

A Little Zen Box

FACING YOUR TRUE SELF

To grow yourself, you must know yourself. -John C. Maxwell

Hello gorgeous!

Emotional balance is crucial to your spiritual growth and creating your own magic, so - it's time to get real about our emotions and feelings!

For this reason, we created an amazing A Little Zen Box to help you fully maximize the magic in your own life through achieving emotional balance.

Balanced emotions are the cornerstone of spiritual growth and creating your own damn magic.

Unfortunately, a lot of the time we are taught that emotions are unwelcome difficulties we need to repress. But, it's just not so. Without emotions, we would never be able to experience this beautiful world we live in, with all its ups and downs. However, unprocessed emotions can often get stuck and cause us a lot of issues, especially in our spiritual development.

To help you process your emotions more easily, and get yourself emotionally balanced, we have crafted a special Little Zen Box for you!

Check out what's in your box below:



What's in the Box?

- A Ceramic Oil Burner
- Healing Lavender Incense
- Tea Light Candle
- Matches
- Black Tourmaline Pyramid
- Raw Rose Quartz Pendulum
- White Selenite Soothing Stone
- Peruvian Palo Santo Oil

So, let's talk about emotions. Many would argue that emotions are purely chemical reactions in our bodies and as such, they shouldn't hold so much authority over us and that repressing them, and acting regardless of what you feel, through pure rationale is the best way to go in life. However, emotions do hold a firm grasp over us, and they are a major part of what makes us human.

Without emotions, everything would be very dull, right, so there must be greater purpose to them! Plus, emotions come in a large variety, ranging from joy to anger, sadness to pleasure. We know you probably manage the higher vibe emotions like a champ, but we also know that somewhere along the way, something happened to upset you. You might have had moments where you felt miserable, upset, stressed, and in pain for longer than preferred.

Sometimes it could feel like painful emotions even last much longer than pleasurable emotions. The weird part is because emotions truly are chemical reactions in our body, their full processing in our body lasts only around 90 seconds.

So why do they sometimes feel longer? According to Dr. Nicole LePera, it is our thoughts that hold the key. She explains in her amazing book "How To Do The Work":

“Emotional maturity allows us to accept all of our emotions, even the uglier ones we don’t want to admit we harbor. The fundamental aspect of emotional maturity is the ability to be aware of and regulate our emotions in order to allow others to express themselves. Or simply the ability to tolerate all of our emotions without losing control, which is at the core of all the work we are doing.

Believe it or not, there is a “ninety-second rule” of emotions: as physiological events, they last only for a minute and a half. Then they come to an end. Our body wants to return to homeostasis. When stress occurs, our body’s cortisol spikes, and our internal anxiety circuit is activated, and when the stress is perceived to be handled, a countering system will bring our body back into balance. This, of course, can only happen if our mind doesn’t get in the way.

Few of us have the ability to allow our emotions to be purely physiological. Most of us bring them up to our mental world and start spinning stories, ruminating, and engaging in circular thoughts, which brings us back into the feedback loop of emotional addiction. Suddenly a ninety-second irritation grows into days of irritability, anger, or even years of grudge keeping and resentment. ... When you replay distressing thoughts, you activate your nervous system response as if you’re experiencing the distressful event over and over.

Your body can’t tell the difference between what was in the past and what is happening in the present - it’s all threatening.”

*****Important Note:** *(while we are not sponsored in any way by Dr. Nicole LePera, her book does wonders for helping us gain a deeper understanding of ourselves, which in turn helps us to create our own damn magic freely which is why we wholeheartedly recommend picking it up if you are a fellow book-lover:)*

In other words, what was meant to last 90 seconds as a natural bodily process can easily get trapped in us in a vicious cycle, in which we suffer until we make the conscious decision to process that emotion, and release it.

With the tools of the box, we are helping you get in touch with your emotions, and help you master just that - processing & releasing emotions that no longer serve you.

“
Not until we are lost do we begin to understand ourselves.

-Henry David Thoreau
”

Step 1: Setting Up The Atmosphere & Instilling Inner Calmness

When you are trying to bring balance to your emotional side, you have to make sure you are first stable, calm and in the right mindset to not just get emotionally activated with a certain emotion, but rather consciously engage with it, process it, and release it.



In your box, you will find a jar of Healing Powdered Lavender Incense, a Tealight Candle, matches, and a Ceramic Oil Burner.

When you are feeling ready to start engaging your emotions put a bit of the Lavender Powdered Incense at the top part of the Ceramic Oil Burner, then at the bottom place the tealight candle and light it with your matchstick.



Take a few deep breaths. Breathe in and out. Feel yourself getting calmer and calmer. When you feel secure and safe in your own body, it's time to start engaging your emotions.

Step 2: Engaging Your Emotions

Settle into your sacred space and place a blanket so that you can be more comfortable when you lay down.

Then while you feel safe, grounded, and calm, fill out the list below:

Type of Emotion	Where do you feel it in your body - list body part	How strongly does this emotion feel from 1-10	How often do you feel this emotion from 1-10
Happiness			
Joy			
Compassion			
Gratitude			
Sad			
Accomplished			
Embarassed			
Anxious			
Stressed			
Worried			
Angry			
Peaceful			

Now that you have all the information above, pick an emotion to focus on during this session.

- Lay down on the floor and take your Black Tourmaline Pyramid in your palms. Take a few deep breaths. Then place the Black Tourmaline Pyramid on the place in your body where you feel this emotion.



- Next, focus on that emotion. When do you feel it? What memories spark up? Feel it completely.

- Focus on your bodily response, and try not to fully engage in these emotions. The goal is to look at this emotion objectively, without getting emotionally activated. Remember that this is a safe place. You are safe to explore your emotions.
- Now that you are engaged objectively with your emotion, and you understand how much harm it does when it's stuck within you, and you are ready to release it visualize the emotion as black smoke in your body getting sucked out by the Black Tourmaline Pyramid.
- This action might cause you to feel uncomfortable, strange, empty, or upset. That's perfectly fine. Let's calm down. Visualize yourself in the middle of the sea, the weather is windy and cloudy waves are getting bigger and bigger. Take a deep breath, breathe in and out. Now the waves are getting calmer. Take another deep belly breath. Now, the waves have completely calmed down. Then another deep breath. Suddenly the cloudy sky is clearing up. Another deep breath. Finally, the sun is shining, the weather is beautiful, the murky water is clear blue, and the beach is within reach.
- You feel completely calm, refreshed, and safe.

Step 3: Filling Yourself With Love

Now that you are done with releasing that energy, and you feel calm. It's time to fill the empty space with understanding, kindness, joy, and self-love.

Take off the Black Tourmaline Pyramid. Take out the Raw Rose Quartz Pendulum and place it above the part of your body that you were working on or hold you hand over that place, whichever is easier.



Ask the Rose Quartz Pendulum to fill you up with loving, kind energy. When the pendulum starts moving, it's filling you up with positive energy, Wait for the pendulum to stop moving, and then you are all filled up!

Step 4: Seal The Loving Energy Within

After that, it's time to seal yourself up so that the beautiful energy you filled yourself up with remains with you and helps you create your own damn magic.

Take your Selenite Soothing Stone and take a few breaths as you hold it. Feel its beautiful light energy enveloping you. Visualize that energy creating a bubble around the body part that you worked on. Place the selenite on the spot if you can.



Take a few deep breaths and when you feel ready, open your eyes.



Add a few drops of your Peruvian Palo Santo Oil to your burner and inhale it's cleansing sent. Allow yourself to feel soothed and relaxed after all the work you've done.

Finally, repeat this process until you go through all the emotions that no longer serve you that are on your list. Take your time, you can do them one by one daily or weekly or you can do them all at once. AND, remember you can do this anytime you feel an emotion is lingering longer than you would like. Do what feels right for you gorgeous!

With Love

xoxo,

Dragana & My Little Magic Shop Team

