



Self-Discovery Toolkit

4 Tools to Use While Creating
Your Personal Roadmap.

Helping You Discover a Happier, Calmer,
More Flexible Version of Yourself.

BY: SNOWI LEE

Disclaimer:

FIRST I WOULD LIKE TO SAY THANK YOU! I am truly delighted and grateful. The following information will help you get the most out of our sessions and clarify the boundaries of our relationship. I have put a lot of hard work into the creation of this ebook series. I hope that you will find it valuable and share your experience with others and recommend they obtain a copy of thir own. The contents of this ebook are copyrighted. No part of this ebook may be reproduced, stored, copied, printed or transmitted by any means without the express consent of the author. Violations of this copyright will be enforced to the fullest extent of the law. Yoga is a transformative practice that integrates balance and union of the mind, body and spirit. Due to the physical aspects of yoga, mental and emotional tensions/releases may arise due to the deep levels of relaxation reached. All exercise programs involve a risk of injury. This ebook is not intended to substitute for medical advice from physicians. Do not practice unless approved by your healthcare professional. This practice is not meant to cure any illness/disease. By choosing to participate, you voluntarily assume a a certain risk of injury. By continuing, I agree that I do not have any physical condition that would limit my participation or preclude an exercise program. Poetic Touch Therapy Touch and it's instructors shall not be held liable for any injury or damage to property and/or persons sustained during or as a result of participation in the ebook. Slight discomfort is to be expected, but pain is not. I agree to listen to my body at all times and monitor myself during every session.

Welcome



Congratulations! If you're here, you have made the decision to begin on this path of self-discovery. Best said by Lao Tzu,

"The journey of a thousand miles begins with a single step."

Hello! My name is Snowi. An introvert, bookworm and yogini addicted to self-improvement.

As an introvert, my entire yoga practice is self-taught with the exception of my intensive teacher training. The thought of physically attending a class doesn't do much for me and I figured I couldn't be alone. But after doing some digging, it would appear there isn't much out there for people like me by people that learn the same way as me, or many women that look the same way I do.

It's also no secret that representation for women of color in the health and wellness community is seriously lacking. This is a true seed of poetic touch yoga online. Yoga is about union. And sometimes the easiest way to begin a new journey is with a bit of familiarity.

If you understand the effect of proper representation, do you know why this is important. This community is not exclusive to anyone, though it caters to, and is created by women of color.

I thank you for your support from the bottom of my heart chakra!

In this guide you will:

- Discover 4 Tools that will help kickstart your journey.
- Practice these tools with daily exercises.
- Get clear on your goals and see them in black and white.
- Further navigate the way you want to travel on the road to self-love and discovery.

**I highly, highly, highly recommend using a physical journal. The power of physically writing your goals and thoughts is life changing.*

Journaling

The Power of Writing Down Thoughts

"In the journal I do not just express myself more openly than I could to any person; I create myself."

Susan Sontag

As a creative and a bit of a doodle bug, I've always had a journal nearby. But the day I began to mindfully practice journaling, my life changed forever. I've always been infatuated with self-development and self-improvement. A majority of my books come from that section. So when I came across 'bullet journaling' I was instantly amused and wanted to start trying immediately. The concept behind it is to have everything in one place. The journal. Everything from appointments, policy numbers, to-do lists and doodled calendars.

This practice helps to keep everything in an organized manner.

I'm a Pisces/Aquarius cusp, which means water and air. Which also translates to "going with the flow". Though I like to plan things, I don't like to stress over things I can't control, and I'll give up easy. Other things I don't bother planning at all. Now I take pride in these traits, however they don't transfer well to ALL facets of my life. I can be a procrastinator, an over-planner and a bit of an over-thinker. This is where I tried to play my strengths and my weaknesses by journaling.

Able to satisfy the "planner" side of my personality, but also use it as accountability for the procrastinating side of my personality. Writing daily to-do lists has become a way of life for me and I am so much happier and more productive for it. Keeping a journal helps to keep my mind at a level of "de-cluttered". By writing down my thoughts, it's almost as if I'm relieved from the stress they once carried. Studies also show that there is true power in manifestation by writing down your goals and dreams. I honestly believe it to be true. My intentions have never been so clear or attainable. I have accomplished more than I could ever fathom possible for myself.

Everything isn't for everybody. But I hope you'll give it a try and find out. What weaknesses can you strengthen with journaling and how can you use your strengths to do so? Take one step daily, even if it's writing down a to-do list.

Journal Entry

How many "brain farts" did you have during the exercise?

What surprising thoughts resurfaced, if any?

How did you feel during the process? After?

Journal Practice

This exercise is meant to help clear the mind of clutter and excess thoughts. Take 15 minutes to sit down and practice without distractions.

Find a quiet place and set your timer. The goal is to continually write every thought that comes to your mind, no matter what it is, continually write until the timer sounds.

This exercise will help to clear the subconscious and conscious minds. You may have a few "brain farts" or you might be very surprised to see what "randoms" come about. Just keep writing. Anything.

You might feel mentally refreshed or even notice a newfound sense of clarity after practicing this.

Meditation

"Meditation is about getting still enough to know the difference between the voice and you-"
Oprah

Meditation Practices for a Mindful Life.

Like most people, when I heard the word "meditation" my only thought was "not for me". Years later it's become a part of my daily routine and I can hardly imagine my life without practicing it. I'm so much more calm, more collected, and less reactionary. Instead of instantly becoming upset, I notice I'm able to step back and analyze the situation in front of me first. It's amazing!

As I began to immerse myself deeper in my physical yoga practice, I grew curious of what I was experiencing and wanted to learn more of the spiritual aspect of yoga (without going to a class). So I went to my preferred place instead, the bookstore.

My favorite definition of mindfulness is "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique".

This can also be considered the moment of being "in the zone" while practicing a hobby, working out, etc. I actually learned I had been practicing mindfulness this entire time while practicing yoga and running, AND this was actually my favorite reason for practicing them.

But I had a hard time meditating at first. I couldn't sit for a solid 5 minutes with traditional techniques.

Mindfulness was the first time I was able to 'enjoy' my meditation and its benefits. This is why I recommend it for beginning meditation. It can literally be practiced at anytime and any place. While walking, driving, even brushing your teeth. The goal is to be present in the physical body, in the moment, and be aware. Take a moment to practice today for 10 minutes and see how you feel afterwards.

Journal Entry

What sensations did you experience during this meditation? After?

Were you able to focus on the passing water, or did you have many leaves?

Did you experience and "random" thoughts that threw you off-guard?

How long were you able to practice this exercise?

Meditation Practice

Take a few moments to sit, relax and practice this meditation. I recommend creating a relaxing atmosphere and put on music, light some candles, incense, or whatever it is that calms you.

Grab a blanket and find a comfortable position for the next 10 to 15 minutes. For beginners I recommend laying on the floor in Savasana Pose.

Picture that you are by a stream. You hear the water flowing. You feel it moving rhythmically with your heartbeat. You have a random thought and see it floating by in the form of a leaf. You acknowledge it without judgement and turn your focus back to the flowing stream. Take several deep breaths in and out. You can feel your fingers pulsing with the passing water. You have another thought, and you watch as it comes and goes. You are present and one with the water.

The goal of meditation isn't to "stop having thoughts", it's merely to become more aware and to better control them.

Affirmations

The Power of Beautiful Words.

*"An affirmation opens the door. It's a beginning point on the path to change."
Louise L. Hay*

Scientific studies prove that your thoughts have power. It's also proven that all things carry vibrational energy, especially words. The words you think and speak are the pen and paper that manifest your world around you. Have you ever met someone that always says something along the lines of, "I eat whatever I want and I never get fat." and they don't. Or how about someone who says, "Bad things always happen to me! I have the worst luck ever!" and they always seem to have a story about their horrible week. Every time you talk!! Do you honestly think this is pure coincidence? It's no wonder the book "The Secret" is recommended by some of the most successful people in the world(it's also on my reading list).

Affirmations have been used for thousands of years across thousands of societies in the form of chants and mantras. By chanting or speaking an affirmation, you begin to create more vibrational energy of that to which you are speaking.

Find a mantra that resonates with you or write down your most desired aspiration. Practice affirming this statement by envisioning it as complete while repeating it.

***Go on Youtube and search "rice experiment" to see the power of words first-hand. You can even practice this experiment yourself!*

Journal Entry

My affirmation for the day is_____.

I will affirm_____ in my life.

Today, I affirmed_____:

Affirmation Practice

Find a mantra that resonates with you or write down your most desired aspiration. Practice affirming this statement by envisioning it as so while repeating it.

Envision exactly how you will feel the moment it comes to fruition.

My favorite mantra is "Thank You."

I usually say it in the shower and in the car.

"Words have energy and power with the ability to help, to harm, to humiliate and to humble"

Yehuda Berg

Yoga

Union of the Mind, Body and Spirit.

*"Yoga is the journey of the self
through the self
to the self."* Bhagavad Gita

I discovered yoga almost 5 years ago. I was in a deep state of depression trying to climb out of the funk. Running has always been a release for me, but due to my knee injuries I wanted to find something more gentle. I was on social media one day and I saw a woman in Scorpion Pose(standing on her hands with her toes touching her forehead). The rest is history. I practiced at home daily in attempts to get into the pose. Soon, my practice slowly evolved to twice a day.

The next thing I know, I'm practicing with every chance of spare time I could create. What began as a form of "workout" to end my depression, lead to a spiritual journey I didn't know was possible. I began to notice how much physically and emotionally stronger I became. I loved how I could see and feel the progress with each practice. I loved how calm I felt even more. No longer "flying off the handle" I was stronger mentally, and began to feel in control of my emotions in a way I never knew was possible. Once I began to dive deeper, it became the beacon that lights my journey. Much more than stretching the physical body, yoga is truly a spiritual balance of the body, mind and spirit.

Journal Entry

*How does your body feel practicing this?
Where do you feel tightness or tension?*

*Which poses do you like the most? The
least? Why?*

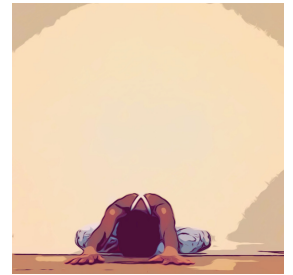
*How do you feel when you practice this to
begin your day? In the evening? Does it feel
differently than when you practice
it midday?*

Yoga Practice

Practice this short sequence to begin, end, or take a much needed break within your day. Be sure to take your time and breathe into each pose. You can practice the sequence as many times as needed before finishing in savasana. With consistent practice you will notice increased body strength and flexibility.

Yoga Sequence

For increased body strength and flexibility.



Thank You!

I hope you've enjoyed this guide and I hope it's given you some tools you can use along your journey.

