

.....

CULTIVATE SELF LOVE

.....



CREATED FOR YOU
by Mishakaudi Jewelry &
Prosperiteez Clothing

BE MINDFUL...



EAT CONSCIOUSLY

DO NOT TAKE YOUR NEXT BITE without reading this first. Not only does conscious eating involve being mindful of WHAT you are eating, but it also includes when, how and why you are eating. Emotional eating can cause many people to binge on high sugar, fattening and unhealthy foods to fill the emotional void that they are missing. When we eat, we should be mindful of our feelings. What are you eating? Why are you eating? How do you feel at this very moment when you are eating? Without eating mindfully, we are liable to wreck our digestive systems, which can be the start of enabling chronic health issues.

TIPS ON HOW TO EAT consciously...



01 EAT PLANT
BASED WHOLE
FOODS



02 DO NOT EAT
WHILE STRESSED
OR UPSET



03 PAY ATTENTION TO
HOW YOUR FOOD
TASTES AND SMELLS



04 PAY ATTENTION
TO WHAT TYPE OF
FOODS YOU EAT
WHEN YOU FEEL
TRIGGERED...THEN
STOP EATING
THEM



05 TAKE NOTE OF
HOW YOU FEEL
AFTER EATING
CERTAIN FOODS

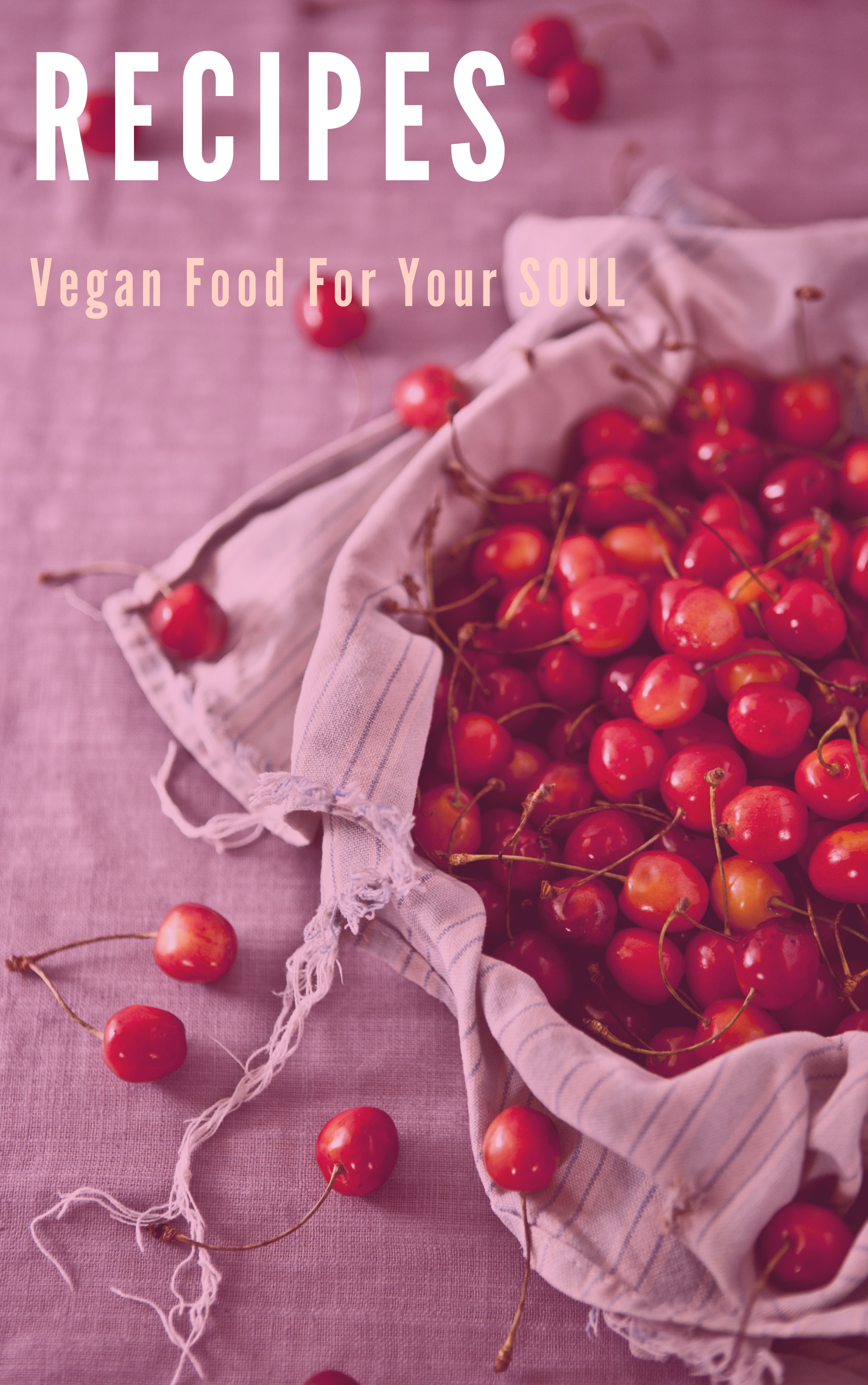


06 EAT FOR
NOURISHMENT
AND BE
GRATEFUL FOR
THE EARTH FOR
PROVIDING
ABUNDANCE

@ProsperiteezClothing
@MishakaudiJewelry

RECIPES

Vegan Food For Your SOUL



NOURISHING ELIXIR

Make this instead of coffee in the morning for a superfood boost!

Ingredients:

1 cup of cashew milk (or your choice of milk)
1 cup of brewed rooibos tea
1/2 tsp of Maca powder
1/2 tsp of turmeric powder
1/2 tsp of raw cacao powder
1/4 tsp of ceylon cinnamon
pinch of cardamom
1 tsp of agave syrup



Directions:

Heat milk and tea in a saucepan over medium low heat, whisk in all ingredients until blended and at desired temperature. Pour in your favorite mug and enjoy!

TROPICAL GREEN SMOOTHIE

Ingredients:

1 cup of cashew milk (or your choice of milk)
1/2 cup of frozen mangos
1/2 cup of frozen pineapple
1/2 of an orange
1/2 tsp of spirulina
1/2 inch piece of ginger
optional: add a few sprigs cilantro or mint
Toppings: coconut flakes and coconut nectar



Directions:

Blend all ingredients in a high speed blender until smooth, top with coconut flakes and coconut nectar

HEALING SOUP

Nothing feels more nourishing to the soul than a hot bowl of soup! This soup is full of healing powerhouse ingredients that will provide cellular nourishment and is super yummy!

Ingredients:

2 cups of vegetable broth
3 garlic cloves chopped
1/2 cup of carrots chopped
1/2 cup of celery chopped
1/2 cup of onions chopped
1 tsp of coconut oil
1/2 cup of shitake mushrooms chopped
1/2 inch piece of ginger shredded
1 tsp of finely chopped lemongrass
1T of coconut aminos
1T of chickpea miso
1 tsp of curry powder
1/2 cup of cooked thin rice noodles or kelp noodles
sea salt and pepper to taste
Fresh chopped herbs: mint, cilantro, thai basil

Directions:

In a large saucepan over medium high heat, put the coconut oil and start by cooking the onions and garlic until the onions are translucent, then add the carrots and celery and saute for a few more minutes until soft, then add the broth, mushrooms, ginger, and miso and cook until all ingredients are are soft, then add the aminos, curry powder and stir until dissolved. Pre-cook the rice noodles or add kelp noodles at the end and salt and pepper to taste and then pour in a large bowl and top with the fresh herbs and enjoy!



RAINBOW COLLARD WRAPS

These are a fresh and healthy way to have a wrap without a tortilla. Get creative and mix up your ingredients, these can be made with so many different flavor profiles.

Ingredients:

2 large collard leaves
4 T of hummus or your favorite spread
1/4 cup of carrots shredded
1/4 cup of chopped tomatoes
1/4 cup of chopped red peppers
1/4 cup of micro greens or spouts
1/2 iof avocado sliced
1/2 cup of black beans
1T of hemp seeds
1/4 cup of chopped cilantro or basil
optional: hot sauce
sea salt and pepper to taste

Directions:

Prep all the ingredients and get them ready. Wash two large collard leaves and dry, cut the hard stems of the ends. Then spread 2T of hummus on each leaf and layer on all the ingredients. I like to add some drizzle of hot sauce for extra spice, but if you don't like spicy food, opt out! And then just roll them up like a burrito and enjoy the rainbow!

INTENTION MEDITATION

CREATING A SACRED SPACE

Creating a daily personal ritual is a great way to nourish the soul and cultivate self love. Begin by designating a space in your home, it doesn't need to be big either, you can make a closet or even a small side table or shelf that has a few powerful objects that resonate with your intention. For this meditation, the intention is on self love, all the tools explained here will be to nourish your soul and uplift your energy. Start by finding a candle that you can light to represent that energy, make sure it is clean burning, made from soy or a natural material with no toxins. Fill your space or surface with objects that are aligned with your needs. Stones, incense and amulets are always a good choice. Crystals hold powerful energy and can be used to foster different emotions or intentions. A few good options would be Citrine which is believed to be the stone of self esteem, self confidence and self expression; Agate is believed to encourage love of self; and Amethyst is believed to bring emotional stability and inner strength. A journal is also a great addition to your sacred space, allowing you to express thoughts and emotions freely without judgement or take notes on your meditation session. And then add any other objects that feel good to you or represent something spiritual and personal. Once you have your sacred space ready, you can begin your daily ritual.

SELF LOVE MEDITATION

Sit in your sacred space and set the intention of cultivating self love. Light your candle as a symbol of beginning your meditation. Make sure you are sitting comfortably and hold your crystals and stones in your palms. Close your eyes and begin to take deep breaths, counting in for 4 and counting out for 4 and continue to lengthen your breath for longer as your body begins to relax. Envision a warm light moving down from the top of your head and washing slowly over and through your body, as it moves down each part of your body, allow that part of your body to feel more relaxed and at peace. Once your mind is calm, you are more receptive to reprogramming your subconscious to happy, healthy self thoughts. Imagine giving love to yourself unconditionally, Let go of any self-limiting beliefs that you hold about yourself. Tell yourself you are amazing, happy, healthy, creative, vibrant, confident and want to be your best self. Envision what your best self feels like, looks like in the world, what are you doing and how are you doing it? Visualization is a powerful tool for self change. As you sit and imagine your best self in your best life, feel deeply the emotions that arise from that experience. Feel yourself as your best self is happening in this moment. Once you have given time and attention to all the areas of your life that you want to create a better self through, hold gratitude for those things and those feelings. End your meditation with gratitude in your heart and take that wonderful feeling with you throughout your day. When you open your eyes, blow out your candle and imagine blowing that self love intention out into the world to begin creating all that you imagined. Now spend a few minutes writing in your journal what you envisioned for yourself. Repeat this meditation everyday and see how your life begins to shift.

Namaste!