your rituals for at least twenty-one days. An expression of gratitude and a fifteen minute walk each day are some examples to name.

The morning sets the tone for our days. When your morning includes stability, care, and insight, you allow for the rest of your day to be the same.

The idea is that these habits become rituals and rituals become routines. Routines have an incredible influence on one's mental health. They can also help to improve the relationship you have with yourself as they are a form of self-care.

# Day 10

## ***Begin and end the day with breathwork...***

When you wake up in the morning, find some time and space to place your hand on your stomach and feel where your breath goes. See if you can deepen each inhale and prolong each exhale. After a minute or so, close your eyes and begin to imagine that every time you inhale, you are breathing in life and it is expanding inside of you – forming into love, light, bliss, and abundance that you will ***embody***. Once you feel ready, open your eyes.

Breathwork can help center you in your own body. It reminds us that we're alive and also to appreciate the body and its functions.



# Day 11

## ***Today, you'll indulge in what raises your vibrational frequency<sup>4</sup>...***

Visualize what has the power to transport you to a place of solace or bliss. If it makes you feel warm and full of gratitude, it's a positive energy source. Materialize those sources today if you can.

Is it music, painting, or dinner with friends that makes you feel alive and truly human? The point is to recognize that an abundance of what you love isn't a luxury to be worked for or a privilege to earn; it is both tangible - if not physically, then spiritually - and well deserved.

<sup>4</sup> **Vibrational Frequency** – *In a spiritual sense, the term describes the level of energy something carries and produces. Low vibrations are produced by negativity and high vibrations are produced by positivity*

# Day 12

## ***More movement...***

Take some time today and dedicate it to moving your body in a way that feels good to you. Movement that is slower and ***intentional*** is the goal. Prime examples are walking outdoors or stretching. If you choose to walk, aim for at least thirty minutes and be sure to truly take in your surroundings. If you're feeling called to stretch, aim for at least ten minutes and focus on every sensation in the body.

Connectivity can be strength. There is so much honor and value in being in-tune with your own body. Walking and stretching are extremely ***direct*** ways to get in-tune. Proven to lower stress levels and boost immunity, walking and stretching aren't always looked at as anything more than "exercising," but they can be much more. While they are definite components of exercise, they can also be tools to simply relieve and harmonize.

# Day 13

## ***What is the sound of your soul ?...***

Curate a playlist of songs that make you feel understood and empowered. When you're finished, listen to the playlist in full and take notice of how listening to it makes you feel.

The art form of music is a powerful mode of ***expression***. The sounds, words, and notes that resonate with us aren't by chance – they should be cherished for that reason. Not only can it help us better understand ourselves, but it is also a comforting reminder that we aren't alone.

# Day 14

## ***A love letter to your home...***

On the final day, you must write a love letter to yourself. The letter must include an answer to the question, “*What makes me beautiful?*” and an apology to yourself – for any mistreatment, abandonment, putting yourself down, and lack of expression. Feel free to touch on everything you experienced the last fourteen days as well.

I hope you remember how ***special*** you are.

Y

*The  
End.*