

Tantric 10

Your Forever Foundations.

Each week pick 1-3 bullets to integrate. You do NOT have to do all of these - but they build on each other in many different combinations and are ALWAYS the go-to for supporting yourself & going back to essential foundations

Water

- Drink half body weight in ounces
- Buy a stainless steel or glass water bottle with a straw lid
- Filtered water
- Add minerals to water at least once a day

Sun

- 5-15 minutes of morning sun upon waking
- Get as naked as you can and aim to get sun before 11AM

Drainage and Detox

- Overnight castor oil pack 3-5 times/week
- Dry brush or 3-5 times per week
- Jump, skip, or use a rebounder
- Open windows, take off shoes at home, keep air filters on 24/7
- Avoid plastics & high-tox products

Minerals

- Electrolytes/minerals daily
 - LMNT or Redmonds*
 - Trace Mineral Drops (Fullscript)
 - Warm lemon water in the morning with a pinch of celtic salt
 - DIY Adrenal cocktails (Eat with Pleasure Guide!)
 - Minerals from food (Eat with Pleasure guide)

Nourishment

- Breakfast within 1 hour of waking
- 30 grams of protein with each meal
- Coffee after breakfast (or a coffee alternative like matcha, green tea, dandyblend, or teechino)
- Aim to eat every 3-4 hours
- No naked carbs- always pair your carb snack with a protein or fat
- Switch alcohol for mocktails

Rest

- Build in 5 minutes per day with a timer where you consciously don't look at a screen, interact with people, or identify as a human-doing (make it easy / playful)

Movement & Pleasure

- Take a 30 minute walk per day
- To balance blood sugar, take a 10 minute walk after meals
- Bliss dance for 2 minutes
- Hip circles
- Ground feet on earth
- Somatic stretching
- 5 minute easy sensual practice

Breathe

- Set a 5 minute timer daily for breathing:
 - Double sigh when anxious
 - 4-7-8 breathing (in through the nose for 4, hold for 7, exhale through mouth for 8)
- Add intentional breathing time to pre-existing habits (like before you sleep)

Sleep

- Set a bedtime alarm
- Stop using screens 1 hour before bed
- Sleep with your phone far from your bed
- Use amber lighting at night/before sleep
- Integrate mouth-taping & an eye mask

Beliefs & Boundaries

- "No" is a complete sentence
- Identify martyr vs model behavior
- Get clear on your core values, limiting beliefs, & needs (see exercises)

Remember: this is slow & steady.